



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up
hope



Preventative Care for Breast Cancer

Preventative care is important because it helps you stay healthy and access prompt treatment when necessary, and it can also help reduce overall medical expenses. Many types of screenings and tests can catch a disease before it starts.

Don't forget our insurance pays 100% for preventative care, so remember to get your recommended health screenings and manage chronic conditions.

Here are some ways you can help prevent and protect yourself from breast cancer:

- **Keep weight in check.** It's easy to tune out because it gets said so often, but maintaining a healthy weight is an important goal for everyone. Being overweight can increase the risk of many different cancers, including breast cancer, especially after menopause.
- **Be physically active.** Exercise is as close to a silver bullet for good health as there is, and women who are physically active for at least 30 minutes a day have a lower risk of breast cancer. Regular exercise is also one of the best ways to help keep weight in check.
- **Eat your fruits & vegetables and avoid too much alcohol.** A healthy diet can help lower the risk of breast cancer. Try to eat a lot of fruits and vegetables and keep alcohol at moderate levels or lower (a drink a day or under).
- **Don't smoke.** Smokers and non-smokers alike know how unhealthy smoking is. On top of lowering quality of life and increasing the risk of heart disease, stroke, and at least 15 cancers – including breast cancer.
- **Don't forget screening.** It doesn't help prevent cancer, but it can help find cancer early when it's most treatable. For most women, yearly mammograms should begin at age 40. Here are some ways you can remember to schedule your screening:
 - Put a reminder on your phone calendar yearly.
 - Get your annual screening on your birthday every year.
 - Make your appointment in October since it's Breast Cancer Awareness Month.
 - Schedule it along with your annual OBGYN appointment.
 - Put your reminder letter with your bills so that when you pay them, you are reminded to make an appointment.
- **Between screenings, do regular self-exams once a month.** Here is what to look for:
 - Change in size in one or both breasts.
 - Change in the shape of one or both breasts; flattening or marble-like area.
 - Discoloration of breast tissue or change in skin texture.