Take Charge of Your Health

Breast Cancer Awareness
What You Can Do to Reduce Your Risk

- **Put One Foot in Front of the Other**
  Studies show that physically active women have a lower risk of breast cancer than inactive women especially in postmenopausal women.

- **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.

New podcast now available! Hear from our breast cancer experts at wphospital.org/podcasts

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