

### Take Charge In The Fight Against Breast Cancer

(NAPSA)—Did you know that most women who are diagnosed with cancer have no family history of the disease?

The Cancer Research Foundation of America (CRFA) recommends screenings for early detection, as well as a healthy diet and exercise, to help you take charge of your breast health:



**There are a number of steps women can take to help prevent breast cancer.**

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- **Do Breast Self-Exams.** Examine your breasts once a month, five to seven days after the beginning of your period. Discuss any difference in the look or feel with your health care professional.

- **Get Yearly Clinical Breast Exams.** Have a clinical breast exam by your health care professional each year.

- **Get Yearly Mammograms.** After age 40, have a mammogram once each year. If you think you are at higher risk or have a family history, talk to your health care professional about having a mammogram earlier than age 40. National Mammography Day is Oct. 18, 2002.

- **Eat 5 A Day.** A well-balanced, low-fat diet full of fruits, vegetables and whole grains provides antioxidants that could help protect against breast and other types of cancers.

- **Exercise** daily to help boost your immune system, prevent obesity and decrease estrogen levels, lowering your breast cancer risk.

CRFA is a National Breast Cancer Awareness Month (October) partner. For more information on breast cancer prevention and healthy living, visit [www.preventcancer.org](http://www.preventcancer.org).