



# Turn awareness into action

Breast cancer screening guidelines vary with different health groups. The U.S. Preventive Service Task Force advises women ages 50-74 to get a mammogram every 2 years.

Women ages 40-49 and 74+ should discuss their breast cancer risk and the pros and cons of breast cancer screening with their doctor or health care providers. Women at a high risk for breast cancer should seek expert medical advice about breast cancer screening and prevention.

## MANY WOMEN CAN SURVIVE BREAST CANCER IF IT'S FOUND AND TREATED EARLY.

Your doctor can help you decide if you should take medication to help prevent breast cancer and if you should seek genetic counseling.

Even though you cannot control breast cancer risk factors such as aging and inheriting certain breast cancer gene mutations, you can take action to help prevent breast cancer.

- If you have babies, breastfeed them.

- Talk to your doctor about the risks and benefits of taking hormone therapy using estrogen and progestin for menopausal symptoms. Taking both estrogen and progestin for more than five years increases breast cancer risk.
- Lose weight if you are overweight, especially if you have reached menopause.
- Avoid or limit alcohol. The more alcohol you drink, the greater the risk.
- Be physically active. Aim for 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity (or combination) each week.

PREVENT