

# Living a Healthy Life Style Can Reduce Your Risk of Breast Cancer



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# Living a Healthy Life Style Can Reduce Your Risk of Breast Cancer

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## Breast Cancer

It is the most common cancer in women, both in the developed and the developing worlds, comprising 16% of all female cancers. However, research has shown that, up to 40% of cancers can be prevented by living a healthy, balanced lifestyle (WHO, 2012). The habits we adopt earlier in life can alter our risk, sometimes dramatically. Therefore, you need to understand what you can do to prevent breast cancer.

This brochure provides practical information to help you to improve your lifestyle, which could reduce your risk of developing breast cancer.



## Healthy Eating

- A healthy, balanced diet reduces your cancer risk. By eating a diet rich in fiber, fruit and vegetables and low in saturated fat, red or processed meat and salt, you can help reduce your risk of several different types of cancer.
- Eat a lot of brightly colored fruits and vegetables as studies have shown



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that these kind of food contain anti-oxidants, which help slow down carcinogenesis (the process of cancer cell formation).

- Try to eat as much raw food as possible, as cooking food with heat can destroy many of the natural enzymes and nutrients that fight cancer.
- Reducing or cutting out your sugar consumption is another important tool in preventing cancer.
- Drink water at least consume 6–8 glasses of water daily.

## Being active

The more active you are, the more you reduce your breast cancer risk. Aim for at least 30 minutes of daily moderate activity, five days a week. Moderate activity should make you feel warm or slightly out of breath. Activities can include brisk walking, gardening, housework, swimming and whatever suits you. Regular physical activity gives you extra energy and makes you feel great!



## Maintaining a healthy weight

Being overweight does not only cause heart disease and diabetes, but also causes breast cancer. So maintaining a healthy weight is a great way to reduce your breast cancer risk. To maintain a healthy body weight, enjoy regular physical activity and eat according to your energy needs.



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## Being a non – smoker

Stop smoking is the best present you will ever give yourself. It can be hard, but free services and treatments are available to improve your chances of quitting successfully. Quitting dramatically reduces the risk of breast cancer. The earlier you quit, the more damage you can undo.



## Being Sun-Smart

Do not let sunburn catch you out, whether at home or abroad, use shade, clothing and proper sunscreen to protect yourself from sunburn. Too much sun exposure, burns and aging are the main cause of skin cancer. Also avoid using sun beds -they are not a safer alternative to tanning under the sun.



## Have good quality sleep and avoid stress

Sleep is as important as fresh food and exercise to enhance our well-being. Get around 8 hours of sleep per night. Learn relaxation techniques, like visualizing calming scenes, and taking deep breaths to reduce your stress. Learn to handle your stress and avoid emotional upsets.



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## Reducing your exposure to radiation

Data suggests that high doses of radiation increases your future risks of getting cancer. However, you can refer to international limits of exposure to the radiation, so your exposure does not exceed the acceptable level. Also, you should use technology devices carefully and only when needed.



## Avoid drinking alcohol

Drinking alcohol increases your risk of having several types of cancer, so by limiting your intake, you lower your risk of cancer in general.

## Breastfeeding your babies

Research has shown those women who breastfeed are less likely to develop breast cancer. The longer you breastfeed the more benefits you get. Breast feeding is best for you and your baby.



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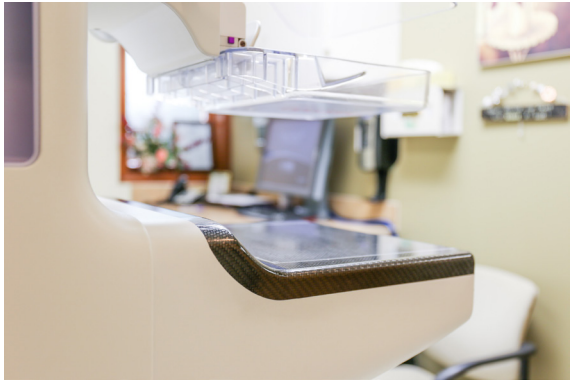
## Being breast aware

It is always a good habit to be aware in order for you to detect any changes at early stages. Use your eyes and hands to observe the appearance and feel of your breasts. Be familiar with the normal condition of your breasts. If you notice any new changes inform your doctor immediately.



## Register for a mammogram

Book your appointment for a routine screening mammogram, it is the most effective exam for early detection of breast cancer. Ask your doctor when you should begin regular screening mammograms.



**Your health is very important to you and to us**

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Published by:

**Patient and Family Education Committee**

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