

WATCH: 4 Lifestyle Choices That Increase Your Risk of Breast Cancer

Last year, the American Cancer Society revised its recommendations for mammograms. They suggested that most women get their first mammogram later in life, at age 45 instead of age 40 as previously recommended, and get them less frequently after that, every other year, instead of every year as previously recommended.

Not all physicians agree with those new guidelines. Recently I spoke with breast cancer surgeon Dr. Charles Ives, who practices at the Bon Secours Cancer Institute in Norfolk, Virginia about what women should think about when considering a mammogram.

During the interview, Dr. Ives revealed four behavioral risk factors for breast cancer:

1. Lack of physical activity
2. Poor diet
3. Being overweight or obese
4. Being a heavy drinker {eoa}

Watch the video to get more information. For the original article, visit .