

Breast cancer risk: what you can control

ANCHOR LEDE

A federal panel recently advised women get a mammogram every other year starting at age 40, rather than 50.

And the American Cancer Society estimates that in 2023, nearly 300,000 women in the United States will learn they have breast cancer.

The headlines are reminders to know your breast cancer risks. While many risks are out of your control, there's just as much you can control.

TAKE VO

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

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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)

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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.