

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.

