

Dear KC-CDC: Two out of three of the women in my family have had breast cancer. Is there any way to lower the risk of getting this disease? Signed Breast Cancer Risk

Dear Breast Cancer Risk: There are certain breast cancer risk factors that are beyond a woman's control such as family history and aging. Fortunately, researchers are finding that certain lifestyle choices may lower these risks. These choices are: cut out high-fat diets, stay active, limit your alcohol intake, and do monthly self-breast exams. These four lifestyle choices have proven to make a substantial difference in the fight against breast cancer. For more information go to: <http://www.cancer.gov/cancertopics/pdq/prevention/breast/Patient>. You can also check out the inset in this newsletter.