



GET IN FRONT OF BREAST CANCER

From 2009 - 2014, breast cancer was the most commonly diagnosed cancer among females in the Greater Bay Area. About 1 in 8 U.S. women will develop invasive breast cancer over the course of their lifetimes.

Here are some tips to reduce your risk:



EXERCISE REGULARLY AND 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.

At least 150 minutes/week of moderate, or 75 minutes of vigorous, aerobic activity weekly is recommended.

LIMIT ALCOHOL AND DON'T SMOKE



The more alcohol you drink, the greater your risk of developing breast cancer. Evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.

Limit yourself to no more than 1 drink a day.



LIMIT USE OF HORMONE THERAPY

Combination hormone therapy for more than 3-5 years increases your risk.

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Adult women of all ages are encouraged to perform breast self-exams at least once a month. Also, ask your doctor when to begin mammograms and other screenings based upon your personal history.

Sources:

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