

RISK FACTORS IN YOUR LIFE



HORMONAL FACTORS

Research has found a link between the oestrogen hormone and breast cancer. Aim to stop using oral contraceptives when you're around 30 – speak to your GP about the alternatives available to you.

Limit the use of Hormone Replacement Therapy (HRT) to a short time and avoid using this continuously for years.

Breast feeding can help lower your risk of breast cancer and we recommend that if possible, you breastfeed your baby for at least six months.



DIET

Our research has found that having a Body Mass Index (BMI) of between 18 and 25 lowers your risk of breast cancer. If you're overweight, losing just 5% of your weight (and keeping it off!) can reduce your risk substantially - by between 25 and 40%.

Eat more fruit, vegetables and wholegrains while avoiding processed foods which are often high in sugar and fat. You'll find more dietary advice on our website, or please ask for our Diet and Lifestyle leaflet.



EXERCISE

Aim for five exercise sessions a week, lasting 35 to 45 minutes each.

Our research has found that as well as reducing the risk of developing breast cancer, exercise can lower the risk of the disease coming back (recurrence) if you've already been diagnosed.



ALCOHOL

Alcohol increases the risk of breast cancer. If you choose to drink, you can help keep your risk of developing breast cancer from alcohol low by limiting your intake to 14 units a week. The more you cut down on alcohol, the more you reduce your risk.

Spread your drinks evenly throughout the week. If you'd like to cut down, try having several drink-free days each week.



ENVIRONMENTAL FACTORS

Current research has found no proven link between breast cancer and environmental chemicals. We advise reducing your exposure to artificial chemicals in cosmetics, plastic products, preservatives and pesticides as a sensible precaution.



prevent
breast
cancer

GET TO KNOW YOUR BREASTS

Prevent Breast Cancer
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Wythenshawe Hospital
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 @wearepreventBC

 WeArePreventBreastCancer

 preventbreastcancer

preventbreastcancer.org.uk

Prevent Breast Cancer - our purpose is in our name

Prevent Breast Cancer Limited
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PREDICT PREVENT PROTECT

YOU COULD CALL IT OUR MANTRA. AS THE ONLY UK CHARITY ENTIRELY DEDICATED TO THE PREDICTION AND PREVENTION OF BREAST CANCER, WE'RE COMMITTED TO FREEING THE WORLD FROM THE DISEASE ALTOGETHER.

Unlike many cancer charities, we're focused on preventing, rather than curing. Promoting early diagnosis, screening and lifestyle changes, we believe we can stop the problem before it starts.

And being based at the only breast cancer prevention centre in the UK, we're right at the front line in the fight against the disease.



PREDICT PREVENT PROTECT

WE PREDICT: by identifying who is at risk of breast cancer

WE PREVENT: by offering preventative interventions, to stop breast cancer before it starts

WE PROTECT: our goal is to shield future generations from breast cancer

BREAST CANCER IS THE MOST COMMON CANCER IN THE UK. OUR 'GET TO KNOW YOUR BREASTS' GUIDE SHOWS YOU HOW YOU CAN PROTECT YOURSELF: BE BREAST AWARE, KNOW THE FACTS ABOUT BREAST CANCER, HAVE REGULAR SCREENING AND ADDRESS THE RISK FACTORS IN YOUR LIFE.

BE BREAST AWARE

Learn how to check your breasts and make sure you're familiar with how they normally look and feel.

We recommend checking your breasts once a month for any changes. These would include skin puckering, changes in the nipple and any blood stained discharge from the nipples. Visit our website for all the changes to your breasts you need to look out for.

BREAST CANCER: KNOW THE FACTS

- The risk of being diagnosed with breast cancer increases with age. The average risk of breast cancer before the age of 50 is 1 in 50, between 50 and 80 it increases to 1 in 9.
- Your risk of developing breast cancer when young is higher if you have a family history of the disease, with a sister or mother being diagnosed before the age of 50.
- Most lumps in the breast are harmless, as is breast pain associated with your menstrual cycle.
- Men can also develop breast cancer. One in 1000 men in the UK will be diagnosed with the disease each year.

HAVE REGULAR SCREENING

If you're aged between 47 and 73, take advantage of the breast screening you'll be offered in the form of regular mammograms. There is a very high cure rate for breast cancer caught in this way.

As long as you're registered with a GP, you'll receive an NHS invitation every three years. If you find you've been recalled after screening, be reassured that this is usually precautionary and in most cases nothing serious is found during a second check.

And don't worry about mammograms being harmful to your health. While they do use X-rays, you'd have to have around 10,000 mammograms for there to be any risk of cancer being triggered!

HAVE A FAMILY HISTORY OF BREAST CANCER?

If several of your family members have had breast or ovarian cancer, or your mother or sister was diagnosed with the disease before the age of 50, you may want to discuss gene testing with your GP. Most hospitals have family history clinics and your GP can refer you. It's important that you undergo proper counselling before making any decisions about being tested.

Should you carry the gene that increases breast cancer risk, it's likely that you'll be offered a range of preventative options going forward, including regular screening.