



Wake Forest University School of Medicine  
**Women's Health Center of Excellence for Research,  
Leadership, Education**

Fact Sheet

## Breast Cancer

### ***Early Detection***

You can increase your chances of finding breast cancer early by doing the following:

- ▶ Do a breast self-exam every month.
- ▶ Ask your doctor to do a breast exam when you visit for a check up.
- ▶ If you are 40 or over, get a mammogram once a year.

Ask your doctor to show you how to a self breast exam.  
It will not take long to learn and it may save your life!

### ***Who Is At Risk?***

Every woman is at risk for breast cancer, but older age is the strongest risk. Besides age, the main risks are:

- ▶ A family history of breast cancer
- ▶ Never had children, or had the first child after age 30
- ▶ Began your period before age 12
- ▶ Ended menopause ("the change") after age 55
- ▶ If you take hormones, talk to your doctor. They can increase your risk.

### ***Things that may help lower your risk of breast cancer:***

- ▶ Eat more fruits and vegetables
- ▶ Do not drink alcohol
- ▶ Stay in your normal weight range
- ▶ Lower the fat content of your diet
- ▶ Exercise
- ▶ Stop taking hormones

***This information is general. If your doctor tells you something different, follow his or her instructions.***

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For more information about women's health issues, stop by our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Floor, Winston Salem, NC 27104, visit our website at [wfubmc.edu/whcoe](http://wfubmc.edu/whcoe) or contact us at (336) 713-4220.