

# Buncombe County HEALTH & HUMAN SERVICES

## Lower Your Risk of Breast Cancer

*Early detection of breast cancer significantly improves the chances of surviving the disease by finding the cancer when it is easier to treat.*



*The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, you should have a screening mammogram every two years.*

If you are 40 to 49 years old, talk to your health care provider about when to start and how often to get a screening mammogram.

There are many factors that affect your risk of breast cancer, some of which you have no control over. However, there are some things you can do to help lower your risk of breast cancer:

- Keep a healthy weight
- Exercise regularly
- Get enough sleep
- If you drink alcohol, limit alcoholic drinks to no more than one a day
- Avoid exposure to chemicals that can cause cancer
- Breastfeed your babies

If you are between 40-64 years of age and have a low income or limited to no health insurance, you may qualify for a free mammogram through the Breast and Cervical Cancer Control Program at Buncombe County Health and Human Services.

**To learn more, call Wanda Anderson at (828) 250-6006 or visit [www.buncombecounty.org/Governing/Depts/Health/Bcccp.aspx](http://www.buncombecounty.org/Governing/Depts/Health/Bcccp.aspx).**



**Buncombe County Health and Human Services**  
[www.buncombecounty.org](http://www.buncombecounty.org)



### Early Detection of Breast Cancer is Key to Survival

Remind your mother, daughters, sisters and friends to have a mammogram.

The Breast and Cervical Cancer Control Program (BCCCP) offers free or low cost mammograms for those who qualify.



For more info, call (828) 250-6006 or visit [buncombecounty.org/health](http://buncombecounty.org/health)