



## Lower Your Risk of Breast Cancer



### Overview

We'd all like to avoid breast cancer. Some risk factors, like your genetic makeup, can't be changed. But did you know there are other things you can do to lower your risk for this disease? Let's take a moment to learn more.

### Focus on health

First, do the basics. Focus on your overall health. Eat a healthy, nutritious diet, and watch your weight. Make sure you get plenty of exercise. You'll want to do some aerobic exercise (this includes things like walking, cycling and swimming). This is good for your heart and lungs. You'll also want to do some strength training.

### Limit alcohol

Next, limit your alcohol use. We know that drinking alcohol raises your risk for breast cancer. And the more you drink, the higher your risk. So drinking little or no alcohol is better for you.

### Breastfeed

If you're a new mother, another way we think you can lower your risk is to breastfeed your babies. We think breastfeeding may help protect you from the disease. And the longer you breastfeed, the greater this benefit may be.

### Limit hormone therapy

And finally, if you're past childbearing years, your doctor may recommend hormone therapy. But you should know that postmenopausal hormone therapy can raise your risk for breast cancer. So make sure you talk to your doctor about the benefits and risks of this treatment. If you're worried about your breast cancer risk, there may be other treatment options for you.