



USEFUL RISK REDUCTION *Giveaway!*

Welcome to The Pink Agenda!

Thank you for joining The Pink Agenda's mailing list and for your dedication to the cause we care so much about, **raising funds for lifesaving breast cancer research and awareness of the disease among young professionals!** In addition to subscribing to our mailing list, you have been entered for the chance to win a \$200 Uber Gift Card and a BlendJet Blender and to receive **The Pink Agenda's Tips for Breast Cancer Prevention and Risk Reduction** (included below).

The Pink Agenda's Tips for Breast Cancer Prevention & Risk Reduction

While it's important to note that several factors shaping one's personal lifetime risk of breast cancer are completely out of one's control—among them genetics, family history, race, ethnicity, breast density, being born female—lifestyle choices can play a role. Check out a few of The Pink Agenda's tips for reducing the risk of a breast cancer diagnosis below!

1. The Workout: Exercising 150 Minutes/Week

Studies have consistently shown that making lifestyle changes including keeping a healthy diet and doing moderate-intensity exercise—just 150 minutes a week or more of aerobic exercise and strength training—can play a role in preventing breast cancer and improving prognosis after a breast cancer diagnosis. It is estimated that a third of breast cancers could be prevented with lifestyle choices, particularly those that include eating a balanced diet and exercising.

2. The Recipe: Eating 2 Cups of Fruit & 2.5 Cups of Vegetables/Day

A diet low in fruits and vegetables is associated with a higher risk of breast cancer—particularly estrogen receptor (ER)–negative breast cancer. The USDA dietary guidelines recommend consuming two cups of fruit and two-and-a-half cups of vegetables each day, though many Americans struggle to hit that target.

"Greens like spinach, kale, and collards are often a weak spot in many diets," Dr. Walter Willett [told BCRF](#) as an example. "In fact, in our surveys we found about 50 percent of Americans eat almost no greens."

Vegetables, fruit, and whole grains are unparalleled sources of fiber, which may play a role in breast cancer risk reduction. BCRF-supported research [has found](#) that a higher intake of dietary fiber early in life was associated with a lower future risk of breast cancer.

3. The Reset: Limiting Alcohol Consumption & Quitting Smoking

Many people don't realize that alcohol is a known carcinogen: Up to six percent of cancer diagnoses and four percent of deaths have been linked to its consumption. Researchers have [hypothesized](#) that alcohol may increase estrogen in the blood and cause DNA damage, but its connection to cancer risk is still being studied.

Still, even moderate consumption—defined as up to one drink per day for women and up to two drinks for men—is associated with a higher risk of breast cancer and particularly HR-positive breast cancer. Women who have between two and three alcoholic drinks per day have a 20 percent higher risk of the disease compared to those do that do not drink.

In addition to alcohol consumption, several studies have demonstrated a link between smoking and an increased risk of developing breast and other cancers. Women who currently smoke or did in the past and have a family history of breast cancer have an even higher increased risk.

Make this year the year you finally kick cigarettes for good. The American Lung Association offers [several resources](#) to get started.

Source: <https://www.bcrf.org/blog/breast-cancer-prevention-breast-cancer-risk-reduction/>

To learn more helpful tips for breast cancer prevention and risk reduction, please consider checking out a few of the articles linked below!

- [10 Ways to Reduce Breast Cancer Risk and Improve Your Overall Health](#)
- [BCRF Researcher Shares 11 Ways to Lower Breast Cancer Risk](#)
- [Exercise and Breast Cancer: How Regular Movement Can Help Reduce Your Risk](#)
- [Breast Cancer Prevention: How To Stay Active](#)
- [Leading Nutritionist Shares Tips for a Healthy, Immune-Boosting Diet](#)
- [How Diet and Lifestyle Influence Your Breast Cancer Risk with Dr. Graham Colditz](#)