REDUCE RISK OF BREAST CANCER

Breast cancer prevention starts with healthy habits. In honor of breast cancer awareness month, see below for tips on how you can reduce your risk!

1. **Limit alcohol**: The more alcohol you drink, the greater your risk of developing breast cancer. Limit yourself to less than 1 drink per day as even small amounts increase risk.

2. **Don’t smoke**: Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. Not smoking is one of the best things you can do for your overall health.

3. **Control your weight**: Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.

4. **Be physically active**: Physical activity can help you maintain a healthy weight which helps prevent breast cancer. The Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

5. **Limit dose and duration of hormone therapy**: Combination hormone therapy for more than three to five years increases the risk of breast cancer. Ask your doctor about other options.

6. **Avoid exposure to radiation and environmental pollution**: Medical-imaging methods, such as computerized tomography, use high doses of radiation. Reduce your exposure by having such tests only when absolutely necessary.

**Sources**: Mayo Clinic