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.
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.
I make healthy lifestyle choices.

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