

BREAST CANCER:

ARE YOU AT RISK?

Breast Cancer Awareness Month, observed in October, is a good time to review your breast cancer risk factors.



KNOW WHAT YOU CAN CONTROL

You can reduce your breast cancer risk by following a handful of healthy habits.



Exercise regularly

Set a goal to move for a minimum of 150 minutes each week of moderate-intensity aerobic exercise or 75 minutes of vigorous aerobic exercise every week, as recommended by the American Heart Association.

If you smoke, take steps to quit

Certain chemicals in cigarettes may raise your risk for breast cancer.



Limit your alcohol intake

Research suggests that a woman's breast cancer risk increases according to how much alcohol she drinks. If you do drink alcohol, try not to exceed the one-drink-per-day recommendation for women.

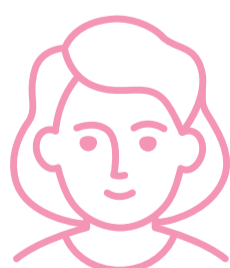
Manage your weight, especially after menopause

If you are overweight or obese later in life, your risk of developing breast cancer increases.



UNDERSTAND FACTORS YOU CANNOT CHANGE

Certain risk factors for breast cancer cannot be controlled. That doesn't mean you will get breast cancer, but stay vigilant. Talk to your doctor about your health history and determine a breast screening schedule that makes sense for you. Factors that increase your risk include:



AGE

Over the age of 50



BREAST DENSITY

Dense breasts



FAMILY HISTORY

Having a first-degree relative who had breast or ovarian cancer



GENETICS

Inheriting mutations to the BRCA1 and BRCA2 genes