

## Breast cancer risk: what you can control

Run time - :31

ANCHOR LEDE: A federal panel recently advised women get a mammogram every other year starting at age 40, rather than 50. It's a reminder to know your breast cancer risks. While many risks are out of your control, there's just as much you can control. Tim Ditman of OSF HealthCare has more.

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Major risks you can control include having an active lifestyle, eating right, avoiding alcohol and smoking, avoiding night shift work, and taking hormones.

*SOUNDBITE: "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)*

That's OSF breast health navigator Heather Chambers.

I'm Tim Ditman.

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ANCHOR TAG: Whether you're at a routine appointment or you have been diagnosed with breast cancer, talk to your provider about what hormones you're taking. Also tell your provider about your family history of cancer and your menstruation history.