



# 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.**

