

# Breast Cancer



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## ► Lifestyle risk factors for Breast Cancer ◀

### ► Drinking alcohol:

Drinking alcohol is associated with an increased risk of breast cancer

### ► Overweight or obesity:

Overweight or obesity after menopause increases the risk of breast cancer

The American Cancer Society recommends that you maintain a healthy weight throughout your life and avoid gaining weight by balancing your diet with physical activity.

### ► Lack of physical activity or sports:

Evidence shows that regular physical activity reduces the risk of breast cancer, especially in postmenopausal women.

The American Cancer Society recommends that adults exercise at least 150 minutes of moderate-intensity or 75 minutes of intense (or a combination of these) activities each week, preferably during the week.

## ► Nutrition and treatment regimen for breast cancer patients ◀

A healthy diet is just one of several factors affecting the immune system. Exercise and stress management are equally important in improving general health.

Fruits and vegetables have antioxidant, anti-estrogenic properties that can prevent cancer. We recommend 5 or more servings of fruits and vegetables a day. Vegetables such as (broccoli, cauliflower, cabbage, and Brussels sprouts)



Whole grains are unprocessed foods that are rich in complex carbohydrates, fiber, vitamins, and minerals. High-fiber intake may have positive benefits by altering the hormonal function of cancer. Daily fiber intake should be 25 to 39 grams of insoluble and soluble fiber.

### ► Grains

- Wheat, rye, oats, rice, corn, semolina barley
- Celery, parsley, fennel, carrots
- Garlic, onion, oyster, onion, leek, eggplant, tomato
- Pumpkin, cucumber, watermelon

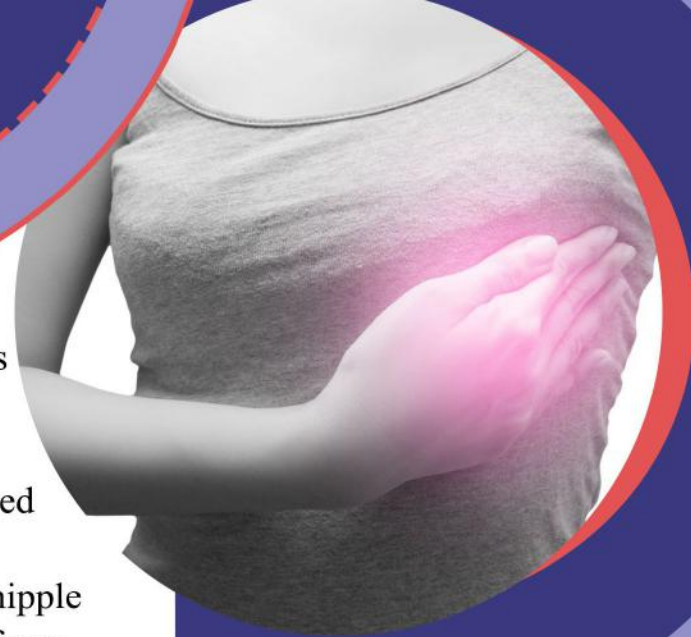
## ► Fat consumption tips ◀

- Limit food high in saturated fats such as beef, mutton, cheese, cream, butter, and ice cream.
- Cut down on foods that contain trans-fatty acids, such as commercial cooked ingredients and crackers.
- Increase your intake of chicken, fish, and plant proteins (legumes and lentils). Increasing fish intake to 3 times a week increases omega-3 unsaturated fats.





Breast Cancer



## ➤ Breast Cancer ◀

Breast cancer is one of the most common cancers in women. Most women with breast cancer are over 50 years old, but younger women can also get breast cancer.

About 1 in 8 women will develop breast cancer in their lifetime. If diagnosed early, the chances of recovery are very high. In rare cases, men can also get breast cancer.

## ➤ The symptoms of Breast Cancer ◀

If you notice any of these symptoms, you should see a specialist:

- Change in the size or shape of one or both breasts
- A lump or swelling in the breast, upper chest, or armpit that you may feel but not see.
- Changes in the nipple, such as dipping into the breast
- Breast pain is not usually a sign of breast cancer

- Changes in the skin, such as blemishes or discoloration  
Breast discoloration that may make the breast appear red or inflamed
- Skin rash or scaling around the nipple  
Any unusual fluid (discharge) from any nipple



By itself, your chest pain is not usually assigned to breast cancer, but be aware of the pain that occurs all or most of the time.

## ➤ The causes of breast cancer ◀

The exact causes of breast cancer are not fully understood, but some factors increase the risk of breast cancer.

- Age
- Family history
- Heart diagnosis of breast cancer
- Previous noncancerous breast mass (benign)
- Being overweight or obese
- Drinking alcohol