

Breast Cancer

Early Detection

You can increase your chances of finding breast cancer early by doing the following:

- ▶ Do a breast self-exam every month.
- ▶ Ask your doctor to do a breast exam when you visit for a check up.
- ▶ If you are 40 or over, get a mammogram once a year.

Ask your doctor to show you how to do a self breast exam.
It will not take long to learn and it may save your life!

Who Is At Risk?

Every woman is at risk for breast cancer, but older age is the strongest risk. Besides age, the main risks are:

- ▶ A family history of breast cancer
- ▶ Never had children, or had the first child after age 30
- ▶ Began your period before age 12
- ▶ Ended menopause ("the change") after age 55
- ▶ If you take hormones, talk to your doctor. They can increase your risk.

Things that may help lower your risk of breast cancer:

- ▶ Eat more fruits and vegetables
- ▶ Do not drink alcohol
- ▶ Stay in your normal weight range
- ▶ Lower the fat content of your diet
- ▶ Exercise
- ▶ Stop taking hormones

This information is general. If your doctor tells you something different, follow his or her instructions.

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For more information about women's health issues, stop by our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Floor, Winston Salem, NC 27104, visit our website at <http://www.wakehealth.edu/WHCOE/> or contact us at (336) 713-4220.