

Take Charge of Your Health

October Is Breast Cancer Awareness Month

What You Can Do to Reduce Your Risk

- **Put One Foot in Front of the Other**

Women who engage in regular physical activity have a 10% to 25% lower risk of breast cancer than inactive women, especially after menopause.

- **Limit Wine and Cocktails**

If you drink, have no more than one serving of alcohol daily. Women who consume two to three alcoholic drinks a day have a 20% higher risk of breast cancer than non-drinkers.

- **Keep an Eye on the Scale**

Achieve and maintain a healthy weight. The risk of breast cancer after menopause is 1.5 times higher among overweight women and twice as high in obese women.

- **Take a Deep Breath**

Long-term, chronic stress can negatively impact the immune system. Exercise, meditation, practicing good sleep habits are all key strategies to managing stress in your daily life.

- **Get Regular Screening**

Mammography is proven to find breast cancers in their earliest, most curable stages. Talk with your doctor about the best time for you to start getting mammograms.

