



HEALTHY LIVING

— *and* —

**PERSONAL RISK
GUIDE**



Healthy Habits

Leading a healthy lifestyle is recommended to protect your overall health and may help reduce your risk for certain cancers.

Here are a few tips to follow:



- Eat five or more servings of fruits and vegetables each day.
- Get regular physical activity.
- Maintain a healthy weight.
- Limit alcohol intake to no more than one drink per day.
- Do not smoke. Or, quit smoking.

Scheduling Exams

While living a healthy life can help reduce your risk for cancer, women can be diagnosed with breast cancer at any age. Detecting breast cancer at an early stage, when treatment is more likely to be successful, still provides the best hope for survival. This is why it is so important for you to schedule regular exams. Below you will find some general guidelines for breast cancer early detection methods. *You should always consult with your doctor to create a screening schedule that is most appropriate for you.*

EXAM	AGE	FREQUENCY
Breast Self-Awareness	18+	Regularly/Monthly
Well-Woman Exam	21+	Yearly
Mammogram	40+	Yearly



Assessing Your Personal Risk

A risk factor is a characteristic that increases the likelihood of developing cancer.

Below are just a few breast cancer risk factors:

- I am a woman aged 40 or above:
Yes No
- I have been previously diagnosed with breast cancer or ovarian cancer:
Yes No
- My mother, sister, and/or daughter has tested positive for a gene mutation that is associated with higher risk of breast cancer (i.e. BRCA1 or BRCA2):
Yes No
- I have tested positive for a gene mutation that is associated with higher risk of breast cancer (i.e. BRCA1 or BRCA2):
Yes No

If you answered “yes” to any of these questions, please explore the Breast Cancer Risk Assessment Tool from National Cancer Institute. Click here to go to that assessment:

[Cancer.gov/bcrisktool](https://www.cancer.gov/bcrisktool)

Talk to your doctor about any concerns you have. If you answered “yes” to any of the above questions, you may specifically want to talk to your doctor about genetic counseling or if genetic testing is right for you.