



You Can!

Adopt Healthy Habits
to Reduce Your Risk



October is National Breast Cancer Awareness Month

- **Get to and stay at a healthy weight:** Both increased body weight and weight gain as an adult are linked with a higher risk of breast cancer after menopause. The American Cancer Society recommends you stay at a healthy weight throughout your life and avoid excess weight gain by balancing your food intake with physical activity.
- **Be physically active:** Studies show that moderate to vigorous physical activity is linked with lower breast cancer risk. The American Cancer Society recommends at least 150 to 300 minutes of moderate intensity or 75 to 150 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
- **Eat a healthy diet:** The possible link between diet and breast cancer risk is not clear, but this is an active area of study. However, a diet low in fat, processed and red meat, and sugary drinks, but high in fruits and vegetables can clearly have many health benefits, including lowering the risk of some other types of cancer.
- **Avoid or limit alcohol:** Alcohol increases risk of breast cancer. Even low levels of alcohol intake have been linked with an increase in risk. It is best not to drink alcohol. For women who do drink, they should have no more than 1 alcoholic drink a day.
- **Stay away from tobacco:** Quitting smoking is not easy but it can be done, and it is never too late. The sooner you quit, the more you reduce your chances of getting cancer and other diseases.
- **Schedule regular exams:** While living a healthy life can help reduce your risk for cancer, women can be diagnosed with breast cancer at any age. Detecting breast cancer at an early stage, when treatment is more likely to be successful, still provides the best hope for survival. Consult with your doctor to create a screening schedule that is most appropriate for you.

Source: American Cancer Society

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