

# Lifestyle Choices CAN Lower Breast Cancer Risk

Printed from <https://www.cancerquest.org/newsroom/2010/10/lifestyle-choices-can-lower-breast-cancer-risk> on 10/14/2025



A analysis of over 85,000 women showed that living a healthy lifestyle can reduce the risk of breast cancer, even in women with a family history of the disease.

Source

<http://breast-cancer-research.com/content/12/5/R82>

Learn More

[Learn More](#)