

VALLEY WOMEN CARE

Simple Steps to Good Health

Reducing your risk for breast cancer

Simple and regular breast care

- ✘ **Monthly breast self-exam.** *Beginning at age 20, it is important that every woman do this quick and easy exam for herself each month.*
- ✘ **Annual clinical exam.** *All women should see a doctor or medical practitioner for a breast exam each year.*
- ✘ **Mammography screening.** *Women 40 years of age and older are encouraged to ask for a referral from a doctor for a mammography screening each year.*

Things to do to stay healthy

- ✘ **Maintain a healthy weight.** *Being 30 lbs. or more overweight can increase your risk.*
- ✘ **Be physically active.** *Do moderate activity, like walking, 30 minutes or more every day.*
- ✘ **Choose healthy foods.** *Choose foods low in fat and high in fiber. Eat at least 5 fruits and vegetables every day.*
- ✘ **Limit alcohol.** *If you drink alcohol, health experts recommend no more than one drink a day.*
- ✘ **Don't smoke.** *If you smoke, stop. Second-hand smoke is unhealthy. Help others to quit for their health and yours.*

For more information, call Valley Women Care toll-free at

1-888-790-8500



Fresno County Human Services System
Department of Community Health
Education and Prevention Services
www.fresnohumanservices.org



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