

# WOMEN & CANCER: REDUCING YOUR RISK



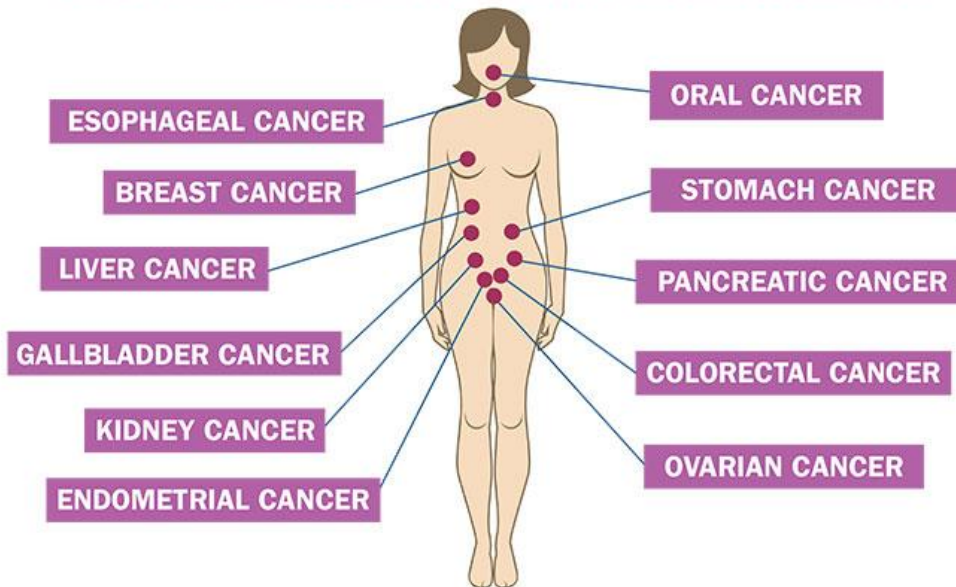
About **1 in 3**  
U.S. women will get  
cancer in their lifetime<sup>1</sup>



AICR estimates  
**88,415 breast cancer**  
cases can be prevented  
a year with lifestyle changes.<sup>2</sup>

It is the most common cancer among women.

**Healthy eating, physical activity and being lean reduces the risk of the most common cancers that affect women.<sup>2</sup>**



About  
**6 of every 10**  
U.S. women are  
overweight or obese.<sup>3</sup>



Staying a healthy weight can  
**prevent an**  
**estimated 91,000**  
cancer cases among women  
this year.<sup>2</sup>

## SUPPORT YOURSELF

**stay active**



**stay lean**



**eat smart**



For tips on getting to, and staying at, a healthy weight, visit [www.aicr.org](http://www.aicr.org)

1. ACS, Cancer Facts and Figures 2014, [www.cancer.org](http://www.cancer.org). 2. AICR/WCRF Policy Report (2009) and 2014 preventability update.

3. US Center for Disease Control and Prevention: Obesity and Overweight

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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