



Breast cancer awareness month

8 tips to reduce your risk

- 1** Get a mammogram. Talk to your doctor about when to start.
- 2** Get active — do things you love.
- 3** Limit alcohol. The more alcohol you drink, the greater the risk.
- 4** Quit smoking. There's a link between smoking and breast cancer risk.
- 5** Maintain a healthy weight. Being overweight increases the risk of breast cancer.
- 6** Breastfeed. It may play a role in breast cancer prevention.
- 7** Talk to your doctor about affects of hormone therapy.
- 8** Eat a healthy diet.

FREE ONLINE EVENT

Breast Health 4-1-1
Wednesday, October 21, 5:30–6:30 p.m.

Hear how you can help prevent or minimize the effects of breast cancer for yourself or someone you love. In addition, we will be sharing information about our new Carol Hatton Breast Care Center and what will be available for our community early next year.

For more information, and to register, visit chomp.org/pinkoctober.



Carol Hatton
Breast Care Center
Montage Health