

# Breast Health Awareness



*In addition to getting an annual clinical breast exam and mammogram (for women 40 and older), you can take action to reduce your risk of breast cancer by following the simple guidelines below.*

- P**lant foods – try for 5-10 servings a day of fruits and vegetables
- R**educe alcohol consumption – only 1 or 2 drinks a week
- E**xercise 5 times a week for 30 minutes
- V**itamin D supplement – take the minimal requirement of 2000 IU daily
- E**xamine your breasts monthly – know your breasts so you can identify changes
- N**o tobacco – smokers have 50% increase rate of breast cancer
- T**ake care of yourself – reduce stress by exercising, reading, listening to music, breathing techniques
- I**deal BMI < 25 – obese women are more likely to have advanced breast cancer
- O**live oil for cooking – 9 grams daily reduces risk of breast cancer
- N**utrition – eat a balanced diet rich in plant food & fiber

*PREVENTION tips courtesy of Lynne P. Clark, M.D.*

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[www.carolmilgardbreastcenter.org](http://www.carolmilgardbreastcenter.org)