

Covering the latest science on breast cancer prevention, **TOGETHER** highlights the **key steps all women - and their daughters and granddaughters** - can take to improve their breast health and **lower their risk of adult breast cancer**.

Written by noted Washington University School of Medicine cancer researchers **Graham Colditz, MD, DrPH**, and **Katherine Weibaecher, MD**, and medical writer, **Hank Dart, MS**, **TOGETHER** takes a unique approach to the disease that many women say is their #1 health fear.

Half of All Breast Cancers Could be Avoided by Things Most Women Can Do

1. Maintain a healthy weight
2. Be physically active
3. Avoid too much alcohol
4. Don't smoke, and avoid other people's smoke, too
5. Breastfeed, if possible
6. Avoid birth control pills, especially if you're over 35 or smoke
7. Avoid post-menopausal hormones
8. Find out your family history
9. If high risk, consider tamoxifen or raloxifene

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