



Healthy Lifestyle Choices

A combination of factors can influence a person's risk of developing breast cancer. A discussion between an individual and their doctor can help identify potential risk factors.

While some risk factors such as gender, age, ethnicity and family history are beyond a person's control, lifestyle factors including alcohol consumption, obesity, and level physical activity are within an individual's power to control.

Healthy Lifestyle Choices:

- Maintain a Balanced Diet: Rich in fruits, vegetables, and whole grains.
- Regular Exercise: Aim for at least 150 minutes of moderate activity weekly.
- Limit Alcohol: Reduce intake to lower risk.
- Avoid Tobacco: Smoking is linked to a higher risk of several cancers, including breast cancer (www.cancer.org, 2020).