

Breast Cancer Awareness

Take Control of Your Health

*The Barbara Ann Karmanos Cancer Center recommends that each woman takes control of her health.
Talk with a health care professional to make informed decisions on what's right for you.*

- Know your risk by learning about your family health history and talk to your health care provider about your own personal risk.
- Ask your doctor which screening tests are right for you if you are at a higher risk for breast cancer. Have a mammogram every year starting at age 40 if you are at average risk.
- Know how your breasts look and feel and report any changes to your health care provider right away.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Make healthy lifestyle choices
 - Maintain a healthy weight
 - Add exercise into your routine
 - Limit alcohol intake



Contact us:
1-800 Karmanos (1-800-527-6266)
karmanos.org

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At the Detroit Medical Center