

FivePlus steps to breast health

About Five Plus:

The Five Plus campaign was developed by BC's leading breast cancer organizations to educate BC women about how to reduce their risk of developing breast cancer throughout their lifetime. Scientific evidence supports each of these five plus actions. See our website and talk to your health care provider for more information.

1

Maintain a healthy body weight
Keeping those extra pounds off — especially after menopause — can reduce your risk.



2

Maintain an active lifestyle
Physical fitness is good for your entire body — including your breasts.



3

Limit your alcohol
When it comes to reducing your risk of breast cancer, less alcohol is better.



4

Breastfeed if possible
Several months of breastfeeding can reduce your risk of breast cancer.



5

Weigh the risks and benefits of hormone therapy for menopause symptoms
What's good for your menopause symptoms may not be good for your breasts — talk to your doctor.



+

Be breast self-aware
Know your breasts so if they change, you will know and can contact your doctor.

Book a mammogram
Women 50-74 should get a mammogram every two years. Women 40-49 and over 74 should talk to their doctor.



www.fiveplusbc.ca