

Can I Lower My Risk of Breast Cancer?

The average risk of a woman in the United States developing breast cancer at some point in her lifetime is about 13%. While there is no sure way prevent breast cancer, there are ways to help reduce your risk:



Maintain a healthy weight:

Work to stay at a healthy weight and avoid excess weight gain by eating a well balanced diet and being physically active.



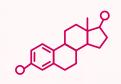
Move more:

Strive for 50 to 300 minutes of moderate physical activity or 75 to 150 minutes of vigorous physical activity each week (or a combination of these).



Avoid or limit alcohol:

Women who do drink should have no more than 1 alcoholic drink a day.



Check your hormones:

Using hormone therapy after menopause may increase your risk of breast cancer. Talk to your physician about non-hormonal options to treat menopausal symptoms.

To learn more helpful tips about maintaining a healthy lifestyle, visit mycare.sharecare.com.

Source: cancer.org

