



**friends.
mothers.
daughters.
visionaries.
queens.
rulers.
women.**

**1 IN 8 WOMEN IN THE U.S. WILL BATTLE SOME FORM OF
BREAST CANCER DURING THEIR LIFETIME.**

1 IN 1000 MEN FACE THE SAME RISKS.

MOST COMMON INVASIVE CANCER IN WOMEN.

2ND LEADING CAUSE OF CANCER DEATH IN WOMEN.

RISK FACTORS

- Family history
- Reproductive history
- Lifestyle and environment
- Unhealthy habits
- Dense breasts
- Prior radiation
- Chemical exposure
- Low Vitamin D
- Sun tanning

PREVENTION

- Home breast exams
- Annual doctor visit
- Annual mammograms
- Healthy weight
- Regular exercise
- Limiting alcohol
- Nutritious diet
- Avoid smoking

Make an appointment to talk with your PMR Healthcare Provider today.
We're looking forward to helping you live your happiest, healthiest life!

KOOTENAI MEMBER HEALTH & WELLNESS CLINIC
Powered by PMR Healthcare
920 West Ironwood Dr, Suite 206
Coeur d'Alene, ID 83814

Email: pmrkootenaicounty@pmrhealthcare.com
Call: (208) 686-3371
www.pmrkootenaicounty.com

Kootenai Member
Health & Wellness Clinic

POWERED BY

PMR
HEALTHCARE

SINCE 2005