

## Breast Health Awareness

An integral part of maintaining a healthy lifestyle is to be aware of your breast health.

- Talk to your family and be educated about your family history
- Discuss with your provider about your personal risk of breast cancer and which screening tests are appropriate for you if you are at higher risk
- Have a Mammogram every year starting at age 40 if your risk is average
- Have a clinical breast exam at least every 3 years at age 20, and annually at age 40
- Be knowledgeable about the normal appearance and texture of your breasts. Be proactive with “Breast self-awareness”
- Follow up with your health care provider if you note any breast changes
- Maintain a healthy weight with healthy eating and regular exercise
- Limit alcohol intake
- Avoid tobacco use
- Some studies have shown that a woman’s risk for breast cancer is reduced by having a child before the age of 30 and with breastfeeding