

Preventing Breast Cancer in 5 Points

Breast cancer prevention is a crucial aspect of women's health. In this concise guide, we'll delve into **five actionable points** aimed at minimizing breast cancer risks. Let's empower ourselves with knowledge and proactive steps for a healthier tomorrow.

Maintaining a Healthy Weight



The risk of developing breast cancer after menopause is higher for individuals who have gained weight over their lifetime. This risk increases in proportion to the amount of weight gained. According to studies, individuals with a **Body Mass Index (BMI)** between **18** and **25** have a lower risk of developing breast cancer. However, those who are already overweight can significantly reduce their risk by losing as little as 5% of their body weight and maintaining this weight loss. **The reduction in risk** could be anywhere between **25%** and **40%**.

Regular Exercise



Numerous studies have demonstrated the effectiveness of **regular exercise** in decreasing the likelihood of developing breast cancer. Strive for at least **five workout sessions every week**, with each lasting between 35 and 45 minutes. Although it need not be overly demanding, any activity that elevates your heart rate and induces heavier breathing, such as a daily brisk walk, will significantly contribute to reducing the risk of breast cancer.

Know your risk



- Age
- Family history
- Lifestyle

Reduce your alcohol intake



We all know that excessive drinking isn't good for us, but should we all be going teetotal? It has been shown that women who drink more alcohol do have higher rates of breast cancer than those who don't drink at all, but the extra risk is lower if you limit your consumption.

Advice is that men and women should not drink more than **14 units a week** on a regular basis, emphasising the importance of spreading your drinking over 3 or more days if you regularly drink as much as 14 units a week.

Check yourself & take action



- Remember to **check** yourself regularly
- Get to know your breasts so that you can spot any **unusual changes**.
- If you see something unusual or have any concerns, book an appointment with your GP.
- When invited to attend a breast **screening**, make sure you book your appointment.