Eating a diet high in fruits and vegetables has been shown to be protective against developing breast cancer.
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Annual breast exams by a health care provider and mammograms help detect breast cancer tumors early and thereby give you a better chance for survival.
Having one or more alcoholic drinks per day is thought to increase your risk for breast cancer.
Passive, or second hand, smoking exposes you to PAHs (polycyclic aromatic hydrocarbons) which are thought to increase your risk for breast cancer.
Exercising has been shown to be protective against developing breast cancer.
Breastfeeding has been shown to decrease a woman’s exposure to estrogen in her lifetime and reduces the risk for developing breast cancer.
Having one or more alcoholic drinks per day is thought to increase your risk for breast cancer.
Exposure to diesel and other exhaust exposes you to dangerous PAHs (polycyclic aromatic hydrocarbons) that have been linked to an increased risk for breast cancer.
Regular health care, including a discussion about breast cancer concerns with a health care provider, can help women to be proactive in addressing breast health.
Being overweight has been shown to increase your risk of breast cancer, especially if you are overweight after menopause.
Exercising has been shown to be protective against developing breast cancer.
Maintaining a healthy weight, with a Body Mass Index (BMI) between 18.5 and 24.9 reduces the risk for breast cancer.
Eating char grilled food exposes you to dangerous PAHs (polycyclic aromatic hydrocarbons) that have been linked to increased risk for breast cancer.
Moderate exercise for at least 30 minutes most days has been shown to reduce a woman’s risk of breast cancer.
Finding out about your family history of breast cancer and discussing it with your health care provider can be proactive in addressing breast health.