

Breast Health Tips:

What you need to know



Breast cancer continues to be a leading health threat for women. One in eight women will be diagnosed with it over a lifetime. It is important to understand your risks. **Knowing how to detect the disease early can help save your life.** And going to visit your doctor for regular examinations is essential. We have put together this information to help you.

Who is at risk for breast cancer?

All women are at risk, and the risk increases with age. Risk factors include having a mother, sister or daughter who has been diagnosed with breast cancer, or having certain genetic alterations. It is important to remember that most women who have breast cancer do not have a family history of the disease. Your doctor can help determine your personal risks.

How is breast cancer best detected?

A screening mammogram—X-ray of the breast tissue—is the best method doctors have to detect cancer early, when it can be treated most successfully.

In addition, pay attention to any changes you may see or feel in your breasts. If you notice a lump, pain, discoloration, or anything else that concerns you, talk to your doctor.

When should I have a mammogram?

Mammograms are an important part of screening for breast cancer. Talk to your doctor about when you should start screening and how often you should have this vital test.

The most important thing is to make an appointment to visit your doctor and discuss what is best for you.

Before Your Appointment....

Make a list of any questions or concerns you may have. Ask about the role of clinical exams by a health professional and breast self-exams. Be sure to let your doctor know if breast cancer runs in your family.

Need Help?

Health Advocate can help in many ways. We can answer your questions, find a doctor or even help make an appointment with a hard-to-reach specialist. Just contact us today at: answers@HealthAdvocate.com.

Can breast cancer be prevented?

There are no sure ways to prevent breast cancer. But certain lifestyle changes may reduce your risk.

It's important to...

- ✓ Get regular exercise
- ✓ Maintain a healthy weight
- ✓ Avoid or limit alcohol
- ✓ Stop smoking