

Smart Choices for Breast and Bone Health

A GUIDE TO HEALTHY LIFESTYLE CHOICES FOR WOMEN



“HEALTHY LIFESTYLE CHOICES

can make a big impact on overall health, whether it’s reducing the risk of breast cancer or protecting bone health, and it can be as simple as staying active and eating a healthy diet. Talk with your doctors about ways to incorporate healthy choices into your lifestyle.”

JENNIFER A. LIGIBEL, MD

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WHAT CAN YOU DO?

GET TO KNOW your [family health history](#) on both sides of your family. If your relatives had breast cancer, osteoporosis, or bone fractures, you might be at risk, too.

LEARN ABOUT THE RISK FACTORS for [breast cancer](#) and for [poor bone health](#). If you are 45 years or older, visit americanbonehealth.org to estimate your risk of breaking a bone in the next 10 years. Share your results with your health care provider.

TALK TO YOUR DOCTOR about what screening tests may be right for you to detect breast cancer or diagnose bone disease.

INCORPORATE HEALTHY LIFESTYLE choices into your routine

- Maintain a healthy weight
- Stay active, make exercise a part of your routine
- Eat healthy
- Limit alcohol intake
- Avoid smoking

LEARN MORE

- [The Connection Between Breast and Bone Health](#)
- [Talking with Your Doctor about Bone Health](#)
- [Breast Self-Awareness Messages](#)
- [Cancer Survivor’s Guide to Bone Health](#)
- [Medicines That Can Be Bad for Your Bones](#)
- [4 Tips to Prevent Falls](#)