

## WHO GETS BREAST CANCER?

**One in 8** women develops breast cancer. It's rare in women younger than 40—about **1 in 300**.

Still, **nearly 13,000** women 40 or younger are diagnosed every year. It's the most common cancer in women **ages 15 to 39**. Young women often have risk factors like family history.

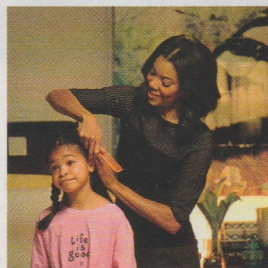
Caucasian women are **slightly more likely** to develop breast cancer than African-American women. African-American women age 35 or younger are **twice as likely** to develop it and **three times** more likely to die compared with same-age Caucasian women. Latinas tend to be diagnosed **earlier** but at more advanced stages. LGBT women have **higher rates** than heterosexual women.

Men can have breast cancer too. About **2,350** men are diagnosed every year.

In 2014, she married professional basketball player Dwyane Wade. So far, she says, things are going smashingly. "He's my best friend—at least right now. Talk to me in a few years," she says with a laugh.

Not only is Union a new wife, she's also a new mom. When she and Wade tied the knot, she became a stepmom to his sons Zaire, 14, and Zion, 9, and his nephew Dahveon, 15. "I lucked out. They're loving kids that are appreciative of my consistency," she says. "Being a stepparent is probably one of the more thankless jobs. It's hard to figure out: How much do I do? When do I pull back? It's a very challenging tap dance."

With Wade's recent transfer to the Chicago Bulls, the entire brood is in the midst of a major transition—relocating from Miami to the Midwest. Union says it's particularly daunting for Zaire and Dahveon, who just entered high school. But she says they're up for it—and she'll be there to ease them over the bumps.



Union, with Navia Ziraili Robinson, in an episode of *Being Mary Jane*

## A LASTING LEGACY

While Union is committed to her family and career, she stops short of neglecting herself. "I set boundaries," she says. "I want to make sure I'm as healthy as possible."

To stay fit, Union works out with a personal trainer. A favorite calorie-crusher is a basketball-themed workout that taps her competitive spirit—perfect for the athletic Union, who played basketball and soccer and ran track in high school.

She visits her doctor regularly and checks on anything that doesn't feel right. "Some could say I'm a hypochondriac," she says. "I investigate everything—any aches, pains, creaks. I'll go see doctors and specialists. I'm like, If I'm paying for this insurance, I'm going to use it—all of it."

Her breast health is no exception. "I get mammograms once a year. I started getting them in my 30s, due to Kristen. I just wanted to stay on top of it. Yes, it's uncomfortable. Yes, it's a little weird. But it can literally save your life," she says.

If there's one lesson Union learned from her friend, it's that no matter how busy her life gets, no matter how difficult it can be to carve out time, neglecting her health simply is not an option. "I prioritize my own health," Union says. "I have to make sure my health is great—so I'm around to help my family."

Reviewed by **Brunilda Nazario, MD**, WebMD Lead Medical Editor

## Banish sugary drinks

"Coffee drinks? They're like a whole day's worth of calories. Some of us need that jolt of caffeine, but we can get it with an espresso or black coffee."