

Invest in your health.

Cancer Prevention =
Being Proactive



Did you know that nearly one in every eight U.S. women will develop breast cancer at some point in their lives? In many cases, it's not known why a woman gets breast cancer; in fact, 70% of all women with breast cancer have no known risk factors. While there may be no clear answer about what causes breast cancer, there are a number of ways you can help reduce your risks:

- **Regular aerobic exercise**
- **Good nutrition**
- **Self exam and regular mammogram examinations**

For more helpful information about self-exams, symptoms and strategies for preventive care and early detection, visit the **Breast Cancer Health Topic Center** in your Living Well Health Manager.

In addition to your Living Well Health Manager, UT System provides a wealth of resources dedicated to your better health. Access all of these benefits in one convenient location: www.livingwell.utsystem.edu/cancer.htm.

Invest in your health today!