

# Breast Cancer and *you*

## What you need to know ...

### What puts me at risk for Breast Cancer?

- Age
- Being female
- Family History of breast cancer (parents, siblings, children)
- Early start of menstrual period (before age 12) or late menopause (after age 55)
- Obesity, high fat diet and increased alcohol intake
- Hormone use during menopause
- Previous history of breast cancer
- Race/ethnicity

### What questions should I ask a health care provider about Breast Cancer?

- What is my risk for breast cancer?
- How can I increase the chances of finding breast cancer early?
- What breast exams should I have?
- Do I have dense breasts? Is a mammogram right for me? Are there other tests I should be having instead?

### What steps can I take to help maintain breast health?

- Talk to a healthcare provider about what exams are right for you
- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Limit alcohol
- Avoid smoking
- Know what is normal for your breasts
- Report changes to a health care provider



For more information:  
[www.wicancer.org/bcinfo.cfm](http://www.wicancer.org/bcinfo.cfm)