



Some ways to reduce the risk of breast cancer.

Some factors such as family history are beyond our control but inheriting dietary and lifestyle changes can help lower the risk.

- **It is essential to watch your weight**
- **Physical activity**
- **Eat your veggies and avoid alcohol consumption**
- **Quit Smoking**
- **Breastfeeding**
- **Avoid birth control pills**
- **Avoid/Limit Post-menopausal hormones therapy**
- **Tamoxifen and Raloxifene for women at high risk**
- **Avoid exposure to radiation and environmental pollution**

This is important for women who are likely to get breast cancer because of family history or changes in genes. Fortis hospital provides the [best treatment for breast cancer in India](#).

BREAST CANCER TREATMENT IN INDIA

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Read more: [Is breast cancer preventable? How can you lower breast cancer risk?](#)