

# Reduce your breast cancer risk: What's getting into you?

Your environment, food and personal care products can affect your risk of getting breast cancer by influencing how your genes express themselves. For a healthier genetic environment:



## **Avoid cosmetics and personal care products containing parabens.**

Banned in the EU, parabens are associated with cancer. Parabens are found in breast cancer cells at the same level as in cosmetics.

## **Avoid using plastics labeled No. 7 – they may contain BPA.**



BPA increases the risk for breast cancer, prostate cancer and obesity, and is associated with neurobehavioral issues.

## **Choose organic dairy products to avoid growth hormones.**

Banned in Europe, growth hormones increase insulin-like growth factor and are linked to a higher risk for breast cancer.



## **Get enough Vitamin D.**

Research suggests that women with low levels of Vitamin D may have a higher risk of breast cancer.

## **Exercise in areas or at times of the day with lower exhaust fumes.**

This helps avoid exposure to Polycyclic Aromatic Hydrocarbons, which directly damage DNA. But don't skip exercise – physical activity helps reduce the risk of some types of cancer.



## **Limit alcohol.**

Women who have three alcoholic drinks per week have a 15% higher risk of breast cancer as compared to women who don't drink at all.

## **Avoid the most pesticide-contaminated fruits and vegetables.**

Choose organic if possible to avoid chemicals associated with cancer. Check out the Environmental Working Group's list of the Dirty Dozen most pesticide-contaminated produce.



## **Don't smoke.**

Smoking exposes you to Polycyclic Aromatic Hydrocarbons, and is probably the reason for increased breast cancer risk in women who begin smoking as adolescents, and the link between increased risk for breast cancer and second-hand smoke.

## **Watch your weight.**

Overweight women have a higher risk of breast cancer, especially after menopause. Fat cells make estrogen, and extra fat cells mean more estrogen. Estrogen can cause some types of breast cancers to develop and grow.

[www.legacyhealth.org](http://www.legacyhealth.org)



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