

STEPS to IMPROVE Breast HEALTH

ORLANDO
HEALTH®



Orlando Health believes that all women should be familiar with how their breasts normally look and feel and report changes to their healthcare provider immediately.

BREAST *Self-Exam* TRACKER

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> JANUARY | <input type="checkbox"/> JULY |
| <input type="checkbox"/> FEBRUARY | <input type="checkbox"/> AUGUST |
| <input type="checkbox"/> MARCH | <input type="checkbox"/> SEPTEMBER |
| <input type="checkbox"/> APRIL | <input type="checkbox"/> OCTOBER |
| <input type="checkbox"/> MAY | <input type="checkbox"/> NOVEMBER |
| <input type="checkbox"/> JUNE | <input type="checkbox"/> DECEMBER |

GET YOUR YEARLY MAMMOGRAM

- | | |
|---------------------|---------------|
| ● ALTAMONTE SPRINGS | ● OCOEE |
| ● CLERMONT | ● ST. CLOUD |
| ● DOWNTOWN ORLANDO | ● WINDERMERE |
| ● DR. PHILLIPS | ● WINTER PARK |
| ● LAKE MARY | |

To find a location near you, call: (321) 842-5000

FOR YOUR HOW-TO BREAST
SELF-EXAMINATION GUIDE, VISIT
OrlandoHealth.com/BreastHealth

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Breast SELF AWARENESS

Be familiar with your breasts and report changes to your healthcare provider. Watch for changes in the skin, nipple peeling or discharge, a nipple that stays in or stays out, a lump in the skin along or under the arm, or a lump deep in the breast. Know your family history of breast and other cancers and breast density on mammogram report. Understand modifiable risk factors for breast cancer. (see below)

SCREENING MAMMOGRAMS

Discuss with your healthcare provider when to begin screening. For younger women or women with dense breast tissue, 3D (tomosynthesis) mammography is preferred. Baseline mammograms can start at age 40 or 10 years before the earliest age of breast cancer diagnosis in your family.

REGULAR PHYSICAL ACTIVITY

The American Cancer Society recommends 30 minutes, 5-6 times a week, of regular physical activity for cancer reduction, including breast cancer. While many studies have proven that walking is an excellent option, any regular physical activity (cycling, swimming, yoga, Zumba, resistance bands, etc.) is beneficial. Exercise also can be broken up throughout the day and still be beneficial. Talk with your PCP before starting any exercise program.

In many studies, physical activity is the number one most important habit you can do for breast health. It helps to maintain a lean body habitus, which will decrease circulating estrogen in your body. Physical activity also will lower stress hormones, which cause inflammation, and will improve sleep.



Healthy EATING HABITS

Eating whole foods and avoiding processed foods will lower inflammatory chemicals in the body and will help maintain a lean body weight. In 2017, the Mediterranean and DASH diets tied for the healthiest diets in the U.S.

MEDITERRANEAN DIET

The Mediterranean diet also has been shown in studies to lower the risk of cancer, including breast cancer.

DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET

Originally developed by the American Heart Association to reduce high blood pressure, this diet also is known to be anti-inflammatory. For more information, go to DASHdiet.org.

VITAMIN D/FISH OIL

Adequate vitamin D has been found to be beneficial for breast health and is often difficult to get in your diet. Typically begin with 2000 I.U. daily. Target level is 50mg/ml. Fish oil (omega 3) has anti-inflammatory properties as well as a favorable effect on oncogenic proteins. Emerging science shows 2000-3000 mg daily (either by eating fish like salmon, tuna, trout, herring or fish oil capsules) can be beneficial. Talk with your PCP about the best option for you.



LIMIT ALCOHOL CONSUMPTION

Alcohol can increase levels of estrogen and other hormones associated with breast cancer. Alcohol also may increase breast cancer risk by damaging DNA in cells. Recent studies link more than 3-6 units of alcohol a week with a 15 percent increased risk of developing breast cancer. A unit of alcohol is 6 ounces of wine, one shot of spirits or 12 ounces of beer.

AVOIDING CIGARETTE SMOKE

Smoking is linked to a higher risk of breast cancer in younger, premenopausal women and even secondhand smoke has been implicated in postmenopausal women. If you don't smoke, don't start. If you would like to quit, free local programs (offering free nicotine replacement patches/gum/lozenges as well as community, worksite and clinic groups) are available at various Orlando Health locations in conjunction with the State of Florida's Tobacco Free Florida program.