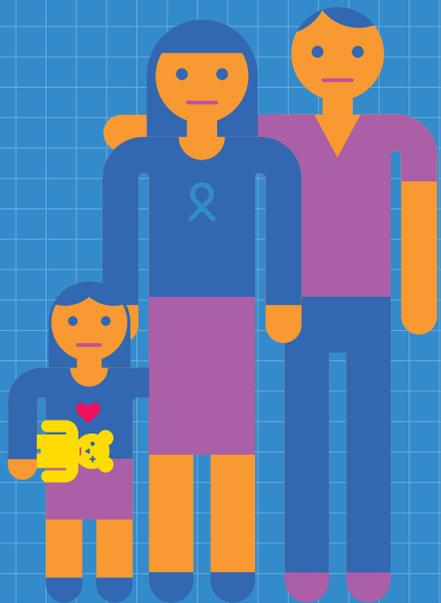


1 IN 7 WOMEN
IN THE UK WILL BE DIAGNOSED
WITH BREAST CANCER
AT SOME POINT IN THEIR LIFE

1 IN 5 WILL BE
UNDER THE AGE OF 50

AT LEAST
1 IN 4 BREAST CANCER CASES
ARE PREVENTABLE



We can't totally eliminate our risk of breast cancer, but there is a lot we can do to reduce our risk – and in doing so, we'll reduce our risk of a lot of other illnesses and conditions too!



CAMPAIGN

Ask your MP to take action on breast cancer prevention.

Visit breastcanceruk.org.uk/policy-advocacy

SUPPORT US

Breast Cancer UK campaigns for the prevention of breast cancer. We are completely independent and rely on the generous support of members of the public. Every donation counts and will help to fund our campaigns, education and science programmes for the prevention of breast cancer.

Visit breastcanceruk.org.uk/donate

Call 0845 680 1322



Donate by Text

Just text BCUK20 followed by the amount (e.g. £5/£10/£20) to 70070.

DISCLAIMER: This leaflet is for information purposes only and does not constitute medical advice. It is intended to help women to reduce their risk of breast cancer. It in no way claims to be a comprehensive treatment of the subject and should not be used as an alternative to professional care. Breast Cancer UK has used all reasonable endeavours to ensure that the content of this leaflet is correct at the time of publishing, but no warranty is given to that effect nor any liability accepted for any loss or damage arising from the use of this leaflet.

Breast Cancer UK works to tackle the environmental and chemical causes of breast cancer.

Breast Cancer UK
BM Box 7767
London WC1N 3XX
Tel: 0845 680 1322

✉ info@breastcanceruk.org.uk
🐦 @BreastCancer_UK
📱 [breastcanceruk](http://breastcanceruk.org.uk)
www.breastcanceruk.org.uk

Breast Cancer UK Reg. Charity no: 1138866 | Reg. Company no. 7348408

Breast Cancer UK
Prevent the preventable

5 TOP TIPS
TO REDUCE
YOUR RISK OF
BREAST CANCER



breastcanceruk.org.uk
[#reduceyourrisk](https://twitter.com/BreastCancer_UK)

5 TOP TIPS TO REDUCE YOUR RISK OF BREAST CANCER

1 REDUCE YOUR ALCOHOL INTAKE

There is a strong link between alcohol consumption and breast cancer. Drinking alcohol increases oestrogen levels in the bloodstream, which is associated with increased breast cancer risk. Alcohol metabolism produces harmful by-products which are carcinogenic and can accumulate in breast tissue.

HOW DOES OESTROGEN INCREASE BREAST CANCER RISK?

Oestrogens increase the risk of developing breast cancer mainly because of their ability to increase rates of breast cell division and to promote growth of oestrogen responsive tumours. The more a cell divides, the more likely mutations will occur and accumulate.

The accumulation of particular mutations in breast cells can lead to breast cancer.

For more information visit breastcanceruk.org.uk

2

EXERCISE MORE

Moderate exercise (150 minutes per week) has been shown to reduce breast cancer risk. Exercise helps to reduce body fat which in turn will reduce levels of oestrogen and other hormones in the bloodstream. Exercise also reduces inflammation, enhances the immune system, reduces insulin resistance and decreases oxidative stress, which also help reduce cancer risk.

3

IMPROVE YOUR DIET

A healthy diet, which is low in fat and high in fruit and vegetables, will help to reduce weight and lower your risk of breast cancer. A Mediterranean style diet is one example of a healthy diet that has been shown to reduce the risk of breast cancer.

4

REDUCE YOUR EXPOSURE TO HARMFUL CHEMICALS

Increasing exposure to chemicals that have the ability to interfere with our hormones (known as endocrine disrupting chemicals or EDCs) may be contributing to the increase in the numbers of women getting breast cancer. Avoiding exposure by reducing your use of products that contain these chemicals can help to reduce levels in the body.

5

REDUCE USE OF HRT AND CONSIDER ALTERNATIVES TO ORAL CONTRACEPTION

HRT and the pill are examples of oestrogen mimics. These increase breast cancer risk for the same reasons that natural oestrogens do. Consider alternatives before taking a course of HRT or the pill. Before doing so, discuss with your doctor.

