

# Breast and Brain Health Risk Guide

Practical ways to support your breast and brain health at every age.

There is no guaranteed way to prevent breast cancer or dementia. However, there are steps you can take to support your breast and brain health over time.

## Stay on track with recommended breast cancer screening

- Talk with your doctor about when to start breast cancer screening, how often to get screened and whether your personal or family health history may change your screening plan.

## Know and manage your health numbers

- Know your numbers and keep track of them over time. Ask about your blood pressure, blood sugar, cholesterol and weight. Talk with your doctor about anything that's higher or out of range.

## Move your body regularly

- Make **exercise** part of your routine. Choose regular physical activities that are realistic, accomplishable and safe for you. This can be activities like gardening, going for walks, dancing or other activities you enjoy that involve movement. Even small increases in activity have a big impact, especially over time.

## Limit alcohol and tobacco use

- If you drink or smoke, discuss options with your doctor to help you reduce or quit.

## Eat a balanced and diverse diet

- Choose a variety of nutritious foods, including fruits, vegetables, whole grains and healthy fats. Small changes, such as adding more fruits and vegetables to your meals, can support your overall health.

## Questions to Ask Your Doctor

1. How does my age, lifestyle and family history affect my risk for breast cancer and/or cognitive decline?
2. What can I do now to lower my risk of breast disease or cognitive decline over time?
3. Should I see a specialist or have additional testing if I'm worried about my memory lately or if my breast tissue does not feel like it normally does?
4. How do my menopause symptoms and status fit together with my breast and brain health and how may treatment options impact them?

## Stay mentally and socially engaged

- Keep the brain active. Learn new things. Do crossword puzzles. Stay connected with friends and family and do activities that both you enjoy and that challenge you.

## Discuss menopause, memory and mood with your doctor

- Bring up any changes you might notice in your breasts or in hormonal symptoms, as well as any changes in memory or concentration and mood shifts to your doctor. They can help figure out what may be normal part of aging or treatment or whether something may need further evaluation or support.
- For more questions to ask your doctor about breast cancer risk, [click here](#).

# KNOW MORE

This content is designed for educational purposes only and is not exhaustive. Talk with your health care provider about what is right for you.

