



## What is breast health?

A woman's breasts can change with age, hormone levels and certain medications. Being aware and taking care of your body is the key to maintaining good breast health.

## Why is it significant?

The risk for breast cancer increases with age to a lifetime risk of one in nine. However, most lumps or changes are not cancer.

## What else should I be aware of?

A mammogram (an X-ray of the breast) is recommended once every two years for women between 50 and 69. Women under 50 years of age should be discussing mammograms with their family physician. To arrange for a mammogram, call the Alberta Screen Test Program at 1-800-667-0604.



**Breast Health**

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## What can I do?

- ✓ Engage in 30-60 minutes of physical activity daily.
- ✓ Nourish your body with healthy food choices based on Canada's Food Guide.
- ✓ Limit your caffeine and alcohol consumption.
- ✓ Don't smoke and avoid secondhand smoke. If you do smoke, take steps to quit immediately.
- ✓ Be aware of how your breasts are normally and watch for any changes.
- ✓ Conduct monthly breast self-examinations. If you notice a breast lump, pain, discharge or skin irritation, contact your doctor.
- ✓ Contact the Breast Cancer Society of Canada at [www.bcsc.ca](http://www.bcsc.ca) or 1-800-567-8767.
- ✓ Learn more about breast health by going to [www.makinghealthhappen.com](http://www.makinghealthhappen.com).



Go to [MakingHealthHappen.com](http://MakingHealthHappen.com) and enter **tv3614**  
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