

Understanding your breast cancer risk



Breast
Cancer
Awareness
Month



October is
Pink



Stay up to
date with
your
mammogram.

Understanding your risk factors can give you a better picture of what you can do to help prevent breast cancer.

Risk Factors

- Age
- Family history of breast cancer
- Reproductive and menstrual history
- Gene mutations
- Radiation exposure

Tips that may help reduce your chance of getting breast cancer.

- Maintain a healthy weight.
- Engage in physical activity at least four hours a week.
- Don't drink alcohol or reduce alcohol consumption to no more than one drink per day.

This information does not provide medical advice, diagnosis, or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

<https://www.cdc.gov/cancer/breast/pdf/breast-cancer-fact-sheet-508.pdf>.

<https://medlineplus.gov/ency/patientinstructions/000830.htm>.

Image <https://www.canva.com/design/DAFJqG1bFY/fUczeQkHIEEbp-ijlIVx0w/edit?layoutQuery=October+is+Pink>. Accessed: 08/04/2022.