

ABC's of Breast Cancer Reduction

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Breast cancer is the most diagnosed cancer in women worldwide, with nearly 1.7 million new cases diagnosed annually. Over 230,000 women in the U.S. are diagnosed with breast cancer and about 40,000 women die from the disease. Many want to know what can increase our risk, not just family history, age and gene mutations but if daily exposure to chemicals in common beauty products can contribute and if there's anything that can be done to lower our risks?

A: Awareness of guidelines- Annual mammogram starting at 40

Breast awareness: Report any changes in the skin, color, size/ shape of the breast, also new lumps or nipple discharge

B: Behavior: Maintain a healthy body weight, engage in regular exercise, breast feed if possible and minimize alcohol intake

C: Consumer Choices: Buy only personal care products free of parabens and phthalates.

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