

# FIVE TOP TIPS

breast  
cancer uk.

## Reduce your risk of breast cancer

1



### Drink less alcohol

It's best not to drink. If you drink, do it in moderation. Do not go beyond the UK government guidelines of 14 units of alcohol per week.

2



### Get active

By being physically active you can reduce your risk of breast cancer by around 20%.

3



### Maintain a healthy weight

Maintaining a healthy weight is a key part of reducing your risk of breast cancer.

4



### Eat more fruit and veg

By making good food choices you can reduce your risk of breast cancer.

5



### Be aware of harmful chemicals

Many chemicals in everyday products and the environment may affect your risk of breast cancer.

SCAN ME



At least 30% of breast cancers cases could be prevented.

Take our breast  
cancer prevention  
quiz today.

or visit [breastcanceruk.org.uk](https://breastcanceruk.org.uk)



# CHECK YOUR BREASTS

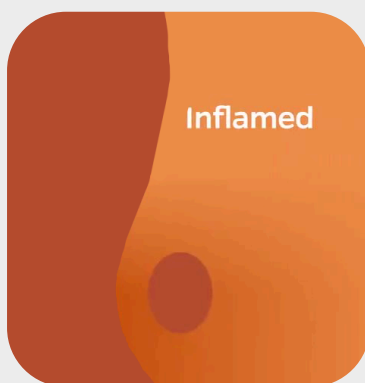
It's important to notice when something is not right.

If you do notice anything unusual, make an appointment with your GP as soon as possible. **breast cancer uk.**

Look for changes in your **breast**



Swollen



Inflamed



Dimpled

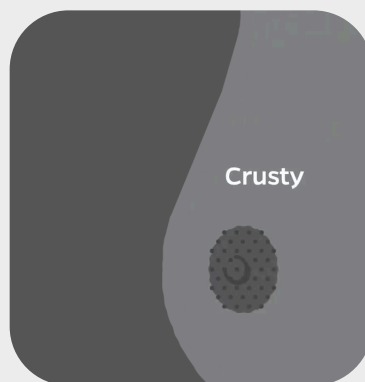


Rash

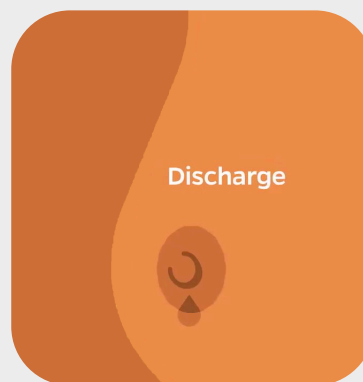
or for changes in your **nipple**



Sunken



Crusty



Discharge

and for changes you can feel **moving or fixed.**



Walk your fingertips in a spiral around your whole breast and under your armpits.



Check your breasts at the same time every month, avoiding any periods.

9/10 lumps are completely harmless but if you do find one get it checked.

Sign up to our **FREE** breast check monthly reminder service

[breastcanceruk.org.uk](http://breastcanceruk.org.uk)

SCAN ME

