The Breast Cancer Charities of America exists to eliminate breast cancer as a life-threatening illness. We bring together organizations representing all health and social service disciplines in the commitment to establish new and unprecedented levels of effectiveness in resources, education, advocacy and support. BCCA is the only non-profit bringing the ‘integrated cancer care’ message to women of America.

Your choices make a big difference. Learn more.
Find healthy and quick recipes now. Visit:

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BREAST CANCER:
KNOW THE SYMPTOMS

Early breast cancer usually doesn’t cause symptoms. But as the tumor grows, it can change how the breast looks or feels.

Here’s the breast cancer symptom checklist:

✓ A lump or thickening in or near the breast or in the underarm area
✓ A change in the size or shape of the breast
✓ Dimpling or puckering in the skin of the breast
✓ A nipple turned inward into the breast
✓ Discharge (fluid) from the nipple, especially if it’s bloody
✓ Scaly, red, or swollen skin on the breast or nipple
✓ The skin may have pitting so that it looks like an orange

These symptoms do not automatically indicate breast cancer. But if you have any of these conditions, you should tell your health care provider so that the problems can be diagnosed and treated.

THE BREAST CANCER PREVENTION LIFESTYLE

Yes, you can maximize your potential for actually preventing breast cancer! It’s all about personal choices in how we take care of ourselves.

Let’s talk nutrition!
Making wise nutritional choices is one of the best defenses against breast cancer. Put these tips to work in your own life:

Eat a plant! At least two-thirds of your plate should be fresh vegetables and whole grains. No more than one-third should be animal protein.

Start your day with whole grain cereals. They contain folates, a B vitamin, which helps prevent breast cancer. Top with melons and strawberries, which are also rich in folates.

Add asparagus, beans, and even sunflower seeds to your lunch salad of leafy greens including spinach and romaine. You’ll get even more folate.

Think tomatoes. It’s the lycopene which studies link to a reduction in several cancers including cancers of the breast.

Go green—tea that is. Several studies show regular green tea consumption has slowed or even prevented the development of breast cancer.

Limit or eliminate alcohol. Even one glass of wine a day has been linked to higher breast cancer risk.

Cook wisely. Stew, braise or steam rather than fry, grill or broil. High temperatures may cause cancer-causing chemicals to form that may increase cancer risk.

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