**BASIC BREAST HEALTH**

for you and your loved ones

**KNOW YOUR RISK**
- Talk to your family to learn about your family health history.
- Talk to your doctor about your personal risk of breast cancer.

**GET SCREENED**
- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every three years starting at 20, and every year starting at 40.

**KNOW WHAT IS NORMAL FOR YOU**
- Know how your breasts look and feel and report changes to your health care provider right away.

**MAKE HEALTHY LIFESTYLE CHOICES**
- Maintain a healthy weight.
- Add exercise into your routine.
- Limit alcohol intake.

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**Am I at Risk for Breast Cancer?**

All women are at risk for breast cancer. Most women who get breast cancer have no other known risk factors. However, there are some things you can do that may reduce your risk of breast cancer. Be aware of the risk factors.

**RISK FACTORS INCLUDE:**
- being a woman
- getting older
- having an inherited mutation in the BRCA1 or BRCA2 genes
- having a family history of breast, ovarian or prostate cancer
- having a personal history of cancer
- having high breast density on a mammogram
- having a previous benign breast condition
- having lobular carcinoma in situ (LCIS)
- never having children
- having your first child after 35
- radiation exposure, frequent X-rays in youth
- high bone density
- gaining weight as an adult or being overweight after menopause
- current or recent use of postmenopausal hormones

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**TEAM CAPTAINS:** Make copies of this information sheet to share with your Passionately Pink for the Cure® team members.

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What can I do to reduce my risk of getting breast cancer?
There is no sure way to avoid breast cancer. But, you can do things that may improve your overall health. Maintain a healthy weight. Exercise and eat a diet rich in fruits and vegetables. Limit your alcohol intake.

My mother had breast cancer a few years ago. Does that mean that I will get breast cancer too?
We don’t know what causes breast cancer. But, most women who get breast cancer have no family history of the disease. If someone in your family has had breast cancer or you are concerned about your risk, talk to your doctor. Learn about your choices and ask when to start getting mammograms.

Does drinking alcohol increase my chance of breast cancer?
Studies have shown that drinking alcohol can increase your risk for breast cancer.

I am currently taking birth control pills. Do birth control pills increase my chance of developing breast cancer?
If you are currently taking birth control pills, your breast cancer risk is slightly increased. The increased risk from using birth control pills becomes less after you have stopped using them. After about 10 years, your risk returns to normal.

My breasts feel lumpy and tender at certain times of the month. Does this increase my chance of breast cancer?
Breast lumpiness with tenderness or pain at certain times of the month is called fibrocystic breast changes. These breast changes are common, especially before your period, and do not increase your chance of getting breast cancer. Get to know the way your breasts look and feel. Learn what is normal for you. If you notice any change, see your doctor right away.