

Early Detection Plan

You can take control of your healthcare by developing an [early detection plan](#) and encouraging others to do the same. Remember—early detection saves lives!

An Early Breast Cancer Detection Plan should include:

- **Beginning at age 20:** Performing breast self-exams and looking for any signs of change.
- **Age 20 to 39:** Scheduling clinical breast exams every three years.
- **By the age of 40:** Having a baseline mammogram and annual clinical breast exams.
- **Ages 40 to 49:** Having a mammogram every one to two years depending on previous findings.
- **Ages 50 and older:** Having a mammogram every year.
- **All Ages:**
 - Recording personal exams, mammograms and doctors' appointments on a calendar or in a detailed file.
 - Maintaining a healthy weight, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.

Breast Cancer Risk Factors

While no one knows the exact causes of breast cancer, research has shown that women with certain risk factors are more likely than others to develop the disease.

Risk factors for breast cancer include:

- **Age:** Half of all women diagnosed are over age 65.
- **Weight:** Being obese or overweight.
- **Diet & Lifestyle:** Lack of physical activity, a diet high in saturated fat, and alcoholic intake of more than two drinks per day.
- **Menstrual & Reproductive History:** Early menstruation or late menopause, having your first child at an older age or not having given birth, or taking birth control pills for more than ten years if you are under 35.
- **Family & Personal History:** A family history of breast cancer—particularly a mother or sister, a personal history of breast cancer or benign (non-cancer) breast disease.
- **Medical & Other Factors:** Dense breast tissue (often identified by a mammogram), past radiation therapy to the breast or chest area. A history of hormone treatments—such as estrogen and progesterone, or gene changes—including BRCA1, BRCA2, and others.



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Simple Tips to Fit More Activity into Your Day

Sitting at a desk eight hours a day, five days a week can leave little time for exercise. Even if it's just 10 minutes at a time, move whenever possible. Here are some quick tips:

- Eat lunch at a park a few blocks away and walk there instead of driving.
- Walk to a colleague's desk rather than e-mailing or calling.
- Take the stairs instead of the elevator.
- Include exercise breaks throughout the day, such as walking around the outside of the building.
- Bring meals from home. Bringing meals from home can boost dieting efforts.

Stir-Fried Zucchini and Carrots

1 tablespoon vegetable oil
3 medium-sized carrots
3 medium-sized zucchini
1 small onion, vertically sliced
2 tablespoons honey
1 ½ teaspoons lemon juice
½ teaspoon fresh lemon peel, grated
Salt and pepper, to taste

Add oil to hot skillet; add carrots, zucchini and onion.

Stir-fry until vegetables are crisp/tender.

Stir in remaining ingredients and cook 1 minute longer.

Makes 4 servings.

