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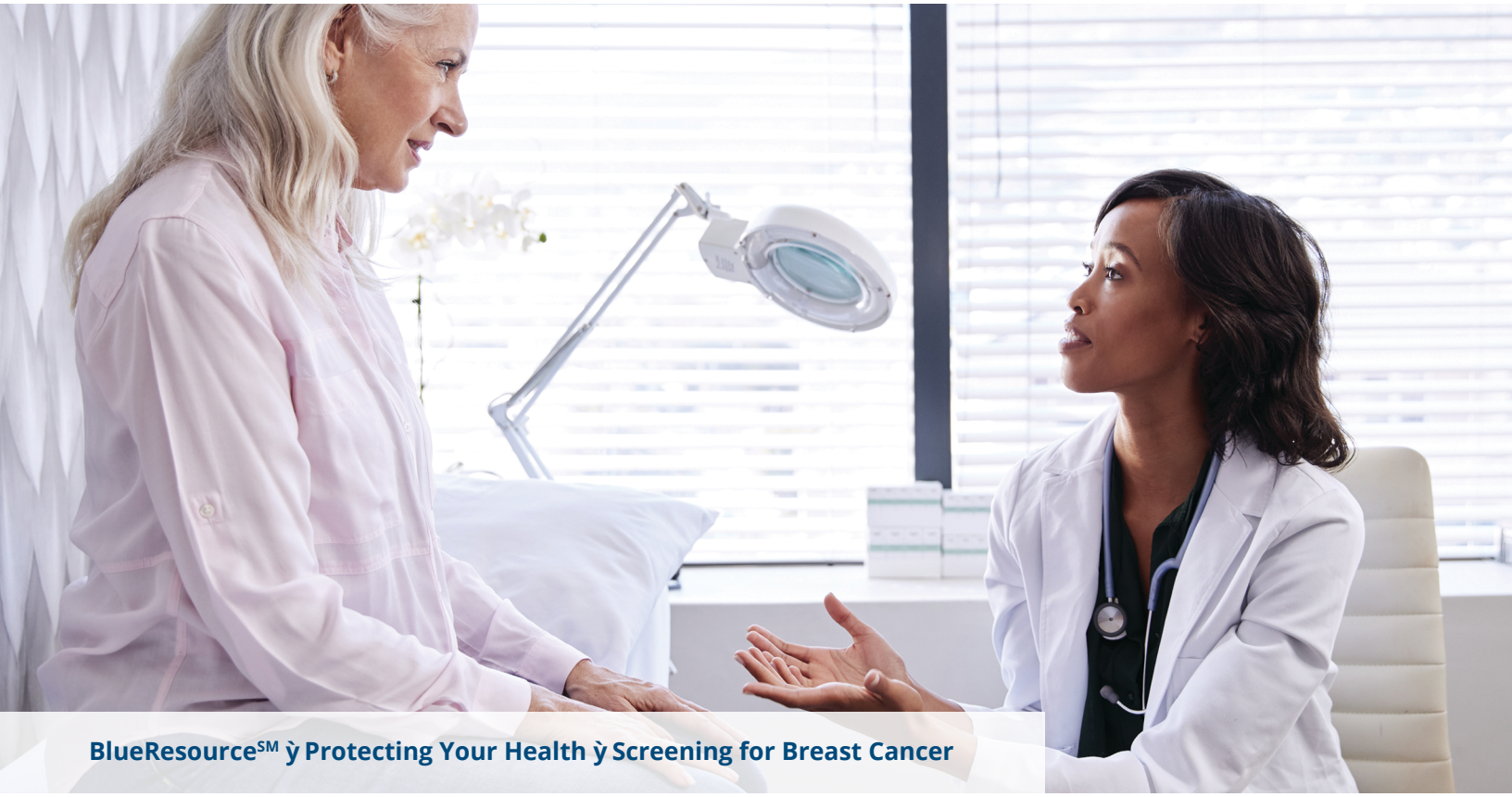

BlueResource℠ ỳ Protecting Your Health ỳ Screening for Breast Cancer

Learn How to Detect Breast Cancer Early

Nearly every woman worries about breast cancer – and for good reason. Every two minutes a woman in the United States is told she has breast cancer. Here's the good news: When breast cancer is found early, the five-year survival rate is 99 percent. Take these steps to help protect yourself.

Do a self-exam. Know how your breasts normally look and feel. Check them once a month and talk with your doctor if you notice any changes.

Visit your doctor each year. Ask for a breast exam as part of your annual checkup. Discuss other breast screenings you may need based on your age, risk factors and health history.

Make mammograms a must. Talk with your doctor at the age of 40 to see when and how often you should have breast X-rays. Follow recommended screening guidelines.

Focus on healthy living. Watch your weight and stay active. Eat fresh fruits and vegetables. Give up tobacco and limit the amount of alcohol you drink.

Get screened for breast cancer.

Sources: *About Breast Cancer: Early Detection.* National Breast Cancer Foundation. 2019.
What Is Breast Cancer Screening? Centers for Disease Control and Prevention. 2018.

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