

Breast Cancer UK's social media pack

Help share our breast cancer prevention message with your community

Join our prevention movement today. Help make breast cancer prevention a reality.

You can share any of the resources on our website or you can follow us on social media and reshare our posts. We share top tips on how you can reduce your risk of breast cancer.

Below are some social media posts you can use to tell as many people as possible how they can reduce their risk of breast cancer.

Together we can prevent breast cancer.

Hashtags to use

#BreastCancer #BreastCancerUK #BreastCancerPrevention #BreastCancerAwareness

Share on social media

Please remember to tag us in any content so we can share your support with our followers.

Our social media channels: Instagram [@breastcanceruk](https://www.instagram.com/breastcanceruk/), Facebook: [@breastcanceruk](https://www.facebook.com/breastcanceruk/), LinkedIn: [@Breast Cancer UK](https://www.linkedin.com/company/breastcanceruk/) and Twitter: [@BreastCancer_UK](https://twitter.com/BreastCancer_UK)

Check out these posts for you to use. You'll find the images for these posts in the Zip file you downloaded that contained this document.

1. Who are Breast Cancer UK?

Breast Cancer UK focus on breast cancer prevention providing advice and education on how to reduce your risk.

As a primary prevention breast cancer charity, they discuss the importance of prioritising breast cancer prevention as a means of reducing incidence rates and suffering in the long term.

Find out more here: <https://bit.ly/3nJAuk0>

2. Why prevention is important?

Breast cancer is the most common cancer in the UK. But around a third of cases are preventable!

While not all breast cancer cases are preventable, studies have shown that by making changes to your lifestyle you can reduce your chances of getting breast cancer significantly.

Breast Cancer UK uses the latest academic research on breast cancer prevention to provide guidance on how to reduce your risk. Visit their website for more information:

<https://bit.ly/398CWfN>

3. Prevention Hub

Take the right steps now to prevent breast cancer in the future.

Everyone has some risk of getting breast cancer, but there are easy everyday ways to help reduce your risk and be healthier all round.

It's never too soon or too late to reduce your risk.

Visit Breast Cancer UK's Prevention Hub here to read our helpful guides, take a breast cancer prevention quiz and receive tailored advice: <https://bit.ly/3EKRb6b>

4. Breast Cancer Prevention Quiz

Breast cancer is a complex disease with multiple risk factors some of which we can control, others we can't. However, the choices we make in our daily lives can influence our level of risk.

From the things you eat, to the chemicals you expose yourself to, all of these can help you figure out whether you're at a higher or lower risk of the disease.

Simply answer a few quick questions to get tailored advice on breast cancer risks and a personal action plan to help reduce your risk.

Breast Cancer UK's Prevention Quiz takes less than 10 minutes, and you could get a lifetime of benefits from it! <https://breastcancerprevention.org.uk/start>

5. Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Breast Cancer UK talk about the causes of breast cancer and how we can act to prevent it.

Sadly, not all breast cancer cases can be prevented. But studies show that at least 30% of breast cancer cases can be prevented. By making changes to your lifestyle, you can reduce your risk of getting breast cancer.

For example, by increasing the amount of physical activity, you do, you can significantly reduce your risk of breast cancer!

So, save the date and act to prevent breast cancer: <https://bit.ly/3eP1D3N>