

Wellness Tidbits



BREAST CANCER RISK FACTORS

Breast cancer can be a result of genetic and/or environmental impact, and while genetic risk factors may be outside of your control, there are environmental and lifestyle risk factors that are avoidable .

Sedentary Lifestyle. Find ways to get moving. Work regular exercise into your daily routine. The American Cancer Society recommends getting 150-300 minutes of moderate physical activity a week or 75-100 minutes of vigorous activity. This amount of activity is linked to a decreased risk of cancer overall.

Poor Diet. Limit saturated fats and add in more fruits and vegetables to avoid increasing your risk for breast cancer.

Alcohol Consumption. Frequent alcohol consumption can increase your risk for breast cancer.

Combined Hormone Replacement Therapy (HRT)
Taking combined hormone replacement therapy, as prescribed for menopause, can increase your risk for breast cancer and increases the risk that the cancer will be detected at a more advanced stage.

Learn more about risk factors from the National Breast Cancer Foundation, Inc. – [CLICK HERE.](#)

Resources:

<https://www.nationalbreastcancer.org/breast-cancer-risk-factors>

<https://www.komen.org/breast-cancer/risk-factor/lack-of-exercise/>



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is one risk factor for breast cancer that you can avoid?

**ANSWER FITBIT®
CHALLENGE HERE!**



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