

Breast screening is highly effective

- > Detects breast cancer early
- > Improves survival
- > Increases treatment options with better quality of life

Call 13 20 50 to book your free breast screen.

sahealth.sa.gov.au/breastscreen



Reducing your risk of breast cancer



Physical exercise reduces breast cancer risk. Even 1.5–2.5 hours of exercise per week is associated with an 18% risk reduction. This benefit is independent of weight.



Maintaining a **healthy weight**, particularly after the menopause, is important in reducing the risk of breast cancer. Excess fat increases oestrogen levels in the body, which increase breast cancer risk.



Eating a **healthy diet** and particularly avoiding a high calorie diet, may be protective against breast cancer.



The use of **alcohol** is clearly linked with breast cancer risk. Alcohol avoidance is the safest option. Women who drink 2–5 alcoholic drinks daily have a 1.5 times increased risk compared to non-drinkers.



A link between **smoking** and breast cancer is emerging. At present the evidence is suggestive but not yet conclusive.