

# 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.



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