

BREAST CANCER AWARENESS & LIFESTYLE GUIDE

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Why Breast Cancer Awareness Matters



- Preast cancer is the most common cancer among women worldwide, with about 2.3 million new cases and 670,000 deaths each year.
- 1 in 8 women will be diagnosed during their lifetime; men can also be affected (≈1%).
- Early detection saves lives regular screening can reduce mortality by 30–40%.
- Advancements in treatment have significantly improved quality of life and survival of diagnosed patients.
- Know your family history and discuss your risk with your doctor. Start screening as soon as recommended and follow schedule consistently.
- Practice monthly breast self-awareness notice any new lumps, skin changes, or nipple discharge.



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Screening Modality	Purpose / What It Detects	Recommended Age to Start	Frequency
Clinical Breast Exam	Physical exam by a clinician to detect palpable lumps or skin/nipple changes	25–39 years	Every 1–3 years
Breast Self-Awareness	Encourage familiarity with one's own breast texture and appearance	20+ years	Ongoing
Mammography	Detects microcalcifications and early structural changes	40-50years	Every 1–2 years
Breast Ultrasound	Adjunct to mammography; better for dense breasts	Any age (especially <40)	As indicated
Breast MRI	Detects high-risk or occult lesions	Start at 30 years for high-risk women	Annually
Genetic Counseling / Testing	Identifies BRCA1/2 or other hereditary risk	Based on family or personal history	Once (if indicated



Practical Lifestyle Tips to Support Breast Health

Nutrition



- Eat plenty of fruits & vegetables (≥5 servings/day) for antioxidants and fiber.
- Include whole grains and legumes to help eliminate excess estrogen.
- Add healthy fats: olive oil, avocado, nuts, and omega-3 rich fish.
- Cruciferous veggies (broccoli, kale, cabbage) aid estrogen detoxification.
- Limit alcohol, processed meats, refined sugars, and ultra-processed foods.
- Useful resources: https://www.aicr.org/cancer-prevention/.

 https://www.wcrf.org/living-well/eating-well/recipes/



Physical Activity





Aim for 150 minutes of moderate activity (brisk walking, dancing) or 75 minutes of vigorous activity (running, HIIT, cycling) weekly, plus 2 strength sessions.

Benefits: lowers estrogen, improves insulin sensitivity, reduces inflammation, supports mental health.

Sleep, Stress & Mental Health



- Aim for 7–8 hours of sleep per night to maintain hormone balance.
- Practice daily stress management: meditation, journaling, prayer, or time outdoors.
- Seek social support and avoid overload.
- Useful apps: Insight Timer, Headspace for mindfulness and stress reduction



Environmental Awareness





- Reduce plastic exposure use glass/stainless steel instead
- Choose clean personal care products (free from parabens, phthalates, synthetic fragrances).
- Wash fruits and vegetables to reduce pesticide residues. Prefer organic produce, if possible, specially the "Dirty Dozen" and dairy/meat.
- Useful resource: Environmental working group https://www.ewg.org/





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