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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.

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.	

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

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