

# Reduce your Risk of Breast Cancer



APPROXIMATELY  
**232,000**  
NEW CASES OF BREAST CANCER ARE  
DIAGNOSED EVERY YEAR IN THE  
UNITED STATES.<sup>1</sup>



**1 IN 8**  
U.S. WOMEN WILL GET  
BREAST CANCER AT SOME  
POINT IN THEIR LIVES.<sup>1</sup>

## INCREASES RISK      DECREASES RISK



AICR estimates that



could be prevented by being at a healthy weight, being physically active, avoiding alcohol and breastfeeding.<sup>2</sup>

That's over **89,000** cases each year that never have to happen.

**The Promise  
of Survival**



There are now nearly **3 million**  
breast cancer survivors in the U.S.,  
who are living longer, healthier lives than  
ever before.<sup>1</sup>

<sup>1</sup> National Cancer Institute website, 2014.

<sup>2</sup> American Institute for Cancer Research. AICR/WCRF Continuous Update Project Report: Breast Cancer, 2010.

The evidence is the latest from the AICR/WCRF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.



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