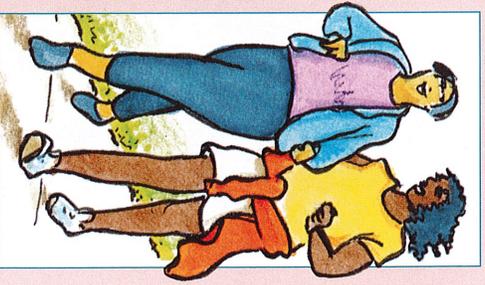
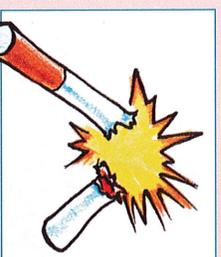
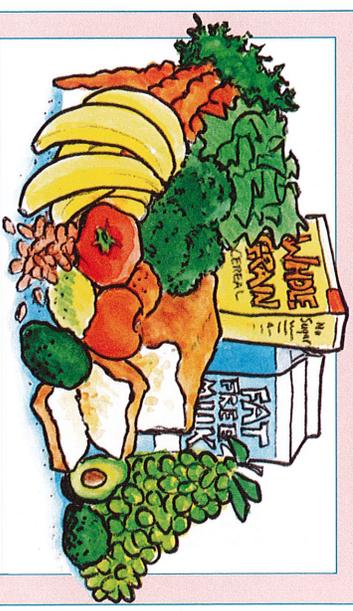


WHAT CAN I DO?

# Nine Ways to Lower Your Risk of Breast Cancer



STEPS TO BETTER HEALTH

For more information about breast cancer, and to find out about free or low-cost mammograms, visit [www.cdc.gov/cancer](http://www.cdc.gov/cancer) on the Internet.

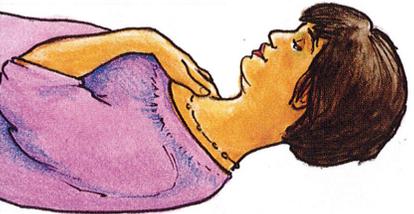
### Early Detection

These steps can help find breast cancer early, when it can be most easily treated.

7. **Have regular exams.**
  - ✓ Many times breast lumps are found during regular breast exams.
  - ✓ Ask your health care provider how often you need to get a breast exam.
  - ✓ Ask about your breast cancer risk.

8. **Find out about mammograms.**
  - ✓ Mammograms are a form of x-ray. They can sometimes find breast cancer before it can be felt during an exam.
  - ✓ The American Cancer Society recommends that women 40 or older get a mammogram every year. A health care provider may recommend that certain younger women also get a regular mammogram.

9. **Know your breasts.**
  - ✓ Many breast lumps are found by women themselves.
  - ✓ Know how your breasts normally look and feel. If you notice any changes, tell your health care provider right away.



This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Designed by Eva Bernstein. Illustrated by Meg Biddle. Special thanks to all of our reviewers.

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Breast cancer is one of the most common cancers among women. No one is sure what causes breast cancer, but scientists do know that certain things raise the chance of getting it. These are called risk factors. Some risks, like your age, you cannot change. But you can change other risks. Here are some of the things you can do to lower your risk.

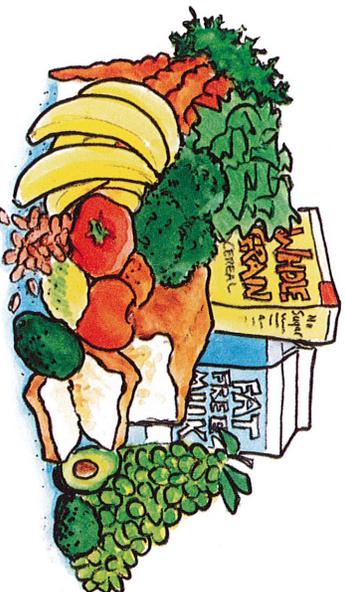
**1. Be physically active.**

- ✓ Studies show that regular physical activity lowers the risk of breast cancer.
- ✓ Try for at least 30 minutes of exercise, five days a week. If you do not have time to exercise all at once, try to do 10 to 15 minutes, several times a day.
- ✓ A fast-paced walk is a good choice. Dance, swim or bike. Or look for low-cost exercise classes at a community center or hospital.



**2. Maintain a healthy weight.**

- ✓ Being overweight increases the risk of breast cancer. Losing weight may help lower your risk.
- ✓ If you need to lose weight, do so slowly. Aim to lose no more than one to two pounds a week.
- ✓ Eating a little less and moving a little more is a good way to lose weight.



**3. Eat healthy foods.**

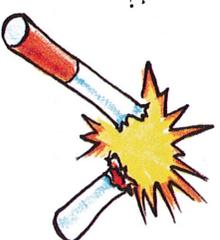
- ✓ Certain foods may help the body fight cancer.
- ✓ The American Cancer Society recommends eating:
  - at least 2½ cups of fruits and vegetables each day
  - whole-grain foods instead of processed grains
  - less red meat – fish, poultry and beans are better choices

**4. Cut back on alcohol.**

- ✓ Studies show that alcohol increases the risk of breast cancer. The more alcohol you drink, the greater the risk.
- ✓ To lower your risk, don't drink alcohol. If you do drink, limit yourself to no more than one drink a day.

**5. Quit smoking.**

- ✓ Smoking may increase the risk of breast cancer.
- ✓ If you smoke – quit. It is one of the best things you can do for your overall health.



**6. Talk to your doctor about the risk of hormones.**

- ✓ Hormone replacement therapy (HRT) has been shown to increase breast cancer risk.
- ✓ If you are taking hormones, talk with your doctor about the risks and benefits.

