

Being breast aware

It is important to be aware of the normal look and feel of your breasts. If you find a breast lump, a nipple discharge or any breast changes that concern you, please contact your doctor without delay.

Free education sessions?

BreastScreen Queensland provides free education sessions on breast cancer and the importance of early detection. This free service is available to workplaces and community groups. BreastScreen Queensland can also provide assistance with displays and community events.

Please contact your nearest Health Promotion Officer on 13 20 50 for further information or to arrange an education session.

1. Australian Government Department of Health and Ageing. BreastScreen Australia program: Frequently asked questions. (Online). 2007 [cited 2013, Oct 11]; Available from: URL: www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/faqs#3
2. National Breast and Ovarian Cancer Centre. Breast Cancer risk factors: a review of the evidence. Surry Hills, NSW: National Breast and Ovarian Cancer Centre; 2009.
3. Hamajima N, Hirose K, Tajima K, et al. Alcohol, tobacco and breast cancer collaborative reanalysis of individual data from 53 epidemiological studies, including 58,515 women with breast cancer and 95,067 women without the disease. *British Journal of Cancer* 2002;87(11):1234-1245.
4. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.



Breast Cancer How can I reduce my risk?



For more information or to make
an appointment, visit us at
www.breastscreen.qld.gov.au

OR
call 13 20 50



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"A breastscan is part of life and taking care of yourself"

Marian, family organiser and busy grandma of seven

What is breast cancer?

Breast cancer occurs when cells in the breast tissue become abnormal and grow in an uncontrolled way. If not treated, the cancer may continue to grow and spread to other parts of the body.

What causes breast cancer?

The cause of breast cancer is unknown.

Research has shown there are some factors that might increase a woman's risk or chance of developing breast cancer. These factors are called risk factors. Having one or more risk factors does not mean that a woman will necessarily develop breast cancer.

What are the main risk factors for breast cancer?

The biggest known risk factors for developing breast cancer are being a woman and getting older.

Most women diagnosed with breast cancer are over the age of 50. Therefore, it is strongly recommended that all women aged between 50 and 74 have a free breastscan every two years.

Having a family history of breast or ovarian cancer can increase your risk. However, 9 out of 10 women diagnosed with breast cancer do not have a family history.¹

Lifestyle risk factors

Being overweight

Overweight or obese post menopausal women are at an increased risk of developing breast cancer. The level of risk rises with increasing body weight.¹

Alcohol consumption

Having more than one standard alcoholic drink each day can increase your risk of developing breast cancer.²

For more information about these and other factors that may increase a woman's risk, such as taking hormone replacement therapy (HRT), visit www.canceraustralia.gov.au.

What can I do to reduce my risk of breast cancer?

While some risk factors are out of your control, you can help reduce your risk of developing breast cancer by adopting a healthy lifestyle.

Maintain a healthy body weight

For most women, a waistline measurement of less than 80cm or BMI (Body Mass Index) less than 25 decreases your risk of breast cancer.¹

Maintaining a healthy body weight is about getting the right balance between what you eat and how physically active you are.

A balanced diet can help you maintain a healthy body weight. Enjoy a wide variety of nutritious foods each day, including plenty of fresh fruits and vegetables.³

Be active everyday

Regular physical activity has been shown to reduce the risk of breast cancer. Aim for 30 minutes or more of brisk physical activity everyday.



Avoid or limit alcohol intake

If you choose to drink, limit your alcohol to one or less standard alcoholic drink per day.

For further information about adopting a healthy lifestyle, visit www.healthier.qld.gov.au.



"I have daughters. Mothers have to be role models"

Raima, mum of 3, loves fishing and healthy lifestyles advocate