

13 Ways to Reduce Your Risk of Breast Cancer

40%
Environment
&
Behavior

10%
Genetics

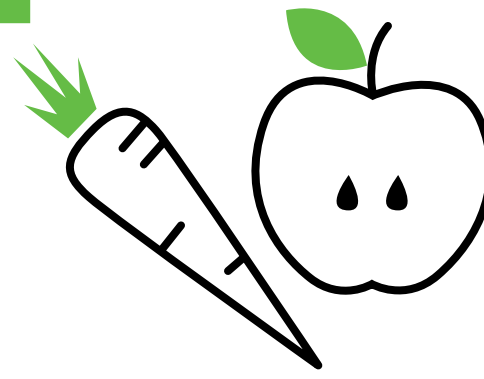
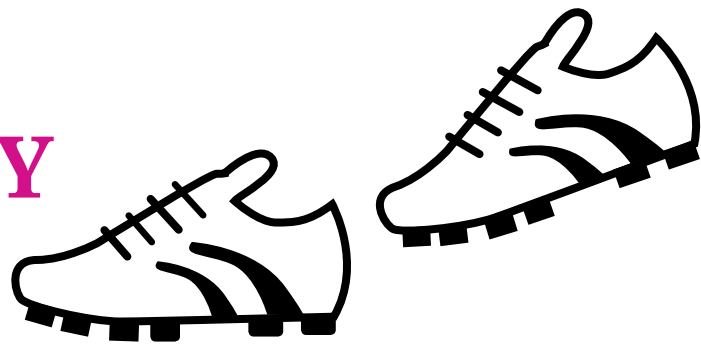
CAUSES
OF BREAST
CANCER

50%
Unknown

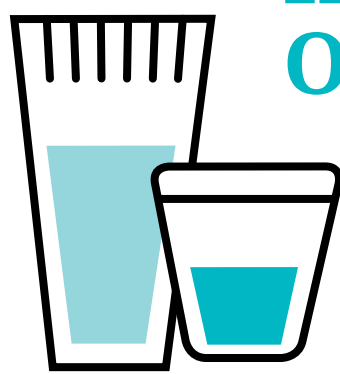
YOU CAN:



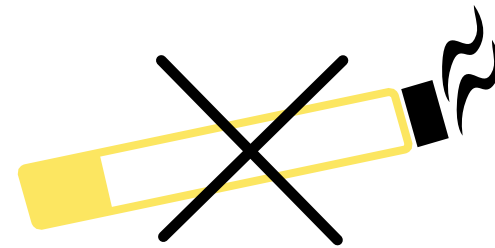
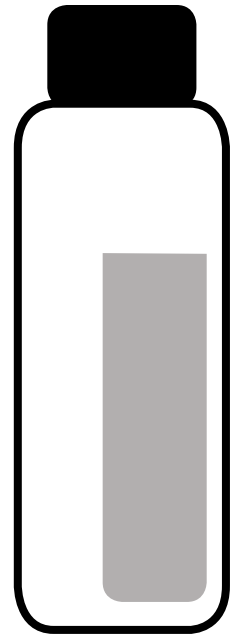
**BE
PHYSICALLY
ACTIVE.**



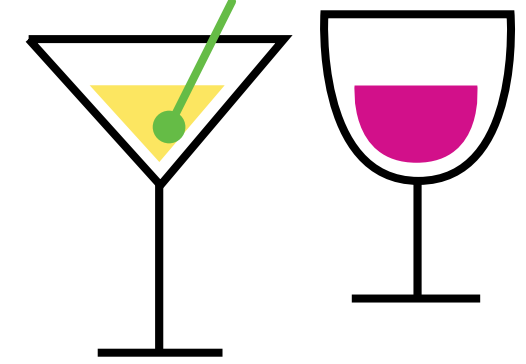
**EAT A
HEALTHY,
BALANCED
DIET.**



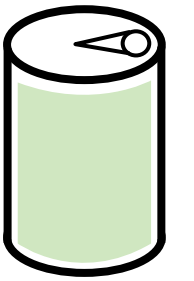
**DRINK
WATER
IN GLASS
OR
STAINLESS
STEEL
BOTTLES.**



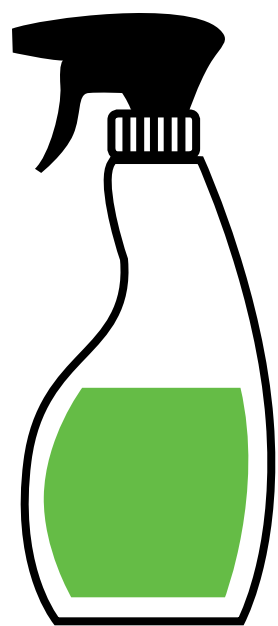
**DON'T SMOKE
TOBACCO & DON'T
LET OTHERS
SMOKE NEARBY.**



**LIMIT
ALCOHOL.**

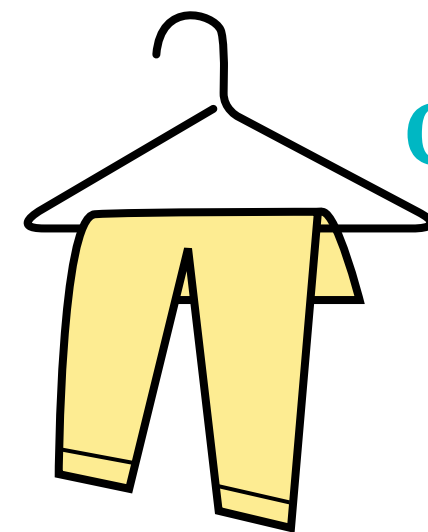
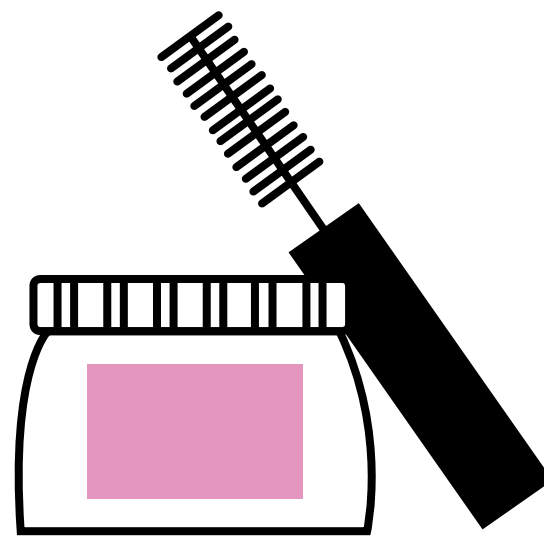


TRY TO:

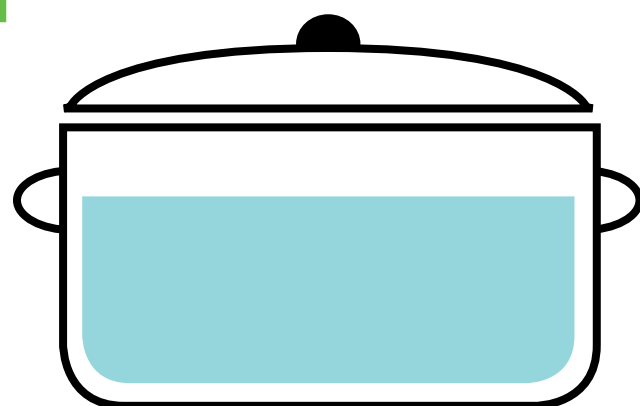


**USE
NON-TOXIC
HOUSEHOLD
CLEANING
PRODUCTS.**

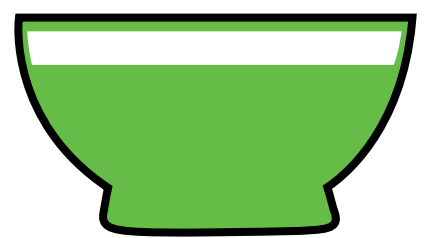
**USE
FEWER
LOTIONS,
POTIONS
AND
MAKEUP.**



**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.

zero
breast cancer
zerobreastcancer.org