



# TAKE CONTROL OF YOUR BREAST HEALTH

Expert screening tips from Nina Vincoff, MD, Division Chief of Breast Imaging

## ONE IN EIGHT WOMEN WILL DEVELOP BREAST CANCER. HERE'S HOW TO PROTECT YOURSELF:

### 1. Understand your family history

Your risk may be higher if you have male or female family members with breast, ovarian or other cancers.

### 2. Factor in your race and ethnicity

Some groups, such as Black and Ashkenazi Jewish women, are at increased risk for developing aggressive cancers earlier in life.

### 3. Consider your age

Ask your doctor when to begin mammography screening. It's usually 40, but may be sooner for higher-risk women.

### 4. Assess your lifestyle

You can't prevent breast cancer completely, but not smoking and limiting alcohol can reduce your risk.

### 5. Know your breast type

Dense breasts can make your mammogram harder to read and increase breast cancer risk, so you might need additional MRI or ultrasound tests.

### 6. Come prepared

Be ready to talk with your doctor about all your questions and concerns, so he or she can create a plan that's best for you.



Learn more and join our "Go Pink" events

Hear from Dr. Vincoff and other experts at our informative events—hosted by Northwell's Katz Institute for Women's Health, Cancer Institute and Imaging.



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