

Rowan County



Public Health
Prevent. Promote. Protect.

October is National Breast Cancer Awareness Month

Except for skin cancers, breast cancer is the most common cancer in women but it can be successfully treated. Screening tests can find cancer early when it is most treatable. The 4 steps below can help you make wise decisions regarding breast cancer detection.

1. Know your risks:
 - Talk to your family to learn about your family health history and your personal risk of breast cancer
2. Get screened:
 - Ask your doctor about screening tests
 - Have a mammogram every year starting at age 40 if you are at average risk
 - Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40
3. Know what is normal for you:
 - See your health care if you notice any changes in your breasts
4. Make healthy lifestyle choices
 - Maintain a healthy weight
 - Add exercise to your routine
 - Limit alcohol intake
 - Limit hormone use after menopause
 - Breastfeed if you can

For more information, please visit the Susan G. Komen Web site: <http://ww5.komen.org/>

