Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Breast Cancer

Reduce Your Risk





What is breast cancer?

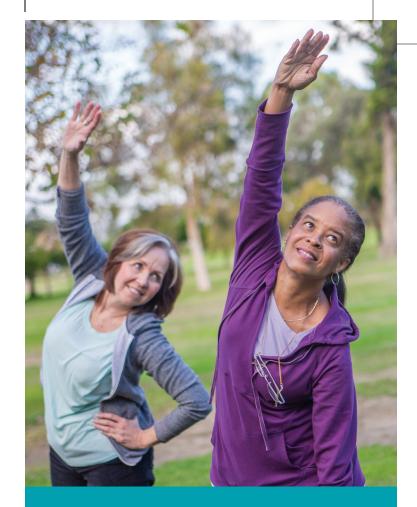
Breast cancer refers to a dangerous tumor that develops from cells in your breasts. The tumor is a group of cancer cells that can grow and spread to other parts of your body.

What are **the risk factors** for getting breast cancer?

- You are 50 to 74 years of age and older.
- A family member has or had breast cancer
- You had your first period before age 12.
- You began menopause after age 55.
- You have no children.
- Your first child was born when you were 35 years of age or older.

How can you **help prevent** breast cancer?

- Get yearly checkups with your provider. Keep all of your appointments.
- Notice the normal look and feel of your breasts. Report any changes to your provider.
- Exercise to keep a healthy weight. Women who are overweight are more likely to develop breast cancer.
- Eat a healthy diet to keep a healthy weight. Eat foods low in fat and salt. Eat fruits, vegetables and whole grains.
- Limit alcohol.
- Do not smoke. If you smoke, quit.



There are three ways to help detect breast cancer early. They are:

- Mammograms Complete every 2 years for women 50 to 74 years of age.
- Clinical breast exams Complete once a year in your provider's office.
- Breast self-awareness Report any changes in your breasts to your provider.

Breast cancer can be treated if found early.