



Intent to Act: My Personal Goals

Based on what I learned today, I plan to do the following within the next year:

- Talk to my family to learn about my family health history
- Talk to my doctor about my personal risk of breast cancer
- Get a mammogram
- Get a clinical breast exam
- Tell my doctor if I notice any changes from normal in my breasts
- Maintain a healthy weight
- Add exercise into my routine
- Limit my alcohol intake
- Limit menopausal hormone use
- Breastfeed, if I can
- Share something I learned today with a person I care about



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