

# Breast and Pancreatic Cancer Awareness

Cancer is a life altering situation. Currently, there is not a proven cure, nor a vaccine to prevent cancer in every form. However, a healthy lifestyle can go a long way to limiting, delaying, and slowing the progression of disease. Be mindful of the food you eat, the lifestyle you lead, and remember to get recommended screenings.

## Lifestyle

Overall, about 1/3 of the most common cancers in the US could be prevented. Evidence suggests that cancers that are strongly linked to diet, activity level, and body weight, are highly preventable.

## Living Cancer Free

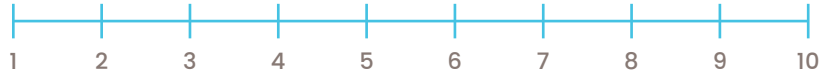
### How would you rate your lifestyle?

Place a mark on the scale, where 0 is very poor and 10 is very good.

#### Diet



#### Physical Activity



#### Body Weight



## Foods for Preventing and Fighting Cancer

Consider adding these foods to your diet:

- Squash
- Beets
- Arugula
- Artichoke
- Apples
- Plums
- Potatoes
- Radish
- Kale
- Garlic
- Swiss Chard
- Tomatoes



Consume these foods in moderation:

- Alcohol
- Preserved, Processed, and Refined Foods
- High Protein Foods such as Meat and Protein Powder
- Soy
- Margarine



### Coach's Quick Take

"Let food be thy medicine and medicine be thy food."

Hippocrates

Resources: Gerson.org; The China Study- T. Colin Campbell PHD; www.aicr.org; www.mayoclinic.com

## Pancreatic Cancer

### Prevention

There is no proven way to prevent Pancreatic Cancer, however, there are steps to take to reduce your risks.

- **Maintain healthy weight.**
- **Increase physical activity.**
- **Enjoy a healthy diet.**
- **Quit smoking** - You can dramatically reduce your risk by quitting. Talk to your Wellness Coach for help.

### Early Detection

Pancreatic Cancer often goes unrecognized until it progresses to advanced stages. However, here are some early warning signs to note:

- **Abdominal Pain**
- **Weight Loss**
- **Jaundice (Yellowish skin)**

If these symptoms are present, your physician may prescribe an MRI or ultrasound.

## Breast Cancer

### Prevention

- **Limit alcohol** - Quitting or limiting your alcohol consumption to no more than one drink a day can decrease your risk.
- **Breast feeding** - Studies suggest the longer you continue to breast feed, the lower your risk of breast cancer will be.
- **Discontinue hormone therapy** - Long term hormone replacement therapy for menopause can increase your chance of developing breast cancer. Speak with your physician about ending hormone replacement therapy or using a lower dosage.

### Early Detection

Regular breast self exams and mammograms are an essential part of early detection of Breast Cancer. Follow the recommendations by age group below:

- **20s** - Monthly breast self exams
- **30s** - Clinical breast exams & mammograms at least every 3 years
- **40s** - Annual mammograms

