

# Health and Wellness Tip of the Week - Week 43

## Monthly Topic

*October is Breast Cancer Awareness Month. It's the perfect time to remind employees about the importance of lowering your cancer risk.*

October 26, 2015

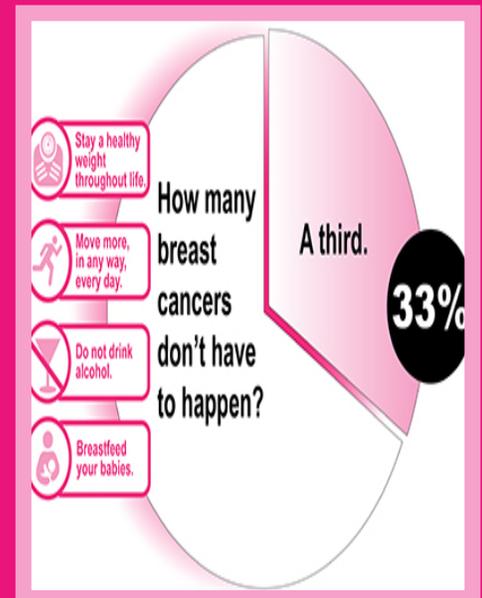
## Major Risk Factors

AICR estimates that **33 percent of all breast cancer cases in the US could be prevented** with simple, everyday changes to what we eat and how much we move. That means, in the US alone, **76,500 women every year** could be spared having to face breast cancer.

Here are some of the major risk factors for breast cancer:

- ⊗ **Age:** The older you are, the greater your risk for breast cancer.
- ⊗ **Weight:** Carrying excess body fat increases risk for post-menopausal breast cancer.
- ⊗ **Family History:** Inheriting BRCA-1 or other "cancer genes" does increase risk, but these inherited genetic factors are responsible for only about 5 to 10 percent of all breast cancers.
- ⊗ **Alcohol:** Drinking alcohol – in any form – raises breast cancer risk.
- ⊗ **Inactivity:** A sedentary lifestyle makes post-menopausal breast cancer more likely.
- ⊗ **Breastfeeding:** If you give birth, breastfeeding your baby lowers your risk of both pre and post-menopausal breast cancer.

Source: American Institute of Cancer Research



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