Breast cancer risk: what you can control

SOT
Heather Chambers, 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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Heather Chambers, OSF HealthCare breast health navigator

"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)

SOT
Heather Chambers, OSF HealthCare breast health navigator

"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)

SOT
Heather Chambers, OSF HealthCare breast health navigator

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

SOT
Heather Chambers, OSF HealthCare breast health navigator

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