

FIVE TOP TIPS

Reduce your risk of breast cancer

1



Drink less alcohol

It's best not to drink. If you drink, do it in moderation. Do not go beyond the UK government guidelines of 14 units of alcohol per week.

2



Get active

By being physically active you can reduce your risk of breast cancer by around 20%.

3



Maintain a healthy weight

Maintaining a healthy weight is a key part of reducing your risk of breast cancer.

4



Eat more fruit and veg

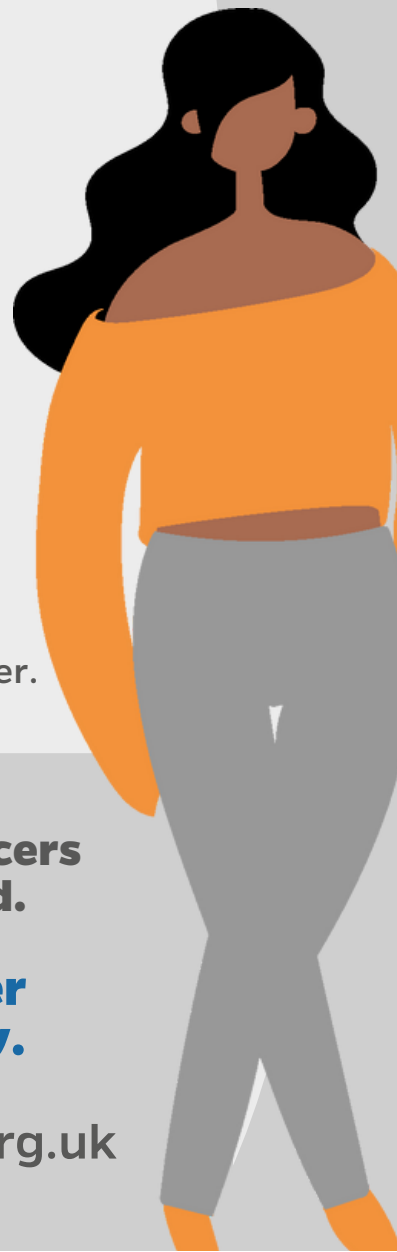
By making good food choices you can reduce your risk of breast cancer.

5



Be aware of harmful chemicals

Many chemicals in everyday products and the environment may affect your risk of breast cancer.



SCAN ME



At least 30% of breast cancers cases could be prevented.

Take our breast cancer prevention quiz today.

or visit breastcanceruk.org.uk

CHECK YOUR BREASTS

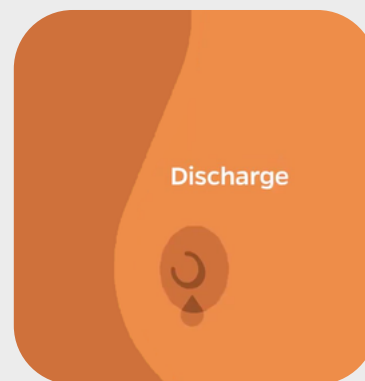
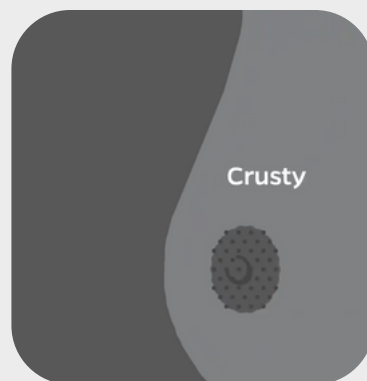
It's important to notice when something is not right.

If you do notice anything unusual, make an appointment with your GP as soon as possible.

Look for changes in your **breast**



or for changes in your **nipple**



and for changes you can feel **moving or fixed.**



Walk your fingertips **in a spiral** around your whole breast and under your armpits.



Check your breasts at the **same time every month**, avoiding any periods.

9 out of 10 lumps are completely harmless but if you do find one get it checked.

breastcanceruk.org.uk



Breast Cancer UK