

Mayo Clinic Minute

Can you prevent breast cancer?

Video	Audio
Vivien Williams	Exercise and healthy eating can help prevent heart disease, but what can we do about preventing breast cancer?
Karthik Ghosh, M.D. General Internal Medicine Mayo Clinic	“We always say some things we can’t control. Like age and family history, you can’t control, but there’s a lot that is in our control.”
Vivien Williams	Dr. Karthik Ghosh says lifestyle choices can help lower your risk. Maintain a healthy weight, get regular exercise, don’t smoke and limit alcohol. Screening for early detection is also key.
Karthik Ghosh, M.D.	“We are still recommending ... to start screening mammography at age 40 for our general-risk population.”
Vivien Williams	Dr. Ghosh says women at higher risk or who have dense breasts may benefit from 3D mammography, MRI or molecular breast imaging. And all women should continue to do breast self-exams to look for changes.
Karthik Ghosh, M.D.	“In terms of identifying risk factors and preventive efforts and early diagnosis, we have hope ...”
Vivien Williams	... hope for winning the battle against breast cancer.
	For the Mayo Clinic News Network, I’m Vivien Williams.