# Key messages

**Breast Cancer UK key messages:**

- Every year, 56,000 people hear the words 'you have breast cancer'. Yet at least, 30% of breast cancer cases could be prevented, saving thousands of lives, and avoiding the devastating impacts of a diagnosis.
- It's time to take action to prevent breast cancer. Make small changes in your everyday life to help reduce your risk of breast cancer.
- Endocrine Disrupting Chemicals or EDCs are chemicals that enter our bodies and interfere with our natural hormones. They have been linked to many illnesses and health problems, including breast cancer.
- Together we can prevent people hearing the devasting words 'you have breast cancer'.
- It's never too soon or too late to reduce your risk of breast cancer.
- Join our prevention movement today. Help make breast cancer prevention a reality.

**Breast Cancer UK prevention key statistics:**

- The proportion of breast cancer cases that can be prevented is estimated to be at least 30%.
- It is estimated that at least, 16,800 breast cancer cases could be prevented by making lifestyle changes.
- By being physically active you can reduce your risk of breast cancer by around 20%.
- In the UK it is estimated that 8% (around 4,440) of female breast cancer cases are linked to alcohol consumption.
- In the UK 1 in 7 women will be diagnosed with breast cancer in their lifetime.
- Following breast cancer diagnosis, physical activity reduces the risk Of breast cancer recurrence by around 15-30%.
- Risk of breast cancer in post-menopausal women is increased by 2% per 5 kg/m$^2$ BMI (every 5 units of BMI).
- Women who are overweight or obese after menopause have a 20-60% higher breast cancer risk than those who are lean.
- Being underweight increases breast cancer risk in pre-menopausal women.
- Breastfeeding reduces the risk of breast cancer by 4.3% for every 12 months of breastfeeding.
- Each year in the UK around 375 men get breast cancer.
- Being obese is thought to increase breast cancer risk in men by approximately 30%.

**Website / Newsletter copy**

Every year, 56,000 people hear the words 'you have breast cancer'. Sadly, not all breast cancer cases are preventable but over 30% of breast cancer cases could be prevented through lifestyle changes.

Breast Cancer UK highlights the links between breast cancer risk and lifestyle factors. They provide guidance and education on how to reduce your risk of the disease. As a primary prevention breast cancer charity, Breast Cancer UK discuss the importance of prioritising prevention as a means of reducing incidence rates and suffering in the long term.

It's time to take action to prevent breast cancer. Making small changes in your everyday life can help reduce your risk of breast cancer.

Check out their website: https://www.breastcanceruk.org.uk

**Other resources:**

Frequently asked questions about breast cancer prevention

About Breast Cancer UK and our history

Our people

References:


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