



# Breast Cancer Awareness

Treatment of breast cancer is more likely to work well when it is found early.

## Reduce Your Risk

- Control your weight
- Exercise regularly
- Know your family history of breast cancer
- If considering hormone replacement therapy, find out the risks and benefits first from your doctor
- If you drink alcohol, limit the amount you drink to one drink/day or less
- Discuss breast cancer screening with your doctor



## Additional Factors Linked To Breast Cancer Risk:

- If you have given birth to children and at what age
- If you have or are breastfeeding
- If you use birth control pills or hormone replacement therapy

## Early Detection Is Crucial

The American Cancer Society recommends women age 40 and older get a mammogram every year. Talk to your doctor about your individual risk factors and what level of screening is appropriate for you.

Sources: American Cancer Society; National Cancer Institute; Centers for Disease Control and Prevention, U.S. Preventive Services Task Force

