

Living a healthy lifestyle may be one of the things you can do to reduce your risk of ovarian cancer, as well as other cancers. Here are some tips on how to live a healthy lifestyle:

Maintain a healthy weight

- Obesity has been linked to a higher risk of developing many cancers, including ovarian.

Add exercise/movement into your routine

- Engaging in regular exercise is good for you for many reasons, and one of them is lowering your risk of getting cancer.

Breastfeed, if you can

- Breastfeeding has been shown to decrease the risk of developing ovarian cancer.

Stop smoking

- Smoking has been shown to increase the risk of ovarian cancer

Take birth control pills

- Using birth control can decrease the risk of ovarian cancer.