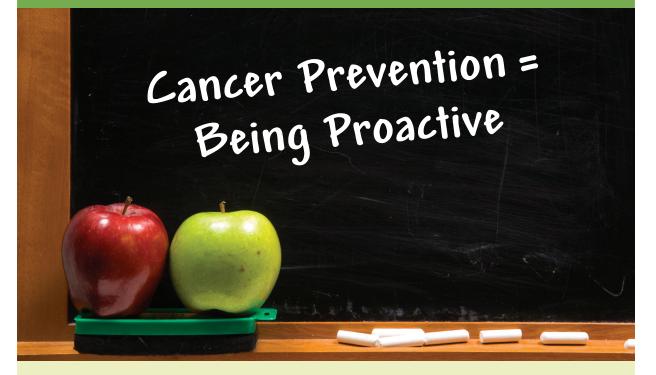
Invest in your health.



Did you know that nearly one in every eight U.S. women will develop breast cancer at some point in their lives? In many cases, it's not known why a woman gets breast cancer; in fact, 70% of all women with breast cancer have no known risk factors. While there may be no clear answer about what causes breast cancer, there are a number of ways you can help reduce your risks:

- Regular aerobic exercise
- Good nutrition
- Self exam and regular mammogram examinations

For more helpful information about self-exams, symptoms and strategies for preventive care and early detection, visit the **Breast Cancer Health Topic Center** in your Living Well Health Manager.

In addition to your Living Well Health Manager, UT System provides a wealth of resources dedicated to your better health. Access all of these benefits in one convenient location: **www.livingwell.utsystem.edu/cancer.htm.**

Invest in your health today!

Living Well

Health Manager

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