

Breast cancer risk: what you can control

SOT

Heather Thompson, OSF HealthCare breast health navigator

"You want to make sure you're well-maintained with your weight, even after menopause." (:04)

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"We don't encourage people who are having menopause symptoms to take hormones. We encourage other things to help treat those. It eliminates those estrogen cells increasing." (:13)

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"You're getting artificial light all night. That changes the melatonin that the body naturally makes. When your melatonin is off, it increases estrogen." (:12)

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"Those tests can tell us if this is something being passed down from generation to generation." (:05)

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"That gives them a longer time with their ovaries working. They're producing estrogen." (:11)