

**You,
first!**

Because good health starts with you.

Just the Facts

A perfect day of lowering your breast cancer risk

Three proven ways to keep breast cancer at bay

It's true that you can't change many of your risk factors for breast cancer, such as genetics and family history. But the ones you *can* change are very important. If you spent one day making choices that lower your risk, here's what that day might look like:



Morning: Eggs for breakfast

Eggs are a good source of vitamin D. That's important, because one report found **vitamin D lowered the risk of developing breast cancer by up to 50 percent**. If you're not a fan of eggs, you can also get vitamin D from milk and sunlight

Afternoon: Exercising outside

Studies have linked moderate to intense physical activity with a lower risk of breast cancer.

Exercise has the additional benefit of helping you maintain a healthy body weight. **Being overweight, or gaining a lot of weight after menopause, can increase your odds of developing breast cancer.**



Evening: Dinner with friends, minus the drinks

There's a clear link between alcohol and a higher risk of developing breast cancer. **And the more you drink, the higher the risk.** For women who have two to five alcoholic drinks each day, the risk is 1.5 times that of non-drinkers.

You may not be able to have a day like this all the time. But every day you *do* make healthy choices counts in your favor.