HOW CAN WE REDUCE BREAST CANCER RISK?

WE CAN:
Be Physically Active
Eat a Balanced Diet • Limit Alcohol
Not Smoke • Avoid All Plastic Water Bottles

TRY TO:
Use Non-Toxic Household Cleaning Products
Use Less Makeup • Avoid Microwaving Food in Plastic
Cook in Stainless Steel or Cast Iron

For Medical Recommendations and to Learn More
Visit zerobreastcancer.org