

How to reduce your risk of breast cancer

As many as 1 in 4 deaths from breast cancer are preventable with healthy lifestyle choices and mammograms.¹ In fact, regular screenings and healthy choices can prevent 2 in 5 of all cancer cases.² At Kaiser Permanente, we're committed to detecting cancer as early as possible. That's why we lead the nation in cancer screening rates.³

Explore the best ways to reduce your risk – plus tools to help you.

Make healthy choices

Many everyday lifestyle changes can help lower your risk of cancer.

- [Eat healthy](#)
- [Stay active](#)
- [Maintain a healthy weight](#)
- [Quit smoking](#)
- [Drink less or stop drinking alcohol](#)

Self-care tools and resources

As a Kaiser Permanente member, you have access to many [health and wellness tools](#) to help you achieve a healthy lifestyle and protect your health.



[One-on-one wellness coaching](#)



[Health classes and support programs](#)



[Reduced rates on fitness studios, gyms, and more](#)



[Healthy recipes from our clinicians](#)



[Connections to housing, food access, and other social needs](#)



[Self-care apps for mental health and wellness](#)

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The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.

Get preventive care and screenings

Routine [preventive care](#) can greatly increase the chance of finding cancer early, when it's easier to treat.



Stay up to date on your physical exams



[Get regular mammograms](#)



Talk to your doctor about [genetic testing](#) if you have a family history of breast cancer

How often should I get a mammogram?

Once you turn 40, doctors usually recommend a mammogram every 1 to 2 years. This could be different if you have a personal or family history of cancer, have [dense breasts](#), or are [transgender or nonbinary](#).

Talk to your doctor to make a personalized screening plan. Depending on your needs, they may also recommend other types of imaging.

To schedule an appointment, visit kp.org/appointments.

Did you know?

At Kaiser Permanente, cancer screenings are part of your primary care. That's how we catch early-stage breast cancer more often than the national average.⁴ And in the communities we serve, our members are 20% less likely to die prematurely from cancer.⁵

Learn more about our nation-leading cancer care at kp.org/cancer.

1. Farhad Islami et al., "Proportion and Number of Cancer Cases and Deaths Attributable to Potentially Modifiable Risk Factors in the United States, 2019," *CA: A Cancer Journal for Clinicians*, July 11, 2024. 2. Katrina Goddard et al., "Estimation of Cancer Deaths Averted From Prevention, Screening, and Treatment Efforts, 1975–2020," *JAMA Oncology*, February 2025. 3. NCQA Quality Compass® 2011–2025. 4. Erin E. Hahn, PhD, MPH, et al., "Incidence and Survival for Patients Diagnosed With Breast, Colorectal, and Lung Cancer in an Integrated System," *The Permanente Journal*, September 19, 2023. 5. Elizabeth A. McGlynn, PhD, et al., "Measuring Premature Mortality Among Kaiser Permanente Members Compared to the Community," Kaiser Permanente, July 20, 2022.