

Take Control

Reduce Breast Cancer Risks

Follow Healthy Steps

Early detection and screening methods help find breast cancer in its most treatable stages. Talk to your doctor about the best steps to take that can help reduce your risk of breast cancer—and possibly save your life.

Protect your Breasts

Examine your breasts routinely

- **Perform self-exams.** Your health professional can teach you. Learn what feels “normal” for you.
- **Report changes to your health professional right away.** Generally, changes are not cancer, but report them to be sure.
- **Get clinical exams.** The American Cancer Society recommends at least once every three years, in your 20s and 30s. After that, once a year. Talk to your doctor about the intervals.

Know the risks

- **Leading risk factor:** Advancing age.
- **High risk factors:** Having a mother, sister or daughter who has been diagnosed with breast cancer.
- **“Somewhat higher” risk factors:** Dense breast tissue; early menstruation; late menopause; never had children or first baby after age 30; and prolonged hormone therapy.



Health Advocate collaborated with **HealthyWomen**, the nation’s leading nonprofit health information source for women, to bring you this timely tips sheet.

Get screening mammograms

- **If at average risk, have a yearly mammogram, starting at age 40.**
- **If at high risk, have a yearly mammogram, starting at age 30.** Or, at the age determined by your health professional. You may be advised to have additional screenings such as a magnetic resonance imaging (MRI).
- **Use a FDA-certified facility.** The certificate should be prominently displayed.

Help is Only A Phone Call Away

 866.695.8622

 **Email:** answers@HealthAdvocate.com
 **Web:** HealthAdvocate.com/members

Health Advocate can be accessed 24/7.

Remember... Your Personal Health Advocate can help you with healthcare and insurance-related issues, including finding the right doctors and mammography facilities.

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