

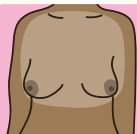
**BREAST
CANCER
NOW**

REDUCING YOUR RISK OF BREAST CANCER

breastcancernow.org

TOUCH LOOK CHECK

Touch your breasts. Look for changes. Check any changes with your GP. No matter what size or shape your breasts are, check them regularly.



Check all parts of your breasts, your armpits and up to your collarbone.

Common signs of breast cancer include:



Lump



Puckering or dimpling



Colour change



Inverted nipple



Rash/crusting



Liquid



Change in size

Signs and symptoms may **appear differently** on various skin tones

On its own pain in your breast or armpit is not usually a sign of breast cancer. Look out for pain that's there all or most of the time.

For more information on being breast aware and the symptoms to look out for, visit breastcancer.org/tlc

About this leaflet

Reducing your risk of breast cancer was written by Breast Cancer Now's clinical specialists and reviewed by healthcare professionals.

Email **health-info@breastcancer.org**

- For a full list of sources we used to research it
- To give us your feedback on this leaflet
- For a large print, Braille or audio CD version

You can order or download more copies from **breastcancer.org/publications**

Medical disclaimer

We make every effort to ensure that our health information is accurate and up to date, but it doesn't replace the information and support from professionals in your healthcare team. So far as is permitted by law, Breast Cancer Now doesn't accept liability in relation to the use of any information contained in this publication, or third-party information included or referred to in it.

How can I reduce my breast cancer risk?

Breast cancer is the most common cancer in women in the UK. And while it's rare, men can get breast cancer too.

Many things affect your risk of breast cancer, including some you can't do anything about like getting older. But lifestyle can also play a part.

By making some small changes to your lifestyle, you can reduce your risk of getting breast cancer.



Limit alcohol

You can reduce your risk of breast cancer by limiting the amount of alcohol you drink.

Regularly drinking alcohol increases your risk of developing breast cancer. And the more you drink, the higher your risk.

No level of drinking is completely safe. But if you want to drink alcohol, it's recommended you drink no more than 14 units of alcohol a week, spread across 3 days or more.

Top tips

- 1** Have some drink-free days every week
- 2** Try an alcohol-free wine or beer or a mocktail in place of your usual drink
- 3** Switch up your social plans and do something that doesn't involve alcohol, like grabbing a coffee, seeing a film or going for a walk

Keep to a healthy weight



Keeping to a healthy weight can lower your risk of getting breast cancer.

Your risk of breast cancer increases if you're overweight or living with obesity after the menopause.

And the more weight you gain during adulthood, the higher your risk of breast cancer later in life.

Top tips

- 1** Avoid keeping too many unhealthy snacks like sweets in the house – try snacks such as popcorn, rice cakes or fruit instead
- 2** Being regularly active is a good way to maintain a healthy weight and reduce your risk of breast cancer
- 3** Swap sugary drinks for water – you could add some sugar-free squash for extra flavour

Be physically active



You can reduce your risk of breast cancer by being physically active regularly.

Being active might involve exercise like swimming or cycling. But it can also mean increasing activity in your daily life like taking the stairs instead of the lift.

Any amount of activity is beneficial, but more is better.

Top tips

- 1** Start small and build up gradually: any amount of activity helps
- 2** Find something you enjoy: you're much more likely to stick with an activity if you enjoy it
- 3** Try "exercise snacking": build up your weekly activity levels by doing short bursts of exercise a few times a day

**BREAST
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Expert information on breast health.

Whether you're worried about breast cancer. Want to know the signs and symptoms to look out for. Or not sure what to do if you notice a change. We're here.

Call **0808 800 6000** to talk to one of our nurses.

Visit **breastcancernow.org** now for breast cancer information you can trust.

Breast Cancer Now

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Trusted
Information
Creator



Patient Information Forum

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