

Have Regular Clinical Breast Exams

- Many breast lumps are found by health care providers.
- Ask your health care provider about your cancer risk.

Have a Mammogram

- If you are between 40 and 49, have a mammogram every one to two years.
- If you are 50 or older, have a mammogram annually.



For more information on breast cancer and health, check out the UT Health and Safety Web site: <http://fcs.tennessee.edu/healthsafety/index.htm>.

For programs and publications on health, contact:

SP526-E 20M 5/05(Rep) R12-5310-063-002-05 05-0389
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Ways to Lower Your Risk of Breast Cancer



**A wellness publication written by
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Only you are responsible for your breast health. Learn self-care skills and make lifestyle changes to lower your risk of breast cancer.

Know Your Breast Cancer Risk

Check (✓) all that apply to you:

- Just being a woman
- Age 50 or older
- Breast cancer in your family
- Weigh too much
- Pregnant for the first time after 30
- First period occurring before age 12
- Menopause occurring after age 55
- Use of hormone replacement therapy after menopause
- Caucasian woman
- Personal history of breast cancer or benign breast disease
- Chest-area radiation early in life

Find Breast Cancer Early

- ✓ Breast cancer can be cured in its early stages.
- ✓ If not caught in time, breast cancer can

- Spread to other parts of the body.
- Cause death.

Check (✓) the health actions you plan to try to lower your risk of breast cancer.

Exercise

- Build up to at least 30 minutes daily, five days a week — or more.
- Choose activities you enjoy.
- Accumulate your 30 minutes over the day.
- Maintain a healthy weight with exercise.



Eat Fruits and Vegetables

- Eat five servings of fruits and vegetables every day.
- Try different types of fruits and vegetables.

Eat Less Fat

- Try low-fat or nonfat milk and dairy products.
- Eat low-fat meats, fish and skinless chicken.
- Eat fruits, vegetables, grains and beans — all are low in fat.

Check Your Breasts

- Have your health care provider teach you how to check your breasts.
- Check your breasts at the same time every month.
- Check for changes, lumps, unusual thickness or discharge from nipples.
- Check lying down or in the shower.