

## Reducing your risk of Breast Cancer

Breast cancer is common, affecting 1 in 8 Australian women by the age of 85.

Many women have one family member who has had breast cancer, however most breast cancers (approximately 95%) are NOT related to a strong family history of breast cancer.

The two factors that most increase your risk of breast cancer are two that we cannot modify: being female and getting older! However there are some things we can do that can modify breast cancer risk.

The following are lifestyle choices that apply to **all** women. These changes can reduce your risk of breast (and other) cancers:

- Follow a healthy diet, high in fruit, vegetables (especially green leafy ones) and low in processed foods
- Exercise moderately for 20 minutes a day
- Maintain a healthy body weight
- Avoid alcohol altogether (if you can't do this, then limit your intake to one drink a day)
- Stop smoking
- Breastfeed if possible
- Avoid hormone therapy use after menopause

### References:

1. Breast Cancer Risk Factors: A review of the evidence  
[https://canceraustralia.gov.au/system/tdf/publications/breast-cancer-risk-factors-review-evidence/pdf/rfrw-breast-cancer-risk-factors-a-review-of-the-evidence\\_1.15.pdf?file=1&type=node&id=3074](https://canceraustralia.gov.au/system/tdf/publications/breast-cancer-risk-factors-review-evidence/pdf/rfrw-breast-cancer-risk-factors-a-review-of-the-evidence_1.15.pdf?file=1&type=node&id=3074)
2. Population Attributable Risk of Modifiable and Non-modifiable Breast Cancer Risk Factors in Postmenopausal Breast Cancer. American Journal of Epidemiology 2016; 184 (12):884-893
3. Reducing Breast Cancer Risk. Sydney Cancer Genetics website:  
<http://www.sydneycancergenetics.com.au/>