

Reducing breast cancer risk: Steps you can take

Many of the factors that affect a woman's risk of developing breast cancer are things she can do little about. She can't change her genetics, her age, or the age she was when she first got her period.

Still, there are things she can do to protect herself based on numerous studies. The following help women to have a lower risk of breast cancer than those who don't follow these habits:

- Keep weight down;
- Avoid cigarettes and alcohol, and
- Exercise regularly

So if you thought these things were only beneficial for your heart, think again. For information about breast cancer, call a LifeSteps health coach at 1-877-LIFE 123, 24 hours a day, seven days a week.

For more information:

<http://www.cancer.gov/cancerinfo/pdq/prevention/overview>

<http://dc.healthdialog.com/kbase/nci/ncicdr0000062779.htm>