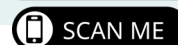


# Average Risk for Breast Cancer



Women in the United States have a one in eight chance (12.5%) of developing breast cancer. While you may be at average risk, this does not mean you are risk free for breast or other cancers. Please continue with screenings (or start when the time comes) as recommended by your health care provider.

**For more information about steps to lower your risk of cancer, please visit [riversideonline.com/breastcancer](https://riversideonline.com/breastcancer) or scan this QR code.**



## How is my risk calculated?

The assessment uses the National Comprehensive Cancer Network (NCCN) Guidelines in Clinical Oncology to calculate risk.

The NCCN Guidelines are considered the standard of care in oncology. Reviewed annually by thousands of multidisciplinary clinicians and researchers, the NCCN Guidelines are among the most thorough and up-to-date guidelines in medicine.

## Next steps and recommendations

- Empower yourself to be aware of how your breasts normally look and feel and report any changes to your health care provider. This can save your life, as most breast cancers in young people are self-detected.
- Begin annual screening mammograms at age 40.
- Have a clinical breast exam performed by your health care provider every three years until age 40, and then yearly thereafter. Make lifestyle modifications, such as maintaining a healthy weight, exercising regularly, limiting alcohol, eating a healthy diet and stopping smoking.
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