13 Ways to Reduce Your Risk of Breast Cancer

YOU CAN:

- **BE PHYSICALLY ACTIVE.**
- **EAT A HEALTHY, BALANCED DIET.**
- **DRINK WATER IN GLASS OR STAINLESS STEEL BOTTLES.**
- **DON’T SMOKE TOBACCO & DON’T LET OTHERS SMOKE NEARBY.**
- **LIMIT ALCOHOL.**

TRY TO:

- **USE NON-TOXIC HOUSEHOLD CLEANING PRODUCTS.**
- **USE FEWER LOTIONS, POTIONS AND MAKEUP.**
- **AVOID CHEMICALS IN CLOTHING AND DRY CLEANING.**
- **COOK IN STAINLESS STEEL OR CAST IRON. MICROWAVE IN GLASS OR CERAMIC.**

DOCTORS ADVISE:

- Breastfeeding your baby for as long as possible, ideally for a year.
- Minimizing radiation exposure (especially CT scans & chest x-rays) for females under 20.
- Avoiding combination hormone replacement therapy (HRT) with estrogen & progesterone for typical menopause.
- Discussing your family history of breast & ovarian cancers with your doctor or health care provider. If cancer runs in your family, consider genetic counseling.