

Good Samaritan Health Ministries

October Health Tips



National Breast Cancer Awareness Month

4 Ways to Prevent Breast Cancer

- If you find a lump, go see your doctor as soon as possible.
- Find out if you have a family history of breast cancer.
 - Genetic breast cancer accounts for at least 10% of all cases of the illness.
- Be “breast” aware
 - More than 90% of breast tumors are detected by women themselves, so keeping an eye on changes should be an important part of every women’s health care.
- Watch your weight
 - Obesity can increase the risk of breast cancer by up to 40%.

Source: Mayo Clinic

Questions or concerns, please contact your physician.

For more information, visit www.goodsamdayton.org

Lifestyle Factors Can Reduce Risk

- Limit Alcohol
 - A link exist between alcohol consumption and breast cancer. Consider limiting alcohol to less than one drink a day or avoid alcohol completely.
- Maintain a Healthy Weight
 - There is a clear link between obesity and breast cancer. This is especially true if you gain weight later in life, particularly after menopause.
- Stay Physically Active
 - Regular exercise can help you maintain a healthy weight and, as a consequence, may aid in breast cancer prevention.
- Limit Fat in Your Diet
 - Women who eat a low fat diet slightly decrease their risk of breast cancer.



Good Samaritan Hospital
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