

Things you can do for your breast health





Learn about your family's history of breast and other cancers.





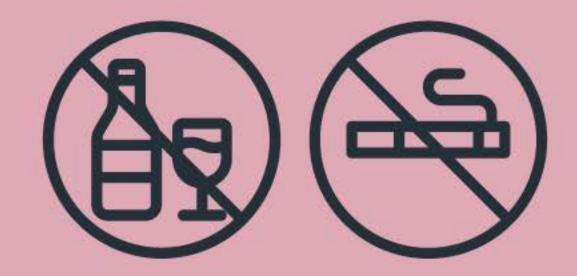
Discuss your personal risk of breast cancer with your doctor and confirm when you should be screened.





Eat more fruits, vegetables, and whole grains—and cut back on meat.





Reduce your alcohol consumption and quit smoking.





Find a form of regular exercise that you will stick to.





Get to know your breasts' normal and call your doctor if you experience any significant changes.

