



It's a fact: Most breast cancer could be cured if caught early.

Preventing Breast Cancer

Lifestyle and Health

The following lifestyle changes may decrease your breast-cancer risk:

- ***Get active.** Regular physical activity has been shown to be protective against breast cancer. (Good news! See below)*
- ***Supplement wisely.** Folic acid, vitamin D and antioxidants all may help.*
- ***Avoid exposure to radiation.** Limiting the number of chest x-rays, especially at a young age, may decrease the risk of breast cancer.*
- ***Maintain your health care.** Early detection is key: women 40 years of age or older should have annual breast exams and mammograms.*
- ***Keep your genetics in mind.** If you have close relatives with breast cancer, you are at a higher risk. Let your doctor know your family history, and discuss other ways you can help to prevent breast cancer.*

Diet

Try incorporating the following into your diet and life:

- ***Keep your fat content low.** Below 25 percent of your daily calories is ideal.*
- ***Avoid animal fats, tropical oils and hydrogenated oils** (margarines and vegetable shortenings) - all can increase cancer risks.*
- ***Use healthy fats:** monounsaturates such as olive oil. Eat fish such as salmon and sardines that contain omega 3 fatty acids, they are tremendously beneficial.*
- ***Include soy products in your diet.** Try tofu, tempeh and miso, soy milk and soy based cheese and other soy dairy substitutes.*
- ***Eat cabbage and cruciferous vegetables.** Broccoli, kale and collard greens may help block estrogen from other sources, such as environmental pollutants.*
- ***Avoid alcohol.** It increases your risk by increasing estrogen levels.*
- ***Eat organic, hormone-free cuts of meat,** or cut way down on animal foods.*
- ***Eat more fruits and vegetables!** They contain many different cancer-protective agents.*

--Dr.Weil.com

Even modest exercise can reduce the risk of breast cancer in many women.

Exercising a mere 1 1/4 to 2 1/2 hours each week by walking briskly or similar exercise reduced the risk of breast cancer by 18% compared with inactive women.

--Fred Hutchinson Cancer Research Center