Breast Cancer Prevention Tips: Reduce your Risk

Lifestyles changes have been shown to decrease the risk of breast cancer even in high risk women. Here are some things you can do to reduce your risk:

1. **Limit Alcohol**– If you choose to drink, limit yourself to one drink per day.
2. **Don’t Smoke**– Accumulating evidence supports a link between smoking and breast cancer, particularly in premenopausal women.
3. **Control Your Weight**– Being overweight increases your risk for breast cancer.
4. **Be Physically Active**– The Department of Health and Human Services recommends 150 minutes a week of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise, plus strength training at least twice a week.
5. **Breast Feed**– Breast feeding may play a role in breast cancer prevention. The longer you breast feed, the greater the protective effect.
6. **Limit Amount and Duration of Hormone Therapy**– Hormone therapy for more than three to five years increases your risk of breast cancer.
7. **Avoid Exposure to Radiation and Environmental Pollution**– Medical imaging, like CT scans, use high doses of radiation. Reduce your risk by only having this test done when absolutely necessary. Some research suggests there is a link between chemicals at workplaces, like gasoline fumes and vehicle exhaust and breast cancer.

Resource: Mayo Clinic