

23. What is the best way to prevent breast cancer?

Several methods show promise in reducing breast cancer risk. In October 1998, the Food and Drug Administration approved the drug tamoxifen to lower the risk of breast cancer in high-risk women. Following a large-scale study, researchers found that tamoxifen reduced cancer in high-risk women by about 50 percent. Another method is a type of surgery called preventive or prophylactic mastectomy for women at high risk of breast cancer. It involves removing a breast that is not known to contain cancer in order to reduce a woman's cancer risk.