



RANCOCAS VALLEY ALUMNAE CHAPTER  
DELTA SIGMA THETA SORORITY, INC.

OCTOBER



BREAST CANCER AWARENESS MONTH

**AFRICAN AMERICAN WOMEN & BREAST CANCER**  
**By DR. SHINETTE McRAE, PHYSICIAN LEAD**



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- A US woman's lifetime risk of Breast Cancer is 1 in 8.
- Breast Cancer has the highest mortality rate of any cancer in women between the ages of 20 and 59.
- African American Women have a 31% Breast Cancer mortality rate-the HIGHEST of any U.S. racial or ethnic group.
- Among women younger than 45, Breast Cancer incidence is higher among African American women than White Women.
- Younger women in general, and younger African American women in particular, are more likely to present with the triple negative subtype of the disease.





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# Lowering Risk for Breast Cancer

- Diet and Exercise (Limit Fast Foods)
- Low impact Activity (Walking)
- Start Annual Mammograms at age 40( higher risk individuals begin earlier)
- Breast self exams EVERY month

