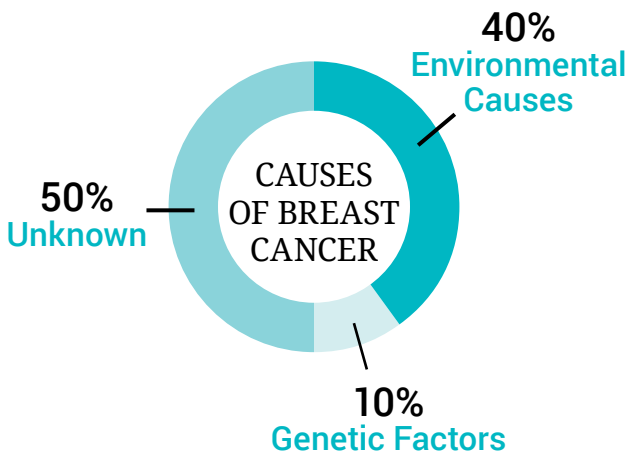


# 1 in 8 Women

Will Get Breast Cancer In Her Lifetime



- The biggest risks are being female and getting older. Men can get breast cancer too but this is very rare.
- Half of breast cancers can't be explained - we still have a lot to learn.
- Genetic factors explain 5 – 10% of breast cancers cases.
- 40% of breast cancers can be attributed to behaviors as well as physical and social environments.

Practice the precautionary principle – if in doubt cut it out!

*These guidelines will benefit everyone, particularly during times of breast development, such as puberty and pregnancy.*

The tips in this brochure are based on the latest scientific evidence for:

- **LIFESTYLE FACTORS:** Healthy eating, physical activity, good sleep habits and social support help to manage stress and limit inflammation.
- **ENVIRONMENT HAZARDS:** Avoid carcinogens (radiation and chemicals linked to cancer) and substances that disrupt hormones.



**NO ONE CAN DO IT ALONE!**  
*Together we can build strong communities to protect our health and promote wellness.*

zero  
 breast cancer  
 zerobreastcancer.org



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 ONLINE



VOLUNTEER  
 OR DO  
 PRO BONO



BECOME  
 A BUSINESS  
 PARTNER

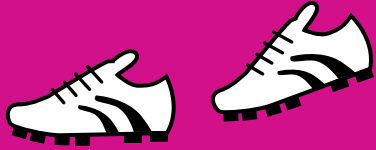
# zero breast cancer



**13** Ways to Reduce  
 Your Risk  
 of Breast Cancer

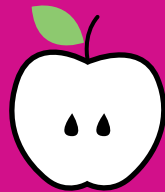
# 13 Ways to Reduce Your Risk of Breast Cancer

## YOU CAN



- Be physically active – walk, cycle, dance or do whatever activity you enjoy for 30 minutes or more most days of the week.

- Eat a healthy, balanced diet with plenty of fresh or frozen fruits and vegetables (avoid cans lined with BPA – learn more at [www.ewg.org](http://www.ewg.org)) and whole grains. Limit red meat and avoid processed meat.



- Drink from your own glass or stainless steel bottle and avoid bottled water (saves money and our environment, too!).



- Don't use tobacco and don't let anyone use in your home or car.

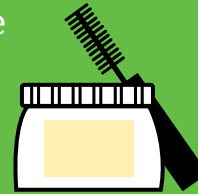
- Limit alcoholic drinks to 1 or less a day, 3 – 5 a week.



## TRY TO

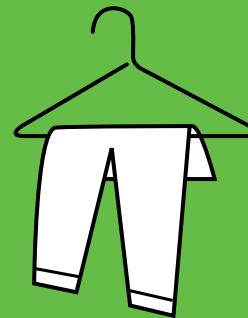
- Use non-toxic cleaning and household products like baking soda and vinegar; avoid chemical air fresheners and products with phenols and fragrance.

- Use fewer personal care products or cosmetics; avoid parabens, fragrance and sunscreen with oxybenzone.



- Cook in stainless steel or cast iron (avoid non-stick), microwave in glass or ceramic (never plastic) and limit plastic food packaging.

- Avoid dry cleaning, especially with PERC (if used, air those clothes outside); look for “wet cleaning.” Avoid clothing with wrinkle free, stain resistant, water proofing and fire retardant treatments where possible.



## DOCTORS ADVISE



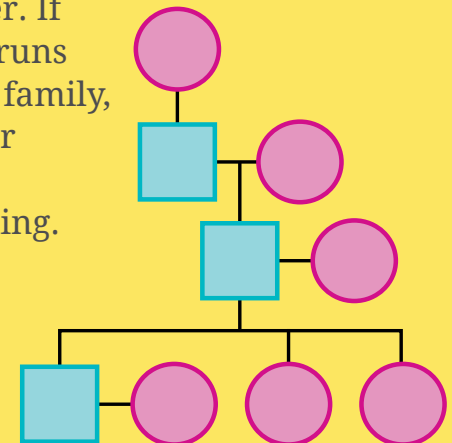
- Breastfeeding your baby for as long as possible, ideally for a year.

- Minimizing radiation exposure (especially CT scans and chest x-rays) for females under 20.



- Avoiding combination hormone replacement therapy (HRT) with estrogen and progesterone for typical menopause.

- Discussing your family history of breast and ovarian cancers with your doctor or health care provider. If cancer runs in your family, consider genetic counseling.



To learn more go to [zerobreastcancer.org](http://zerobreastcancer.org). Like us on Facebook and follow us on Twitter.