

# 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

Action Steps }

## 1

### MOVE

Make time each day for 30 minutes of moderate, break-a-sweat, exercise

> Shoot for 150 minutes a week

**RISK REDUCTION**  
**25-30%**

See resources 1,2

## 2

### NOURISH

Include cancer-fighting powerhouses into your daily diet

**OLIVE OIL**  
> 4 tablespoons

**COLOR**  
> 8-10 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

15-30 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

### HYDRATE

Minimize alcohol intake to none or at most 1-2 glasses/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

### REVIVE

Reduce highly processed, sugary food

> **MINIMIZE** anything in a bag or box that doesn't require refrigeration

> **CHOOSE WHOLE FOODS** like whole fruits and 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