

Vegetables and fruits	85% of bc occurs without fh	Breast Cancer	Quit using tobacco	Malignant
Benign	Stress reduction	Once a Month	African Americans	Plastic Surgeon
Self-breast exam	Weight control	FREE	Age 40	Early detection
Family history	Radiologist	Males	Chemotherapy	Mastectomy
Breastfeed if you can	Avoiding menopausal hormones	Oncology	Yearly mammograms	Biopsy

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