

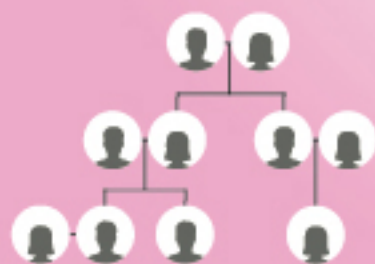


Factors & Prevention

Here are some factors that can increase your probably of developing breast cancer and the things **YOU** can do to detect or prevent it.

5-10%

of breast cancer cases are thought to be hereditary



FIND OUT YOUR FAMILY'S HISTORY OF BREAST CANCER.

Those who have 2 to 5 drinks daily have about

1.5x

times the risk of women who don't drink alcohol



LIMIT YOUR ALCOHOL INTAKE TO 1 DRINK A DAY



Physical activity in the form of exercise can reduce breast cancer risk by as much as 20%.



EXERCISE AT LEAST 150 MINUTES OF MODERATE INTENSITY ACTIVITY EACH WEEK.

Brought to you by the
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