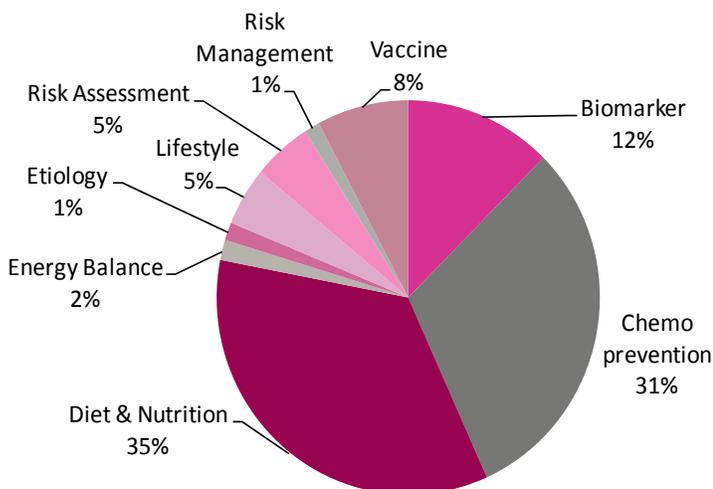


Prevention Research Saves Lives

Breast Cancer prevention starts with healthy habits. Studies have shown that controlling your weight, being physically active, and limiting your alcohol intake can reduce your risk of developing breast cancer. In addition to lifestyle changes, research is identifying new medications that can reduce the risk of breast cancer among those at high risk.

Komen invests in both **primary prevention**—discovering ways to keep cancer from ever developing—and **secondary prevention**—investigating strategies to keep breast cancer from coming back.

Total Investment In Prevention Research



Susan G. Komen has invested more than **\$68 million** in nearly **160 grants** focused on the **prevention of breast cancer**.

More Than Research

These research investments reflect only part of our commitment to prevention. Komen also provides support for other prevention initiatives such as the [American Association for Cancer Research Frontiers in Cancer Prevention Research conference](#), [educational materials](#), Affiliate education programs, and [I AM THE CURE](#), a breast health program that motivates people to take actions that may reduce their risk of breast

What We're Investigating

Komen-funded researchers are:

- Understanding risk factors for breast cancer such as the immune system and lifestyle factors like diet and obesity
- Discovering new drugs and vaccines for prevention
- Developing dietary approaches to prevent breast cancer including vitamin D, fish oil, and flaxseed
- Identifying biological markers that can be used to identify women at high risk for developing breast cancer



What We've Learned

Komen-funded research has helped us to understand that:

- Drugs used to control diabetes may also help prevent breast cancer from developing
- Anti-inflammatory drugs like ibuprofen may help reduce the incidence and aggressiveness of breast cancers that can develop after pregnancy
- Getting an optimal amount of Vitamin A and D in the diet, especially during puberty, may prevent breast cancer later in life



The Susan G. Komen for the Cure® promise is to save lives and end breast cancer forever.