



# Breast

# WELLNESS

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

To reduce the risk of cancer, the American Cancer Society recommends 30 minutes of regular physical activity five to six times a week 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 improve sleep and reduce stress hormones that can cause inflammation.



## 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](http://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.

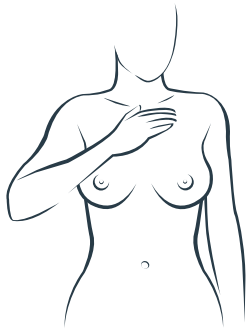
### Avoiding Cigarette Smoke

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.



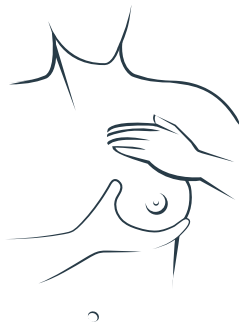
# Breast **SELF** EXAMINATION

## IN THE SHOWER



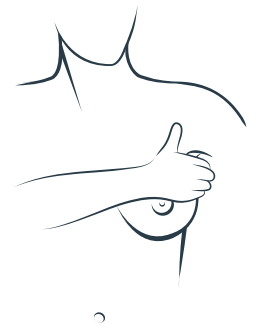
### Step 1

Feel for lumps above and below the collarbone. From the collarbone, rub down firmly with your hand to the nipple of one breast and feel for any lumps.



### Step 2

Support the breast with one hand while the other hand and fingers slide across the top of the breast.

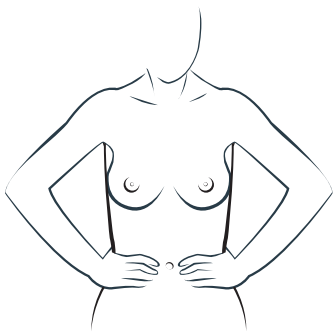


### Step 3

Keeping your fingers together and flat, check for lumps under your arm while relaxing your arm at your side.

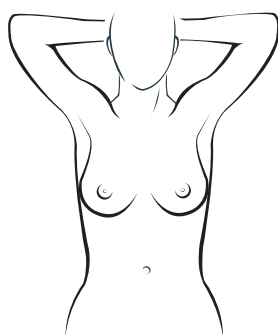
Repeat the exam on your other breast and report any changes to your healthcare provider immediately.

## IN FRONT OF A MIRROR



### Step 1

Place your hands on your hips and turn from side to side. Press your shoulders inward and bend forward. Gently squeeze each nipple and look for discharge.



### Step 2

Place your hands behind your head and press forward, turning from side to side. Look for:

Changes in breast size, shape, skin texture or color, redness, dimpling and puckering.

Nipple changes, such as discharge, scaly texture, a pulling to one side or a change in direction.



### Step 3

Lie down and place a small pillow or towel under your left shoulder. Keeping your fingers together and flat, put your right hand at the top of the left breast and move them in a wide circle around the breast. Continue moving inward in smaller circles until you have examined the entire breast.

Repeat exam on the other breast. Feel for lumps, thickening or any changes from one self-exam to the next.



Breast cancer often has no symptoms when the tumor is small, yet this is when it can be most easily treated. For early detection, frequent screening is important. Women also should be familiar with how their breasts normally look and feel, reporting changes to your healthcare provider immediately.

**To schedule your annual mammogram at a location near you, call (321) 842-5000 or visit [OrlandoHealth.com/Mammo](https://www.OrlandoHealth.com/Mammo).**