



MARK

JOHNS
State Assemblyman



Assemblyman Mark Johns knows firsthand the tragedy of breast cancer from supporting his mother through treatments. Assemblyman Johns reminds women to get regularly scheduled mammograms because early detection saves lives.

- Breast cancer is the second most commonly diagnosed cancer among women in the United States;
- One in eight women has a chance of developing invasive breast cancer during her lifetime;
- When it comes to decreasing the risk of breast cancer, become an informed consumer and reduce your risk by making responsible health choices;
- Most women find their own breast cancer as part of their normal routines (*showering, getting dressed, etc.*) – and not during systematic monthly breast self-exams.

Detection

- Learn the symptoms and signs
- Get a mammogram or a clinical breast exam
- Change your lifestyle and adopt healthy habits
- Perform a proper self-exam
- Have an early detection plan

Risk Factors

- Older age
- Menstruating at an early age
- Dense breast tissue
- Drinking alcoholic beverages
- Older age at first birth or never having given birth
- A mother or sister with breast cancer
- Taking hormones (*i.e. estrogen, progesterone*)

Breast Cancer Facts

- Every 2 minutes, someone is diagnosed
- Over 75% of those diagnosed have no family history
- Breast cancer is the leading cause of death in women age 40 to 55
- Someone's life is lost to the disease every 14 minutes
- More than 40,000 people will die this year; 400 will be men



For more information on this or any other state issue, please contact Assemblyman Johns at:

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