

How Can I Reduce My Risk of Breast Cancer? — with Audio Descriptive Transcript

Audio Descriptive Text

- How can I reduce my risk of breast cancer?
 - Question shown with logos for the United States Department of Health and Human Services and Centers for Disease Control and Prevention.
- Dr. Temeika Fairley explains healthy lifestyle choices you can make to help you reduce your risk of breast cancer.
- Bring Your Brave logo.

Video Summary

CDC experts answer some frequently asked questions young women have about breast cancer and breast health. There are healthy lifestyle choices you can make to help you reduce your risk of breast cancer. Listen as Dr. Temeika Fairley, Senior Health Scientist at CDC, explains.

Audio Script

So there are a few things that we can do to reduce our risk for getting early breast cancer. And some of those are things that can be done that usually reduce risk of other kinds of diseases later, like, you know, maintaining a healthy diet, maintaining a healthy weight, you know, reducing your alcohol consumption, getting enough sleep at night.

Then there are some other things like breastfeeding our babies when we have an opportunity to do that. We know that, you know, women who breastfeed their babies are less likely to be diagnosed with early breast cancer.