



Breast cancer prevention

5 ways to lower your risk

- 1. Know the signs and symptoms.** Symptoms can include a lump in or near the breast or underarm, changes in the shape or texture of the breast or nipple, or bloody discharge from the nipple.
- 2. Do self-exams.** A self-exam is an option for women starting in their 20s. While this is one method for detecting lumps and abnormalities, talk with your doctor about the benefits and limitations of self-exams.
- 3. Get your recommended screenings.** It is recommended that women ages 50 to 74 years old receive a mammogram every two years. Women ages 40 to 49 should talk with their doctor about when they should have their first screening.
- 4. Maintain a healthy lifestyle.** As with many other health risks, you can reduce your risk of breast cancer by being physically active, eating healthy, quitting tobacco, and reducing your alcohol consumption.
- 5. Avoid or reduce your exposure to radiation and chemicals that can cause cancer, known as carcinogens.** Some medical tests expose you to radiation in small, limited amounts, such as x-rays, CT scans, and others. The harm from these tests is small. To reduce your exposure, get these tests done only if it's necessary for diagnostic purposes.

Sources: Centers for Disease Control and Prevention (CDC), National Cancer Institute, American Cancer Society, and American Institute for Cancer Research



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