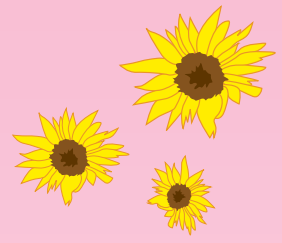


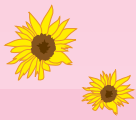
YOUNG WOMEN...

get breast cancer too!



RISK REDUCTION

Know your body...
know your breasts...
check 'em!!



EAT WELL

- enjoy a balanced, plant rich diet that is high in vegetables, fruits, whole grains, nuts and seeds
- introduce soy to your diet
- avoid saturated fats, refined sugar, and processed foods
- avoid well done, charred red meats and processed meats

STAY ACTIVE

- get active and aim for 30 minutes of physical activity each day (2.5 to 5 hours per week)

EMOTIONAL STRESS

- reduce stress (e.g., time with nature, exercise, yoga)

LIVE SMOKE FREE

- don't smoke
- avoid secondhand smoke

ALCOHOL USE

- limit alcohol use to one drink or less per day

CARCINOGENS

- avoid hormone disruptors (e.g., Bisphenol A plastics)
- check out your personal care products e.g., skin care and cosmetics (visit Skin Deep ewg.org/skindeep)
- discuss risk/benefits of oral contraceptive use with your healthcare provider



TAKE CARE OF YOURSELF ❤️



visit
teamshan.ca

