

QUESTION OF THE WEEK

Q: Is there anything I can do to decrease my risk of breast cancer?

Breast cancer is a complex disease with both genetic predisposition and environmental factors. There are definitely risk reduction behaviors women can adopt. Exercising daily, eating an anti-inflammatory diet rich in cruciferous vegetables, and adequate sleep definitely help.

Try eating hormone-free organic meat



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Risk

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and dairy products. Reduce your consumption of animal fat. Use stainless steel or glass containers to store food. Never microwave in plastic containers.

Decreasing your lifetime exposure to harmful substances may decrease your breast cancer risk as much as 30 percent. Be proactive.

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