

BREAST
CANCER

NOW The research
& care charity



REDUCING
YOUR RISK OF
BREAST CANCER



HOW CAN I REDUCE MY RISK OF BREAST CANCER?

Breast cancer is the most common cancer in the UK. Around 55,000 women and 370 men are diagnosed with breast cancer every year.

Many things affect our chance of developing breast cancer. Some of these things we can't change – for example, our risk increases as we get older. But lifestyle can play a part too.

By making small healthy changes and living well now, you can lower your chance of getting breast cancer.

BEING DRINK AWARE

You can reduce your chance of developing breast cancer by limiting the amount of alcohol you drink.

National health guidelines across the UK recommend that men and women drink no more than 14 units of alcohol a week. That's the equivalent of seven 175ml glasses of wine or seven pints of lower-strength beer a week. You should also spread your drinks over a few days and aim to have days off drinking each week.

TOP TIPS



Try an alcohol-free wine or beer or a mocktail in place of your usual drink.

Meet with friends in a café rather than the pub, or take a walk together.

KEEPING TO A HEALTHY WEIGHT

Keeping to a healthy weight can lower your chance of getting breast cancer.

After the menopause, your risk of breast cancer increases if you're overweight or obese, and the more weight you gain in your life, the higher your risk.

TOP TIPS



Eat a balanced and varied diet rich in fruit, vegetables, pulses and whole grains and low in red and processed meat, fatty and sugary foods.

Being active regularly can help you manage your weight and is another way to reduce your risk of breast cancer.

STAYING ACTIVE

You can reduce your chances of developing breast cancer by being physically active on a regular basis.

You can benefit from any activity that makes you breathe harder and get warmer, while still letting you carry on a conversation. Aim for around 150 minutes a week. You can divide this up however you like, so that could be 20 minutes a day, or 30 minutes five times a week.

TOP TIPS



Exercise such as swimming, cycling or playing sports is one way to stay active.

Some everyday activities also count, such as taking the stairs, mowing the lawn or vacuuming – as long as they make you breathe harder and feel warmer.

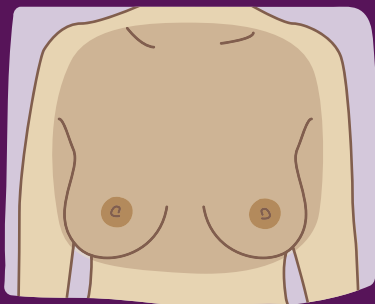
CHECKING YOUR BREASTS IS AS SIMPLE AS TLC

The earlier breast cancer is diagnosed, the better the chance of successful treatment. So it's important to check your breasts regularly and see your GP if you notice a change.

TOUCH your breasts: can you feel anything unusual?

LOOK for changes: does anything look different?

CHECK any changes with your GP



Check the whole breast area, including your upper chest and armpits.

Do this regularly to check for changes.

For more information on being breast aware and the symptoms to look out for, visit breastcancernow.org

ABOUT THIS LEAFLET

Reducing your risk of breast cancer was written by Breast Cancer Now's clinical specialists, and reviewed by healthcare professionals.



For a full list of the sources we used to research it:

Phone **0345 092 0808**

Email **health-info@breastcancer.org**



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BREAST CANCER NOW

The research
& care charity

We're here for anyone worried about or affected by breast cancer. And we always will be.

For support and information, call us free on

0808 800 6000 or visit **breastcancernow.org**

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