

**Thou shall know your body.**

Know how your breasts look and feel. Report any changes to your doctor. If you notice any lumps, redness, warmth, dimpling, or puckering, tell your doctor.

**Thou shall talk to your doctor about reducing your risk of breast cancer.**

Talk to your doctor about your personal risk factors. Talk with your family to learn about your family health history.

**Thou shall know the risk factors for breast cancer.**

Although being female and getting older are the greatest risk factors for being diagnosed with breast cancer, there are other things that you can do to reduce your risk.

**Thou shall not smoke cigarettes or other tobacco products.**

If you smoke, quit!

**Thou shall get regular physical activity.**

30 minutes of moderate physical activity on most days of the week is a great goal to set!

**Thou shall eat a healthy diet.**

A diet comprised of foods low in saturated and trans fat, but high in whole grains, fruits and vegetables have been shown to lower your risk of breast cancer.

**Thou shall aim for a healthy weight.**

If you are overweight, talk with your physician about starting a balanced diet and exercise program,

**Thou shall know the signs and symptoms of breast cancer.**

Common signs include lumps, redness, warmth, dimpling, or puckering

**Thou shall get clinical breast exams.**

Clinical breast exams are recommended at least every 3 years starting at age 20 and every year starting at 40.

**Thou shall get mammograms, when appropriate.**

Have a mammogram every year starting at age 40. Ask your doctor which screening tests are right for you if you are at higher risk for breast cancer.