

## From Awareness to Action with Lifestyle Medicine

### Prioritize Movement

From a nature walk to Zumba, every little bit counts! Aim to get 30 minutes of physical activity daily or a 150 minutes/week of moderate intensity exercise.

Decrease your risk by taking charge of what you can control! It's the actions you commit to daily that may have the biggest impact on decreasing your future cancer risk!

### Maintain a Healthy Body Weight

Eat the rainbow! A whole food plant predominant diet rich in fruits, vegetables, whole grains, and legumes can work synergistically with physical activity to help you maintain your weight, decreasing your risk of breast cancer. <sup>1</sup>

### Avoid Alcohol

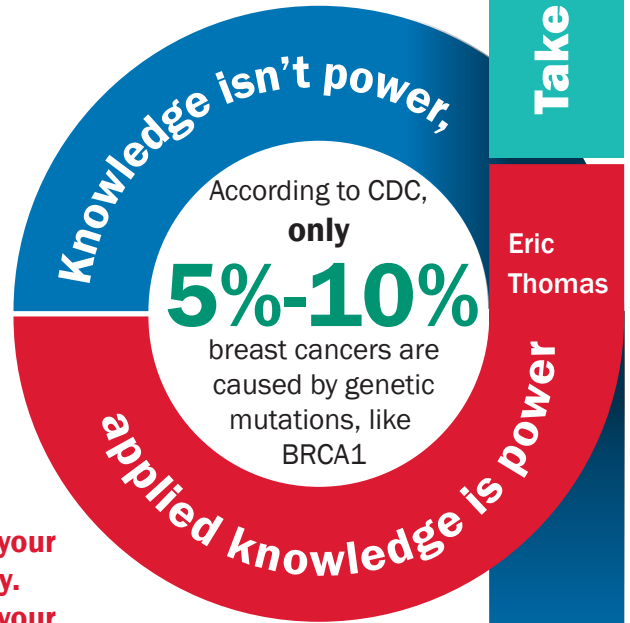
Swap out your cocktail for a mocktail! Try this at home: Infuse some citrus, or your favorite berries and fresh herbs in a fancy glass of sparkling water!

### Breastfeed your baby

(if and when possible) Per the WCRF/AICR, there is strong evidence that breastfeeding decreases the risk of breast cancer. <sup>2</sup>

### Get Screened

Talk to your doctor about age appropriate screening



**Know your body.  
Know your normal.**

Self-Awareness is key!  
Talk to your doctor if you notice any changes with your body.



Age, ethnicity/race, dense breasts, prior history of cancer or thoracic radiation, prior history of atypical breast lesions (LCIS or atypical hyperplasia), reproductive history (no live births, late first pregnancy, early menstration, late menopause), family history and/or inherited genetic mutations <sup>3,4</sup>

Take Control

Risk Factors



### Do you have a strong family history? Be Proactive. Know Your Risk.

- 1 Gather a good family history. Ask Who, When and What: Who had cancer? How old were they at time of diagnosis? What type of cancer? Discuss this with your medical team.
- 2 Consider genetic counseling and/or testing if appropriate.

### Do you have a known genetic mutation?

- 1 Prioritize your mental & emotional health. Seek out meaningful connections (support groups, counseling, family/friends). Calming strategies include meditation, gratitude, journaling, emotional freedom technique (EFT)<sup>5</sup> and deep breathing.
- 2 Talk to your doctor about appropriate screening and risk reducing therapies.
- 3 Stay empowered by engaging in positive lifestyle habits that will improve your overall wellbeing & quality of life.

### Helpful Resources:

- American Institute for Cancer Research: <https://www.aicr.org/cancer-prevention/>
- Centers for Disease Control and Prevention. Saving Lives. Protecting People: <https://www.cdc.gov/cancer/breast/>
- FORCE. Facing Hereditary Cancer EMPOWERED [www.facingourrisk.org](http://www.facingourrisk.org)

Sources:  
 1) Body fatness, weight gain and the risk of cancer | WCRF International <https://www.wcrf.org/dietandcancer/body-fatness-and-weight-gain/>  
 2) Lactation (breastfeeding) and the risk of cancer | WCRF International <https://www.wcrf.org/dietandcancer/lactation-breastfeeding/>  
 3) breast\_risk.pdf (nccn.org) [https://www.nccn.org/professionals/physician\\_gls/pdf/breast\\_risk.pdf](https://www.nccn.org/professionals/physician_gls/pdf/breast_risk.pdf)  
 4) What Are the Risk Factors for Breast Cancer? | CDC [https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)  
 5) Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health (nih.gov) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>