

# Living Well Tip of the Week

## **Cancer Prevention = Being Proactive**

Did you know that nearly one in eight U.S. women develops breast cancer some time in her life? 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
- Nutritional guidance
- Self exam and regular mammogram examinations



**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](http://www.livingwell.utsystem.edu/cancer.htm).**