

# 3 TIPS TO HELP YOU PREVENT BREAST CANCER

When it comes to your health, the adage – an ounce of prevention is worth a pound of cure – certainly seems right. If you're concerned about developing breast cancer, you may be interested in some steps you can take to prevent breast cancer.



## 1. Choose a healthy lifestyle.

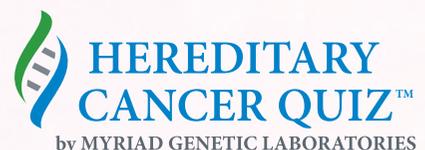
There are lifestyle changes you can make to lower your risk of breast cancer. Here are some proven methods to lower your risk:

- **Exercise regularly.** Obesity increases the risk of breast cancer. Exercise can help you maintain a healthy weight, which helps prevent breast cancer. Experts recommend that healthy adults should exercise for at least 30 minutes five times per week.
- **Eat a healthy diet.** Eating a healthy diet may decrease your risk of breast cancer, as well as diabetes, heart disease and stroke. One option is the Mediterranean diet which calls for healthy fats, such as olive oil, over butter and fish instead of red meat.
- **Reduce alcohol consumption.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation is to limit yourself to less than one drink a day.
- **Don't use tobacco.** Research suggests an association between smoking and breast cancer risk, particularly in older women.
- **Limit hormone therapy.** Combination hormone therapy for more than 5 years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about alternatives.
- **Breastfeed.** Breastfeeding may help in breast cancer prevention. The longer you breastfeed, the greater the protective effect.
- **Avoid toxins.** Cumulative exposure to environmental toxins over your lifetime – including radiation and environmental pollution – may increase the risk of breast cancer.

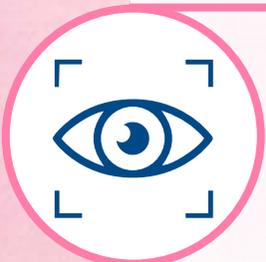


## 2. Know your family history.

Family history provides clues about your chances of getting cancer, and telling your healthcare provider your family history is a first step to find out if you



may be at increased risk. Depending on your family's history, your doctor may perform hereditary cancer risk assessment, including genetic testing, to determine if you carry a mutation that can cause breast cancer. One easy way to get started assessing your family history is to take the hereditary cancer quiz at: [www.hereditarycancerquiz.com](http://www.hereditarycancerquiz.com).



## 3. Be vigilant.

Breast self-awareness means being familiar with how your breasts normally look and feel. A breast self-exam (BSE) is a way to examine your breasts on a regular basis to look for any changes. If you notice any changes, such as a lump or discharge from your nipple, call your doctor right away. Also, ask your healthcare provider when to begin mammograms and other screenings. You can find more information about BSE online at:

<https://www.acog.org/About-ACOG/ACOG-Departments/Patient-Safety-and-Quality-Improvement/Did-You-Know-Video-Series/Did-You-Know-Breast-Self-Awareness>

We hope you found this information helpful. If you did, please share it with others so that they learn about breast cancer prevention too. In the meantime, BE WELL.