

We're here

REDUCING YOUR RISK OF BREAST CANCER



How can I reduce my risk of breast cancer?

Breast cancer is the most common cancer in women in the UK. And while it's rare, men can get breast cancer too.

Many things affect your risk of breast cancer, including some you can't do anything about like getting older. But lifestyle can also play a part.

By making some small changes to your lifestyle, you can reduce your risk of getting breast cancer.

Limit alcohol



You can reduce your risk of breast cancer by limiting the amount of alcohol you drink.

Regularly drinking alcohol increases your risk of developing breast cancer. And the more you drink, the higher your risk.

No level of drinking is completely safe. But if you want to drink alcohol, it's recommended you drink no more than 14 units of alcohol a week, spread across 3 days or more.

TOP TIPS

- 1 Have some drink-free days every week
- 2 Try an alcohol-free wine or beer or a mocktail in place of your usual drink
- 3 Switch up your social plans and do something that doesn't involve alcohol, like grabbing a coffee, seeing a film or going for a walk

Keep to a healthy weight



Keeping to a healthy weight can lower your risk of getting breast cancer.

Your risk of breast cancer increases if you're overweight or living with obesity after the menopause.

And the more weight you gain during adulthood, the higher your risk of breast cancer later in life.

TOP TIPS

- 1 Avoid keeping too many unhealthy snacks like sweets in the house – try snacks such as popcorn, rice cakes or fruit instead
- 2 Being regularly active is a good way to maintain a healthy weight and reduce your risk of breast cancer
- 3 Swap sugary drinks for water – you could add some sugar-free squash for extra flavour

Be physically active



You can reduce your risk of breast cancer by being physically active regularly.

Being active might involve exercise like swimming or cycling. But it can also mean increasing activity in your daily life like taking the stairs instead of the lift.

Any amount of activity is beneficial, but more is better.

TOP TIPS

- 1 Start small and build up gradually: any amount of activity helps
- 2 Find something you enjoy: you're much more likely to stick with an activity if you enjoy it
- 3 Try "exercise snacking": build up your weekly activity levels by doing short bursts of exercise a few times a day

TOUCH YOUR BREASTS LOOK FOR CHANGES CHECK ANY CHANGES WITH YOUR GP

TOUCH
LOOK
CHECK™

No matter what size or shape your breasts are,
check them regularly

Common signs of breast cancer include:



Check all parts of your breasts, your armpits and up to your collarbone



Lump



Puckering or dimpling



Colour change



Inverted nipple



Rash/crusting



Liquid



Change in size

Signs and symptoms may appear differently on various skin tones

On its own pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

For more information on being breast aware and the symptoms to look out for, visit

breastcancernow.org

About this leaflet

Reducing your risk of breast cancer was written by Breast Cancer Now's clinical specialists, and reviewed by healthcare professionals.

 Email health-info@breastcancernow.org

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Information you can trust, support you can count on

Worried about breast cancer? Want to know the signs to look out for and what to do if you spot something unusual for you?

Whatever your question or concern, we're here for you.

 Call **0808 800 6000** to talk things through with our helpline nurses.

 Visit **breastcancernow.org** for reliable information about breast conditions and breast cancer.

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We're here

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Creator

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