

# Seven Tips to Reduce Your Risk of Breast Cancer



## **FOCUS ON YOU.**

Learn to care for yourself the way you care for others.



## **EAT HEALTHY.**

Follow a balanced diet containing the main food groups (fruits, vegetables, grains, dairy and protein). Eat whole grain food such as whole wheat flour, oatmeal and brown rice. Take a daily multivitamin while limiting alcohol intake and saturated or trans fat intake.



## **EXERCISE.**

Begin an exercise program and be active at least three times per week.



## **FIND BALANCE.**

Examine the stresses in your life and find ways to reduce them, if possible. Meditating daily, exercising regularly and participating in yoga can help reduce stress.



## **KNOW YOUR NUMBERS.**

The annual physical provides an opportunity for your doctor to establish baseline information he/she can use for comparison purposes in future physical exams. Because even small changes can indicate potentially serious problems, an annual physical can detect an illness before it begins or during early stages of development.



## **PAY ATTENTION.**

Perform monthly breast self-exams and contact your physician immediately if you feel anything abnormal.



## **STAY CONNECTED.**

Tap into a support network to stay healthy, such as your friends, family, spouse/partner, spiritual community, online discussion groups and/or others.

For more information, visit [PinkOut.com](http://PinkOut.com).

**To schedule your mammogram,  
call 407-303-7500 or make an appointment  
online at [ScheduleYourMammo.com](http://ScheduleYourMammo.com).**

## Top Mammogram Myths

### MYTH: A MAMMOGRAM TAKES TOO LONG. I HAVE NO TIME.

**FACT:** Exams usually take less time with digital mammography — patients typically complete a screening-mammogram appointment in less than 30 minutes. Many of our locations offer weekend, lunchtime and evening appointments as well as same-day availability.

### MYTH: MAMMOGRAMS COST TOO MUCH.

**FACT:** Most insurance companies cover the full cost of a screening mammogram as it may be considered preventative care. Also, low-cost or fully funded mammograms are offered through national programs, community organizations and the AdventHealth Breast Cancer Care Fund.

### MYTH: MAMMOGRAMS ARE PAINFUL.

**FACT:** Mammograms may be uncomfortable, but should not be painful. You'll experience less discomfort than in the past due to the new compression paddle design that flexes with your body, providing pressure only where needed.

#### Compression is important, because:

- It spreads the breast tissue more evenly for better visualization of the anatomy and potential abnormalities.
- It lowers radiation dose, since a thinner amount of breast tissue is imaged.
- It immobilizes the breast to prevent blurring of the images caused by motion.

#### Tips for a more comfortable mammogram:

- Schedule your mammogram 10 to 14 days after the start of your menstrual cycle; the breasts are usually less tender.
- Avoid caffeine a week before your mammogram; it can make the breasts tender.
- If you experience pain, inform the technologist — some simple repositioning may help. Our friendly staff members are sensitive to your needs and want to make your experience as comfortable as possible.

**AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

### MYTH: IF I FEEL A LUMP, IT MUST BE CANCEROUS.

**FACT:** Eight out of 10 breast lumps are not cancerous. However, see a physician immediately if you discover a lump or change in your breasts. Computer-aided detection (CAD) helps our specially trained radiologists to be certain of their findings, make recommendations for further studies and talk with referring physicians. If cancer is detected, our breast care clinicians will provide you with a continual source of support throughout the entire process.

### MYTH: THE RADIATION FROM A MAMMOGRAM CAN CAUSE CANCER.

**FACT:** Mammograms are very safe. Digital mammography uses the lowest radiation dose required to produce clear and precise exam images.

### MYTH: MAMMOGRAMS ARE FOR OLDER WOMEN ONLY.

**FACT:** Screening mammograms are recommended at least every two years, starting between the ages of 40 and 50. However, if you have a family history of cancer, any new breast problem or other high-risk factors, it may be recommended to start screening at an earlier age. Consult with your physician to determine when and how often you should have a screening mammogram.

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