



## **Maintaining a healthy weight one way to help lower your risk of breast cancer**

Weighing more than is appropriate for your age and height can increase the risk of breast cancer, so it makes sense to exercise regularly to maintain a healthy weight. While exercise can't guarantee you won't develop breast cancer, it is among several preventative measures that can be taken to lower your risk. In addition to regular exercise to maintain a healthy weight, other preventative steps that can be taken are to limit fat in your diet as well as limiting your alcohol consumption.



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*Dedicated to the prevention and treatment of cancer*

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