Maintain a healthy weight, exercise, limit alcohol intake, and talk with your health care provider about risks and benefits of hormone replacement therapy.

Make healthy lifestyle choices.

Early Detection is the Best Protection

Know your risk.
Breast self-exam (BSE) is a tool that may help you learn what is normal for you. To check your breasts for any changes, look at them and feel them. See a health care provider right away if you notice changes.

Know what is normal for you.

All women are at risk for breast cancer, even those who have no family history of the disease. Know your personal risks and your family health history. Men can also develop breast cancer, though this is far less likely.

Begin having annual mammograms starting at age 40. Start clinical breast exams at age 20. Ask your doctor which screening tests you need if you are at higher risk.

Get screened.
Talk about your personal risk of breast cancer. Ask which screening tests are right for you. See your provider if you observe any changes in your breasts. Practice confident teamwork.

Talk to your doctor.

All women are at risk for breast cancer, even those who have no family history of the disease. Know your personal risks and your family health history. Men can also develop breast cancer, though this is far less likely.

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CELEBRATE LIFE
Be there for your family and friends. Be there for you!