



Take care of you

Breast Health and Screenings

You can improve your odds against breast cancer. A healthy diet and exercise give you a fighting chance. And so do yearly checkups and certain tests and screenings.

Healthy choices matter

Living healthier can help lower your risk for breast cancer. Here are some tips:

- **Watch your weight.** It's important to stay at the right body weight for your height and age. Overweight women have higher estrogen levels, which can increase the risk for cancer.
- **Exercise regularly.** Working out helps lower body fat. Less fat means less risk. One hour a day can help lower breast cancer risk by 20 percent. But even 30 minutes a day can improve your chances.
- **Don't smoke.** Smoking cigarettes raises your risk. If you are a smoker, think about getting help to stop.

Screening can save lives*

The type and frequency of breast cancer screening that is best for you changes as you age. If you have a high risk for developing breast cancer, talk to your doctor about when to begin having routine mammograms and other screening tests, such as magnetic resonance imaging (MRI).

At age 40, it is important for you to talk to your doctor before you decide when and how often to have mammograms. Many doctors recommend that women start screening at age 45 with a mammogram every year until age 54.

At age 55, women should switch to having a mammogram every 2 years. This can continue as long as their health is good and they are expected to live 10 or more years. The risk of breast cancer increases with age, and the age at which testing no longer helps reduce death from breast cancer is not known.

If you are 75 or older, talk to your doctor about mammography as a regular part of your health care plan.

Learn more about breast health and screenings — get on the path to a healthier you.

*Guidelines can differ regionally

Source: Healthwise, Incorporated. Available at www.healthwise.net/aetna. Accessed 1 March 2017.

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