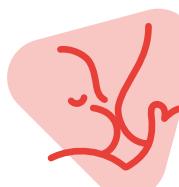


# WHY DOES BREASTFEEDING REDUCE MY RISK OF GETTING BREAST CANCER?



Considering that most breast cancers are hormone-dependent, the beneficial effects of breastfeeding may be explained by modifications of the structure of the breast and lower lifetime exposure to hormones in the mother.

## What can I do?



It is recommended that babies be breastfed, without any other foods or drinks, until they are about 6 months old. Thereafter, breastfeeding is recommended alongside appropriate types and amounts of other foods.



The longer you breastfeed, the more the risk is reduced.



Breastfeeding reduces the mother's cancer risk. If you can, breastfeed your baby.

## Tips to take action

1

Learn about breastfeeding and its benefits during pregnancy and post-partum.

2

Be aware of your breastfeeding rights.

3

Breastfeed and seek support if you have difficulties.

4

Breastfeeding can be challenging. Focus on the benefits of breastfeeding for yourself and your baby to keep you going.

5

Some mothers can't breastfeed for a variety of reasons. Be kind to yourself if this is your case. There are other ways to reduce your cancer risk.

This is one out of the 12 evidence-based recommendations in the European Code Against Cancer. For more information please visit: [cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways](https://cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways)



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