I get **screened**.

Now that I’m over 40, I get yearly **mammograms** and **clinical breast exams**.

- Get screened.
- Know what is normal for you.
- If you notice any change in your breast area, tell your doctor.
I know my risk of breast cancer.

- Talk to both sides of your family to learn about your family health history.
- Talk to your doctor about your personal risk of breast cancer.
I make **healthy lifestyle choices**.

- Exercise, control your weight, limit alcohol and menopausal hormones, and breastfeed if you can.