

Take Action & Prevent Breast Cancer

5 simple, **daily** steps to reduce your risk of breast cancer by 30% despite the risk factors of genetics, environment and age

1 EXERCISE STOP SITTING

ACTION STEP

30 minutes of moderate, break a sweat, exercise

> Shoot for 150 minutes a week

RISK REDUCTION

25-30%

see resources 1, 2

2 SUPERFOODS NOURISH YOURSELF

ACTION STEP

Include these cancer fighting powerhouses into your daily diet:

OLIVE OIL

> 4 tablespoons

COLOR

> 8 to 10 servings of colorful fruits and vegetables
> Prioritize a variety of veggies with at least 1 serving from the cruciferous family which includes broccoli, cauliflower, kale, Brussel sprouts and cabbage
> Max fruit servings to 2 to 3

GREEN TEA

> 3 small cups

FIBER

> 25 grams minimum

RISK REDUCTION

20-40%

depending on the studies see resources 3, 4, 5, 6

3 PLAY IN THE SUN VITAMIN D

ACTION STEP

15 to 30 minutes of sun exposure to the face and arms boosts vitamin D levels and is the equivalent of taking 3000 IU of vitamin D daily
> Aim for vitamin D blood levels above 40 and ideally above 50
> Get at least 200 MCG of vitamin k2 daily

RISK REDUCTION

30-50%

According to one study, vitamin D levels above 40 was associated with a 50% decreased risk of breast cancer compared to women with blood levels below 40
see resources 7, 8

4 REDUCE ALCOHOL

ACTION STEP

Minimize alcohol intake to none or at most 1 to 2 glasses per week

RISK AWARENESS

3-6 glasses of wine/week increases your risk

20%

Each glass above 6 increases your risk

10%

Women who had 2 drinks daily had a
51%
greater risk compared to those who never consumed alcohol
see resources 9, 10

5 REDUCE SUGAR

ACTION STEP

Reduce highly processed, sugar containing food
> MINIMIZE anything in a bag or box that doesn't require refrigeration
> Go for WHOLE FOODS: whole fruit, whole vegetables, meat, chicken, fish, nuts, etc

RISK AWARENESS

Women with the greatest intake of sugar had a
19%
increased risk compared to women who consumed the least amount of sugary foods
see resource 11

Early Detection Is Not Prevention

Relying solely on mammography, ultrasound, annual clinical breast exams or MRI technology to detect cancer early is not the same as getting to it before it begins. These are important methods for earlier detection but they don't take the place of your personal efforts to prevent cancer from developing.

Breast cancer rates have risen 20% worldwide in the last 7 years and is now the leading cause of cancer deaths among women

1 in 8 women will receive a breast cancer diagnosis in their lifetime

More Ways Thrive

ATTAIN AND MAINTAIN A HEALTHY WEIGHT Calculate your body mass index (BMI) using online tools then get support and take steps to reach your goal weight

MINDFULNESS • AWARENESS • RESILIENCE Bring attention to your wellness with daily reminders that prioritize prevention

My Hopes for You

YOU ARE POWERFUL and you have the ability to prevent getting breast cancer

YOUR BODY has an amazing capacity to heal and restore on its own given the right tools and tender loving care

YOU DO NOT have to get breast cancer because your mom or aunt or sister did

YOU CAN BE YOUR OWN HEALER please take the time to do these five action steps every day to prevent breast cancer



ANITA SADATY, MD

Board Certified Obstetrician/Gynecologist, graduate from Cornell University Medical College Medical school, Clinical Assistant professor at the Hofstra North Shore LIJ school of medicine, currently completing a Fellowship program at the Institute for Functional Medicine to further her interest and expertise in an integrative approach to women's health and wellness concerns.

PURPOSE OF PREVENT WITH FIVE

- > To spread the 5 action steps to prevent the development of breast cancer to thousands of women
- > To raise awareness among health care providers, advocacy groups and women world-wide that YOU have the power to prevent breast cancer from developing
- > To raise money to fund research efforts specifically designed to investigate breast cancer

Please find us on
Facebook and Instagram @preventwithfive

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RESOURCES

1. Lynch BM. Physical activity and breast cancer prevention: Recent Results Cancer Res 2011;186:13-42 (A large review of 73 studies found that breast cancer risk was reduced by 25% amongst physically active women as compared to the least active)
2. Cohen SS. Sedentary behavior, physical activity and likelihood of breast cancer among Black and White women. Cancer Prev Res 2013 Jun;6(6): 566-76. (African American women who engaged in vigorous physical activity >2hours/week had a 64% reduced risk of breast cancer compared to those who did not.)
3. Gandini S. Meta-analysis of studies on breast cancer risk and diet: the role of fruit and vegetable consumption and the intake of associated micronutrients. Eur. J. Cancer 2000;36:636-646 (Women who consumed 25 or more servings of vegetables weekly had a 37% lower risk of breast cancer compared to women who consumed fewer than 9 vegetable servings weekly)
4. 2015 JAMA study: Mediterranean diet and invasive breast cancer risk among women at high cardiovascular risk in the PREDIMED trial (Mediterranean diet plus 4 tablespoons of extra-virgin olive oil had a 68% decreased risk of breast cancer compared to women on a low fat diet.
5. Inoue, M Regular consumption of green tea and the risk of breast cancer recurrence Cancer letter 167(2): 175-82
6. Dong JY Dietary fiber intake and risk of breast cancer: a meta-analysis of prospective cohort studies. Am J Clin Nutr. 2011; 94(3):900-905 (A meta-analysis of 10 prospective cohort studies showed that for every 10 grams of fiber/day increase, there was an associated 7% reduction in breast cancer risk)
7. Garland, C. What is the dose-response relationship between vitamin D and cancer risk? Nutrition Reviews 65 (8): S91-S95
8. Fiovannucci E. Vitamin D and Cancer Incidence in the Harvard cohorts. Ann Epidemiol. 2008 (The women in the Nurses' Health Study observed a 30% reduction in risk of breast cancer comparing the highest with lowest quintiles of 25 OH vitamin d levels)
9. Chen WY. Moderate alcohol consumption during adult life, drinking patterns and breast cancer risk. JAMA 2011;306(17):1884-1890. (Consuming as little as 3 to 6 drinks/week was associated with increased breast cancer risk, and women who had at least 2 drinks daily on average had a 51% greater risk of breast cancer compared to those who never consumed alcohol)
10. Hamajima N. Alcohol, tobacco and breast cancer—collaborative reanalysis of individual data from 53 epidemiological studies including 58,515 women with breast cancer and 95,067 women without the disease. Br J Cancer 2002; 87 (11): 1234-1245
11. Tavani A. Consumption of sweet foods and breast cancer risk in Italy. Ann Oncol. 2006;17(2):341-45

PREVENT WITH FIVE

5 Ways to Prevent Breast Cancer

BY ANITA SADATY, MD
WITH MARYANN JONES, CHC