2019 RESEARCH FAST FACTS
Breast Cancer Prevention

RESEARCH SAVES LIVES

Breast cancer prevention starts with healthy habits. Studies have shown that controlling your weight, being physically active, and limiting your alcohol intake can reduce your risk of developing breast cancer.

In addition to lifestyle changes, research is identifying new medications that can reduce the risk of breast cancer among those at high risk.

These efforts are all part of what is called **primary prevention**—discovering way to keep cancer from ever developing. To learn more about Komen's research efforts on secondary prevention, such as screening, please read our Fast Facts on Early Detection.

Komen Scholar Dr. Kornelia Polyak is studying a specific population of normal breast cells thought to be precursors to breast cancer cells and testing whether they may be targeted to prevent breast cancer.

Learn more about breast cancer prevention
http://sgk.mn/1u1W5n4

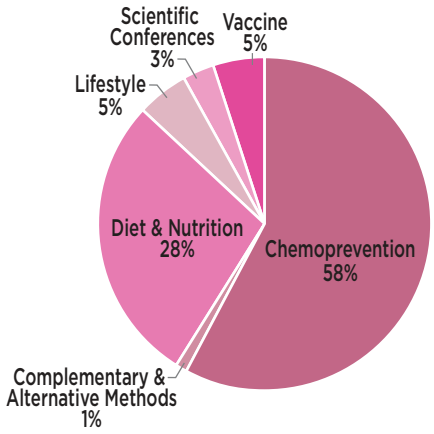
OUR RESEARCH INVESTMENT:
(1982-2019)

More than **$61 million** in over **110 research grants** and more than **25 clinical trials** focused on breast cancer prevention

What We're Investigating

- Investigating how the immune system responds to pre-cancerous cells and testing whether activating the immune system to attack these cells can prevent breast cancer.
- Developing and testing new drugs and vaccines to prevent breast cancer from developing.
- Studying the individual breast cells that are thought to be precursors of breast cancer and testing whether targeting these cells can help prevent breast cancer, particularly in BRCA1 mutation carriers.

Topic Area of Total Investment



Read how Komen grantees are improving breast cancer risk prediction models that will help guide women on prevention choices, in our Science Buzz series.
http://sgk.mn/1mco5Cm

WHAT WE'VE LEARNED from Komen-funded research

- Drugs used to control diabetes may also help prevent breast cancer from developing.
- Anti-inflammatory drugs like ibuprofen may help reduce the incidence and aggressiveness of breast cancers that can develop after pregnancy.
- Getting an optimal amount of vitamins A and D in the diet, especially during puberty, may prevent breast cancer later in life.

Learn more about breast cancer | More Komen-funded Research Stories | Get Involved & Support Komen Research

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