Risks

Heredity With a family history of breast cancer, the risk of developing breast cancer increases 2-3 times.

Reproductive factors Reproductive factors include early onset of menses, late menopause, and late birth of the first child.

Other factors that increase the risk of developing breast cancer include alcohol consumption, being overweight and obese, and physical inactivity.

Recommendations

To prevent breast cancer, you should regularly take

At the age of 20-40, examinations in the examination room once a year;

Ultrasound examination of the mammary glands after 40 years 1 time per year;

X-ray prophylactic examination of the mammary glands (mammography) after 40 years 1 every 2 years;

Breast self-examination.

Healthy food. Women who want to prevent breast cancer should prefer boiling and stewing food when cooking. It is useful to use green tea (it contains antioxidants), green onions, nuts, fish. Also, for the health of the mammary glands, it is recommended to eat tomatoes and cabbage. Choose chicken from all types of meat. Fried and fast food should be excluded from the diet.

Monitor your weight. Obesity greatly increases the risk of developing breast cancer. This happens because excess body weight disrupts the hormonal balance in a woman's body.

To refuse from bad habits. Alcohol contributes to the increased production of female sex hormones, which again provokes the development of breast cancer. It is better to exclude it from the diet or reduce consumption to a minimum.

Breastfeed your baby. Feeding should continue until the child reaches six months of age. This natural process will reduce the likelihood of developing breast pathologies, including breast cancer.

Remember hereditary factors. If your close relatives have had breast cancer, pay more attention to breast health and more often contact a mammalogist for consultation and medical examination.

Exercise. This will strengthen the body as a whole and help fight obesity.

Articles to the recommendation

<https://pubmed.ncbi.nlm.nih.gov/28969709/>

<https://pubmed.ncbi.nlm.nih.gov/32528185/>

<https://academic.oup.com/jnci/article/90/22/1724/2520211?login=true>