Breast Cancer

Reduce Your Risk

Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

📞 **(800) 606-9880**
TTY: 711

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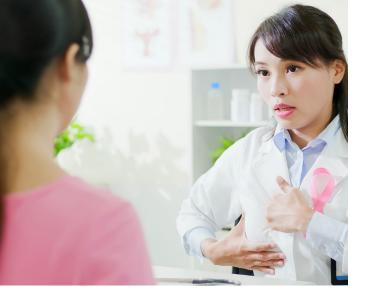
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What is breast cancer?

Breast cancer refers to a dangerous tumor that develops from cells in your breasts. The tumor is a group of cancer cells that can grow and spread to other parts of your body.

What are the risk factors for getting breast cancer?

- You are 50 to 74 years of age and older.
- A family member has or had breast cancer.
- You had your first period before age 12.
- You began menopause after age 55.
- You have no children.
- Your first child was born when you were 35 years of age or older.

How can you help prevent breast cancer?

- **Get yearly checkups with your provider.** Keep all of your appointments.
- **Notice the normal look and feel of your breasts.** Report any changes to your provider.
- **Exercise to keep a healthy weight.** Women who are overweight are more likely to develop breast cancer.
- **Eat a healthy diet to keep a healthy weight.** Eat foods low in fat and salt. Eat fruits, vegetables and whole grains.
- **Limit alcohol.**
- **Do not smoke.** If you smoke, quit.

There are three ways to help detect breast cancer early. They are:

- **Mammograms** – Complete every 2 years for women 50 to 74 years of age.
- **Clinical breast exams** – Complete once a year in your provider's office.
- **Breast self-awareness** – Report any changes in your breasts to your provider.

Breast cancer can be treated if found early.