

Breast Cancer Prevention



Get regular breast cancer screenings; ask your doctor when to begin mammograms and other screenings based on your personal history.

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor.

Breast cancer prevention starts with healthy habits...

- *Limit alcohol*
- *Don't smoke*
- *Control your weight*
- *Be physically active*
- *Breast-feed your babies for as long as possible*

Also,

- *Limit dose and duration of hormone therapy*
- *Avoid exposure to radiation and environmental pollution*

