

THINK **act** be healthy

Fall 2012



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MHCSI ♦

October is **Breast Cancer Awareness** Month

Many women are alive and well today because their breast cancer was detected and treated early. There is no single cause of cancer but some factors may increase the risk of developing it. These are known as risk factors. Low risk does not mean that you will not develop breast cancer; it means that the chances of getting it are small. High risk means that your chances may be higher, but it does not mean that you will develop cancer.

Risk factors which you cannot control:

- Age
- Dense breast tissue
- Menopause after the age of 55
- Menstruation before the age of 12
- Family history of cancer (breast or ovarian)
- Being a woman (men have a 1% chance of developing breast cancer)

Risk factors related to lifestyle which you can control:

- Eat a healthy diet
- Limit alcohol use
- Stay at a healthy weight
- Be physically active every day
- Be a non-smoker and avoid tobacco smoke
- Reduce your exposure to UV (ultraviolet) rays from the sun or indoor tanning equipment, like tanning beds
- Know your body and report any changes to your doctor, talk to your doctor about which tests are right for you and when you should have them



For further information on Breast Screening Guidelines, please visit your Provincial Breast Screening Website. If you have any questions about Breast Cancer and your risk factors, talk to your PROfile Pharmacist today.

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Vegetables, Fruit and Cancer

A diet that includes a variety of vegetables and fruit instead of higher-fat, higher-calorie foods can help you get to and stay at a healthy weight. Research shows that maintaining a healthy body weight reduces your risk of developing cancer.

Vegetables and fruit are:

- Excellent sources of vitamins, minerals and phytochemicals
- High in fibre (to keep your digestive system healthy)
- Low in fat and calories
- A source of natural sugar

They are also a natural "convenience food" – fruit such as bananas, apples and oranges comes in its own packaging and can be eaten on the go, as can most raw vegetables.



Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

We don't know how strong we are until being strong is the only choice we have.

Source: www.zazzle.ca/breast_cancer_how_strong_we_are_card-137560920745521884

Do you know what each of your Medications are used for?
If you have questions – Your PROfile Pharmacist has Solutions!

Book Your Medication
Review Today!