<table>
<thead>
<tr>
<th>Guideline Page and Request</th>
<th>Panel Discussion/References</th>
<th>Institution Vote</th>
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| BRISK-A                   | Change made
Based on a review of data and discussion, the panel consensus supported the inclusion of weight control, exercise and limiting alcohol consumption as an option for Healthy lifestyle. This is a category 2A recommendation.
- For postmenopausal women, be a healthy weight and avoid weight gain.
- For premenopausal women, be vigorously physically active.
- For postmenopausal women, be a least moderately physically active. Be active daily, taking part each week in at least 150 minutes of moderate-intensity, aerobic physical activity or at least 75 minutes of vigorous, aerobic physical activity (or a combination).
- Alcoholic drinks increase the risk for breast cancer; limit alcohol consumption.
See Submission for references. | YES: 14  NO: 0  ABSTAIN: 0  ABSENT: 12 |