

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 Promise Grantee Dr. Carol Fabian is testing a component of dietary flaxseeds to prevent breast cancer.



These efforts are all part of what is called **primary prevention**—discovering way to keep cancer from ever developing. To learn more about Komen’s research efforts on secondary prevention, such as screening, please read our [Fast Facts on Early Detection](#).



Learn more about breast cancer prevention <http://sgk.mn/1u1W5n4>

Our Research Investment

More than **\$60 million** in over **110 research grants** and more than **25 clinical trials** focused on breast cancer prevention

What We’re Investigating



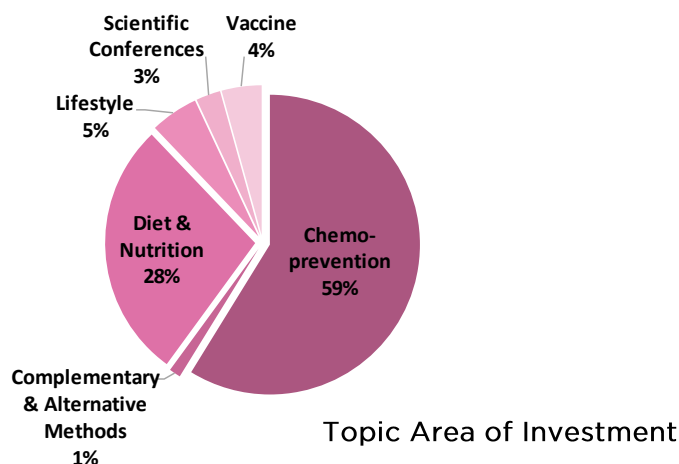
Understanding how lifestyle changes such as exercise and weight management can help prevent breast cancer



Identifying and testing new drugs and vaccines to prevent breast cancer from developing

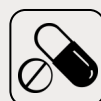


Testing dietary components that may prevent breast cancer including vitamin D, fish oil and flaxseed



Read how Komen grantees are improving breast cancer risk prediction models that will help guide women on prevention choices, in our Science Buzz series. <http://sgk.mn/1mco5Cm>

What We’ve Learned from Komen-funded research



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 vitamins A and D in the diet, especially during puberty, may prevent breast cancer later in life.



Learn more about breast cancer



More Komen-funded Research Stories



Get Involved & Support Komen Research