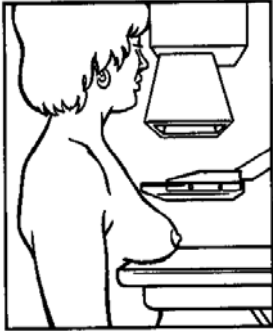


EARLY BREAST CANCER DETECTION *

EARLY DETECTION AND PROMPT TREATMENT SAVES LIVES!

More than 97% of women diagnosed with breast cancer will survive when diagnosed **before** it has spread beyond the breast.



Mammogram

Women age 40 and older should have a screening mammogram every year and should continue to do so as long as they are in good health.

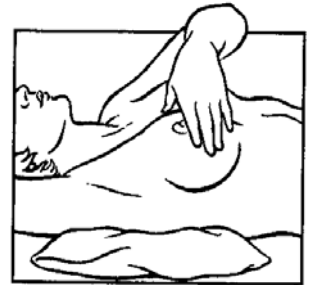
Evidence supporting mammograms is even stronger than in the past. Women can feel confident about the benefit of regular mammograms for finding cancer early, when treatment is most successful.

Clinical Breast Examination

Women in their 20s and 30s should have a clinical breast exam as part of a periodic (regular) health exam by a health professional, preferably every 3 years. After age 40, women should have a breast exam by a health professional every year.

Breast Self-Examination (BSE)

Women aged 20 and older should perform BSE every month. By doing the exam regularly, you recognize how your breasts normally feel and can more readily detect any change. Report any breast changes to your health professional right away.



* American Cancer Society guidelines for asymptomatic women

PREVENTION IS THE KEY!

Eat a variety of healthy foods.

- ✧ Eat more fruits and vegetables - at least five servings every day.
- ✧ Choose whole grains instead of processed (refined) grains. Switch to whole wheat bread instead of white, whole grain crackers instead of Saltines, and experiment with brown rice, barley, whole wheat pasta and bulgur instead of white rice and pasta shapes.
- ✧ Limit the amount of red meat that you eat - especially high fat and processed meats.
- ✧ Choose a diet lower in total fat - below 25 percent of your total daily calories is ideal.
- ✧ If you drink alcoholic beverages, limit your consumption to no more than one drink per day.



Adopt an active lifestyle.

- ✧ Adults should get at least 30 minutes (or more) of moderate activity at least 5 days of the week.

Maintain a healthy weight throughout life.

- ✧ It's really a matter of calories in ... calories out. Balance your caloric intake with physical activity to maintain your current weight.
- ✧ By reducing the calories you eat ... and increasing the calories you burn, you can slowly lose weight if you are overweight or obese.

MANALAPAN HEALTH DEPARTMENT