

# ABCs of Health

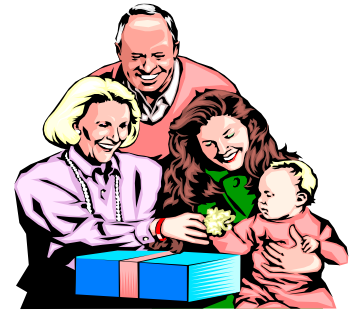


## Mammogram & Breast Exam

### AWARENESS...

Breast Cancer is the second largest leading cause of cancer deaths in women. Breast cancer can strike any woman, but some are more likely than others to get breast cancer. You are at greater risk for breast cancer if you:

- ◆ Are ages 50 or over
- ◆ Mother or sister had breast cancer
- ◆ Previously had breast cancer



### BEHAVIOR...

It is possible to find breast cancer early, when it is most successfully treated. Early detection of cancer can save your life. The best ways to find breast cancer early are to:

- ◆ Get a mammogram every year if you are over 50 years of age. Your doctor may suggest a mammogram every one to two years between ages 40-49, depending on your individual needs.
- ◆ See your doctor or nurse for early breast examinations and check your breasts monthly.
- ◆ Call your doctor or clinic if you find any lumps, dents, changes in breast shape or skin texture, discharge from the nipple, or swollen veins in a breast.

### CHANGE...

Make an appointment for a checkup if you haven't had a breast examination and mammogram in over one year.

- ◆ Mark your calendar with the date you will check your breasts each month.
- ◆ Eat more fruits, vegetables and whole grains, and less fat.
- ◆ Get 30 minutes of physical activity on most days of the week.

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