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## Tips on breast health and screenings

### You can make a difference

You can improve your odds against breast cancer. A healthy diet and exercise give you a fighting chance. So do yearly checkups and going for recommended tests and screenings.

### Healthy choices matter

Living healthier can help lower your risk for breast cancer. Here are some tips.

**Watch your weight.** It's important to stay at the right body weight for your height and age. Overweight women have higher estrogen levels. This increases their cancer risk.

**Exercise regularly.** Working out helps lower body fat. Less fat means less risk. One hour a day can help lower breast cancer risk by 20 percent. But even 30 minutes a day can improve your chances.

**Limit how much alcohol you drink.** Try not to have more than one drink a day. Compared to women who don't drink, three or more drinks a day may double your risk.

**Don't smoke.** Smoking cigarettes raises your risk. If you are a smoker, think about getting help to stop.

**Learn more about breast health, screenings and more.**  
 Visit the Aetna IntelliHealth® website at [www.intelihealth.com](http://www.intelihealth.com).

Age	Professional breast exam	Mammogram
Under 40	Talk to your doctor. He or she will let you know if you need an exam.	Unless there is a high risk, most experts suggest against regular mammograms for young women.  Your doctor may ask you to get one. He or she will usually do this if there is a lump or other concerns.
40 – 49	Many doctors suggest a yearly exam. Talk to your doctor to be sure.	Talk to your doctor. Many doctors suggest getting one every 1 to 2 years.
50 – 75	Doctors suggest one every 1 to 2 years.	
75 and older	Talk to your doctor.	

Source: Aetna IntelliHealth. Available at [www.intelihealth.com](http://www.intelihealth.com). Accessed January 12, 2011.

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