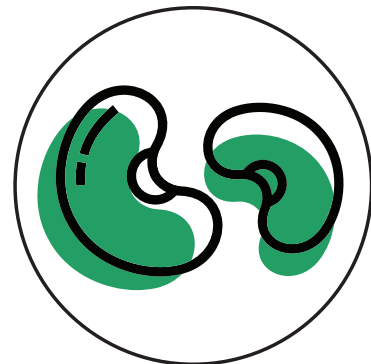
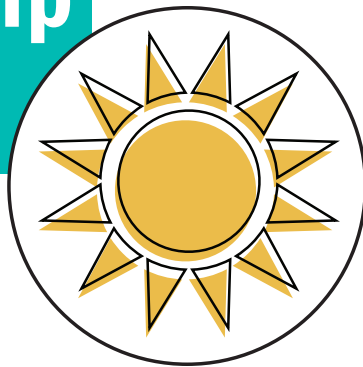


Optimizing Breast Cancer Survivorship

with Lifestyle Medicine



Enjoy a whole-food, **plant based diet**, including **soy** such as tofu, tempeh, and soy milk to help prevent breast cancer recurrence. Avoid alcohol if possible.

Appropriate **sun exposure** can provide adequate vitamin D, but talk to your doctor about the need for additional supplementation.

If you are on a predominantly plant based diet, utilize a **B12 supplement**.

Avoid prolonged sedentary behavior like sitting for more than an hour. Get at least 30 minutes of **exercise daily** and maintain a healthy body weight.

Practice mindfulness and **stress reduction**. Spend time outside, try yoga or meditation, create art, or start a gratitude journal.

Maintain **sleep quality** with a calming bedtime ritual and a consistent sleep and wake time.

Cancer survivorship begins at the time of diagnosis and continues throughout life. Follow these guidelines to reduce your risk of breast cancer recurrence and improve overall health and wellness.