Ways to Lower Your Risk of Breast Cancer

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:

A wellness publication written by Barbara (Bobbi) Clarke, PhD, RD Professor, Public Health Education

UT Extension provides equal opportunities in programs and employment.
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.