I get **screened.**

Now that I'm over 40, I get yearly **mammograms** and **clinical breast exams.**

- Get screened.
- Know what is normal for you.
- If you notice any change in your breast or underarm area, tell your doctor.

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I know my **risk** of breast cancer.

- Talk to both sides of your family to learn about your family health history.
- Talk to your doctor about your risk of breast cancer.

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I make **healthy** lifestyle choices.

- Exercise, control your weight, limit alcohol and menopausal hormones, and breastfeed if you can.

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