

Breast Cancer Prevention

What is it?

- **Post Menopause**- Lump in breast, any age, but most likely after menopause
- **Discharge from Nipple**- Bloody, greenish, milky, watery
- **Changing**- Shape of the breast, dimpled breast, color of the skin, darker area around the nipple (areola)
- **New Pain**- in one breast
- **Man or Woman**- can find a lump



What I can look for:

- **Infection**- after a wound, always clean well
 - **Increased**- pain, swelling, tenderness, warmth, redness
 - **Red Streaks**- from the infected area
 - **Discharge**- of pus
 - **Swollen Lymph Nodes**- neck, groin, armpits
 - **Fever**- of > 100



What do I need to do?

- **See your Health Care Provider**- ASAP or if you have a family history ask about tamoxifen, lowers risk for breast cancer
- **See a Registered Dietitian**
- **See FFF Registered Dietitian**
- **Limit Alcohol**- to < 3 oz. day or 1 drink per day
- **Eat a Low Fat Diet** - See FFF Low Fat Diets
- **Exercise**- daily for 20 minutes
- **Eat Lots of Fresh Fruits and Vegetables** - cruciferous vegetables (Broccoli, Cabbage)
- **Mammogram Yearly** - more than 40, after 50 every 1 to 2 years; monthly self breast exams
- **Breast Feeding**- can help prevent breast cancer

