
Many breast lumps are:
- Mammograms:
  - Most easily missed.
  - Cancer before it can be felt during.
  - They can sometimes find breast.
  - Mammograms are a form of x-ray.

8. Find out about

- Ask about your breast cancer risk.
- When you need to get a breast exam.
- Ask your health care provider how
during regular breast exams.
- How long breast lumps are found.
- Most easily missed.
- Cancer before it can be
  The steps can help find breast.

7. Have regular exams.

- Mammograms:
  - They can sometimes find breast.
  - Mammograms are a form of x-ray.

6. Know your breasts.

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- Mammograms:
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  - They can sometimes find breast.
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5. Take care of yourself.

- Know how
  - Look normal.
  - Become familiar
  - Find your.
  - Know how
  - Your


- What can I do?

3. Nine ways to

- Lower your
  - Risk of breast cancer.

2. Other low-cost mammograms, visit

- Internet:
  - www.cdc.gov/cancer
  - For more information about breast
  - Cancer.

1. Early detection.
Nine Ways to Lower Your Risk of Breast Cancer

1. **Be physically active.**
   - Exercise at least 30 minutes of moderate activity or 15 minutes of vigorous activity each day.
   - Try for at least 30 minutes of exercise, 2 or 3 days a week.
   - Eat 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.

3. **Eat healthy foods.**
   - The American Cancer Society recommends certain foods that may help the body fight cancer.
   - Studies show that regular physical activity lowers the risk of breast cancer.

4. **Cut back on alcohol.**
   - Drink a day. Limit yourself to no more than one.
   - To lower your risk, don’t drink alcohol.
   - The greater the risk, the more alcohol you think.
   - Studies show that alcohol increases the risk.

5. **Quit smoking.**
   - Your overall health can do for things you can do for it is one of the best.
   - If you smoke – quit the risk of breast cancer.
   - Quit smoking increases the risk of breast cancer.

6. **Talk to your doctor about the risks and benefits.**
   - If you are taking hormone therapy (HRT) or hormone replacement therapy (HRT).
   - Hormone therapy helps to increase breast cancer risk.

7. **Better choices.**
   - Less red meat – fish, poultry and beans are.
   - Wholr-grain foods instead of processed grains.
   - At least 2½ cups of fruits and vegetables each day.

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