

Reducing risks of breast cancer



Eat less processed meat:

Eating it more than 3 times per week, especially after menopause, is known to increase risk.

Environmental factors:

Many everyday products contain endocrine disrupting chemicals, (EDCs), such as Parabens, Phthalates, Triclosan and Bisphenols, which affect your hormones.

Hormone Replacement Therapy (HRT):

Using combined HRT for up to 5 years increases your risk. This risk will continue to increase the longer you use it and will reduce when you stop using it.

Reduce the use of artificial light at night:

Increased light at night lowers your levels of melatonin, a hormone associated with your body clock, which increases breast cancer risk.

Live in a more rural environment:

Living in an urban environment increases your risk compared to a more rural environment. One reason may be because you are exposed to more air pollution.

Take a Vitamin D supplement:

Sunlight is the best way for you to take in Vitamin D but in the colder months we sometimes need to take a supplement to provide the daily amount required.

Please note: For breast cancer, there is no safe level of drinking alcohol - the risk among women who drink alcohol is higher than among those who never drink.