

# Seven Tips to Reduce Your Risk of Breast Cancer



## FOCUS ON YOU.

Learn to care for yourself the way you care for others.



## EAT HEALTHY.

Follow a balanced diet containing the main food groups (fruits, vegetables, grains, dairy and protein). Eat whole grain food such as whole wheat flour, oatmeal and brown rice. Take a daily multivitamin while limiting alcohol intake and saturated or trans fat intake.



## EXERCISE.

Begin an exercise program and be active at least three times per week.



## FIND BALANCE.

Examine the stresses in your life and find ways to reduce them, if possible. Meditating daily, exercising regularly and participating in yoga can help reduce stress.



## KNOW YOUR NUMBERS.

The annual physical provides an opportunity for your doctor to establish baseline information he/she can use for comparison purposes in future physical exams. Because even small changes can indicate potentially serious problems, an annual physical can detect an illness before it begins or during early stages of development.



## PAY ATTENTION.

Perform monthly breast self-exams and contact your physician immediately if you feel anything abnormal.



## STAY CONNECTED.

Tap into a support network to stay healthy, such as your friends, family, spouse/partner, spiritual community, online discussion groups and/or others.

For more information, visit [PinkOut.com](http://PinkOut.com).

To schedule your mammogram, call 866-366-PINK or make an appointment online at [ScheduleYourMammo.com](http://ScheduleYourMammo.com).

