

5 Ways to Lower Your Risk for Breast Cancer



Every year thousands of women hear the frightening words, “You have breast cancer.” Now here are some encouraging words: You might be able to lower your risk for this disease by following some smart lifestyle strategies.

Some risk factors for breast cancer cannot be changed—such as age, family history and ethnicity—but you may be able to change some others:



Cut the fat. Your risk for breast cancer rises along with the amount of fat in your diet. Limiting fat, especially saturated fat, may curb your risk.



Scale back. Obese women are more likely to get breast cancer, while lean women enjoy lower risk.



Stay on the move. Studies indicate there’s a lower rate of breast cancer in women who exercise.



Don’t tip your glass too often. Having one to two alcoholic drinks a day can increase your risk.



Clear the smoke away. In a study of more than 73,000 women, the rate of breast cancer among current smokers was about 24 percent higher than in nonsmokers. Wondering if it’s too late to quit? The women who had once smoked but quit reduced their risk for breast cancer by nearly half that of current smokers.