Breast cancer can strike anyone, both women and men of any age—whether or not there’s a family history of the disease. It’s important for you and your loved ones to visit your doctor and follow the measures below to keep healthy—it can even save a life!

Know the risks
Your doctor can help determine your personal risks. Be sure to let your physician know if a family member has or had breast cancer. Inform your physician if these family members or you have been found to carry genes related to breast cancer.

Be alert to changes
Tell your doctor about any changes you may see or feel in your breasts—including a lump, pain, discoloration or anything else that concerns you.

Get screened
Ask your doctor about what screening methods are appropriate for your risk level. While mammograms are the most common screening tests for breast cancer, ultrasounds and/or MRIs of the breast are other tests. Screenings may help detect cancer in its earliest, most treatable stage.

Adopt healthy lifestyle changes
There are no sure ways to prevent breast cancer, but making certain lifestyle changes may reduce your risk. Exercise regularly, eat a variety of nutritious foods, maintain a healthy weight, avoid or limit alcohol, and stop smoking.

For more information about breast cancer and what you can do to manage your risk, visit National Cancer Institute and American Cancer Society.

We’re here to help.
Health Advocate can get you to the right support and resources to help you improve your health and well-being.