Reducing The Risk

5 TO THRIVE

GIVE YOUR DIET AN UPGRADE

As Dr. Mark Hyman says, “The most powerful medicine is at the end of your fork”.
A nutrient-rich diet that’s high in vitamins, minerals and antioxidants along with adequate amounts of quality proteins and fats provides the fuel needed to combat illness, fight inflammation and repair the body in times of stress.

GET MOVING

Excess levels of estrogen are a known factor in the development of breast cancer. Adipose tissue (fat) is a source of estrogen production in postmenopausal and obese women, and higher BMI (Body Mass Index) has been correlated to higher levels of estrogen. Shedding extra pounds is a great way to encourage healthy hormone production and lower risk!

AT-HOME SCREENINGS

Don’t underestimate the tried-and-true self exam. It’s a convenient, private way to check for changes to breast tissue and texture that may alert your doctor to a potential problem. Talk to your medical practitioner about tips and best practices!

GET CONNECTED

Not only do we see lower inflammation, blood pressure and obesity in those who are socially active (even if it's socially distanced), but recent studies indicate a lower mortality rate among those who maintain connection to a community while undergoing cancer treatment. Plus, a social support system can help create a positive outlook and healthy mindset.

FIND YOUR HAPPY PLACE

Did you know that stress increases cortisol and other stress hormones that interrupt healthy sex hormone production? Find some time to de-stress each day; a quick walk outdoors, deep breathing or relaxing with a book are all great ways to unwind!