

# October is Breast Cancer Awareness Month

Think pink.

Think health.

Think breast cancer awareness.

## In the Pink

Some healthy habits with the added benefit of lowering your risk of breast cancer include:

- Maintaining a healthy weight
- Getting a daily dose of physical activity
- Limiting alcohol consumption to less than one drink per day

## Be Aware, Not Anxious

The good news is that most changes in the breast are not cancer. In fact, most abnormal results from mammograms are also not related to cancer.

Nevertheless:

- Be aware of changes in your breasts and share this information with your physician or other healthcare professional
- Know your family history of breast cancer – you and your physician can use this information to see how watchful an approach to take

## Learn More

Visit [www.FOH.hhs.gov/Oct](http://www.FOH.hhs.gov/Oct) to learn the “Six Thing You Need to Know” about breast cancer.