

Ways to reduce your risk of breast cancer



Watch for signs and symptoms

Get familiar with the look and feel of your breasts. This will help you notice any changes. Call your doctor if you notice any of the following:

- A thickening in the breast or armpit.
- A change in the size or shape of the breast.
- Changes in the skin of the breast, such as a dimple or skin that looks like an orange peel.
- A change in the nipple, such as scaling of the skin or a nipple that turns in.
- A green or bloody fluid that comes from the nipple.
- A change in the color or feel of the skin around the nipple (areola).

Get screened regularly

Mammograms are the most effective way to detect breast cancer early – when the odds of survival are the highest. Don't wait, schedule your mammogram today at kp.org/appointments or call 1-800-813-2000.

Know your family history

Breast cancer can be hereditary, this makes some people more likely to develop breast cancer than others. Steps you can take to understand your genetic risk include:

- Gather your family history and track any cancer in your family on a family history form.
- Genetic testing can be used to find changes in your genes or chromosomes that may cause cancer. Genetic counseling can help you understand your inherited cancer risk.
- Talk to your doctor if you are interested in genetic testing.

Make healthy choices

Although the exact cause of cancer isn't known, there are certain factors that can increase your risk of getting cancer. You may not be able to control all risk factors, but you can make healthy lifestyle changes that reduce your cancer risk. Positive practices for a healthier life include:

- regular exercise
- good nutrition
- manage/reduce stress
- drink less alcohol
- quit smoking
- wear sunblock



How to lower my risk



Lifestyle risk factors

