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# Stay on top of breast health and screenings

## You can make a difference

There are ways to improve your odds against getting breast cancer. A healthy diet and exercise get you off to a great start. So do yearly checkups and recommended screenings.

## Five ways to lower your risk

Some healthy-living tips may help lower your risk for breast cancer:

- 1. Watch your weight.** It's important to stay at the right body weight for your height and age. Overweight women have higher estrogen levels. This increases their cancer risk.
- 2. Get physical.** Working out helps lower body fat. Less fat means less risk. One hour a day can help lower breast cancer risk by 20 percent. But even 30 minutes a day can improve your chances.
- 3. Cut back on alcohol.** Limit yourself to one drink a day. Compared to women who don't drink, women who have three or more drinks a day may double their risk.
- 4. Don't smoke.** Smoking cigarettes raises your risk. If you are a smoker, think about getting help to kick the habit.
- 5. Get your checkups and screenings.** Discuss what's right for you with your doctor.

Age	Professional exam	Mammogram
<b>Under 40</b>	Talk to your doctor about whether you need an exam.	Unless there is a high risk, most experts recommend against regular mammograms for younger women.  Your doctor may ask you to get one if there is a lump or other concern.
<b>40 – 49</b>	Many doctors suggest a yearly exam.	Some medical experts suggest a yearly mammogram. Others say it is optional for women in this age group.
<b>50 – 74</b>	Many doctors suggest a yearly exam.	Doctors suggest having one at least every 2 years.
<b>75 and older</b>	Talk with your doctor.	

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