

EVERY 2 MINUTES a woman is diagnosed with breast cancer.



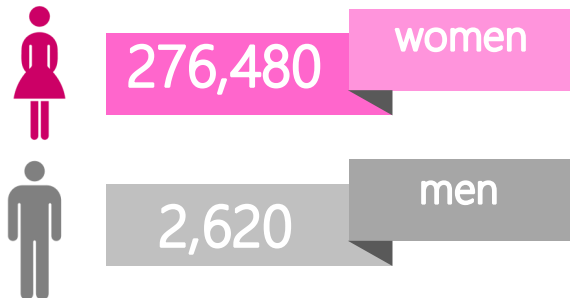
1 IN 8 WOMEN will be diagnosed with breast cancer.



As of January 2020, there are more than 3.5 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.



AN ESTIMATED



will be diagnosed with breast cancer in 2020.

5 RISK FACTORS YOU CAN WORK TO CONTROL

1. Weight: Being overweight is associated with increased risk of breast cancer, especially for women after menopause. Having more fat tissue means having higher estrogen levels, which can increase your risk.

2. Diet: Studies are looking at the relationship between diet and breast cancer risk and the risk of recurrence. More research is needed in this important area for women who are interested in eating well to reduce their risk of ever getting breast cancer.

In the meantime, here's what dietitians suggest:

- Eat plenty of vegetables and fruit (more than 5 cups a day).
- Try to limit your saturated fat intake to less than 10% of your total calories per day and limit your fat intake to about 30 grams per day.
- Eat foods high in omega-3 fatty acids.
- Avoid trans fats, processed meats, and charred or smoked foods.

3. Exercise: Evidence is growing that exercise can reduce breast cancer risk. The American Cancer Society recommends engaging in 45-60 minutes of physical exercise 5 or more days a week.

4. Alcohol Consumption: Studies have shown that breast cancer risk increases with the amount of alcohol a woman drinks. Alcohol can limit your liver's ability to control blood levels of the hormone estrogen, which in turn can increase risk.

5. Smoking: Smoking is associated with an increased risk of breast cancer.