Breast cancer prevention starts with healthy habits — such as limiting alcohol and staying physically active. Understand what you can do to reduce your breast cancer risk.

By Mayo Clinic staff

If you're concerned about breast cancer, you may be wondering if there are steps you can take toward breast cancer prevention. Some risk factors, such as family history, can't be changed. However, there are lifestyle changes you can make to lower your risk. Lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:

- **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. If you choose to drink alcohol — including beer, wine or liquor — limit yourself to no more than one drink a day.
- **Don't smoke.** Accumulating evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women. In addition, not smoking is one of the best things you can do for your overall health.
- **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- **Be physically active.** Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
- **Breast-feed.** Breast-feeding may play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.
- **Limit dose and duration of hormone therapy.** Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You may be able to manage your symptoms with non-hormonal therapies, such as physical activity. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you.
- **Avoid exposure to radiation and environmental pollution.** Medical-imaging methods, such as computerized tomography, use high doses of radiation, which have been linked with breast cancer risk. Reduce your exposure by having such tests only when absolutely necessary. While more studies are needed, some research suggests a link between breast cancer and exposure to the chemicals found in some workplaces, gasoline fumes and vehicle exhaust.
Breast Cancer is not just a Woman’s Disease!

Men’s Health: Male Breast Cancer
By Mayo Clinic Staff

Male breast cancer is cancer that forms in the breast tissue of men. Though breast cancer is most commonly thought of as a woman’s disease, male breast cancer does occur. Male breast cancer is most common in older men, though male breast cancer can occur at any age. Men diagnosed with male breast cancer at an early stage have a good chance for a cure. Still, many men delay seeing their doctors if they notice unusual signs or symptoms, such as a breast lump. For this reason, many male breast cancers are diagnosed when the disease is more advanced.

Signs and symptoms of male breast cancer can include:
- A painless lump or thickening in your breast tissue
- Changes to the skin covering your breast, such as dimpling, puckering, redness or scaling
- Changes to your nipple, such as redness or scaling, or a nipple that begins to turn inward
- Discharge from your nipple

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

It’s not clear what causes male breast cancer. Doctors know that male breast cancer occurs when some breast cells begin growing abnormally. These cells divide more rapidly than healthy cells do. The accumulating cells form a tumor that may spread (metastasize) to nearby tissue, to the lymph nodes or to other parts of the body.

Everyone is born with a small amount of breast tissue. Breast tissue is made up of milk-producing glands (lobules), ducts that carry milk to the nipples and fat. Women begin developing more breast tissue during puberty and men do not. Because men are born with a small amount of breast tissue, they can develop breast cancer.

Types of breast cancer diagnosed in men include:
- Cancer that begins in the milk ducts. Ductal carcinoma is the most common type of male breast cancer. Nearly all male breast cancers begin in the milk ducts.
- Cancer that begins in the milk-producing glands. Lobular carcinoma is rare in men because men have few lobules in their breast tissue.
- Cancer that spreads to the nipple. In some cases, breast cancer can form in the milk ducts and spread to the nipple, causing crusty, scaly skin around the nipple. This is called Paget’s disease of the nipple.

Some men inherit mutated genes from their parents that increase the risk of breast cancer. Mutations in one of several genes, especially a gene called BRCA2, put you at greater risk of developing breast and prostate cancers. The normal function of these genes is to help prevent cancer by making proteins that keep cells from growing abnormally. But if they have a mutation, the genes aren’t as effective at protecting you from cancer. Meeting with a genetic counselor and undergoing genetic testing can determine whether you carry gene mutations that increase your risk of breast cancer. Discuss the benefits and risks of genetic testing with your doctor.
We are all connected! Either you know someone who has cancer, or a close friend or family member with cancer, or you have the diagnosis. Cancer touches us all.

~ Let’s Connect to Prevent! ~

Over the past four months, the GE Mammovan has been able to provide rural women with increased access to screening mammograms. The tour of rural communities is now complete but we aren’t done yet! We need your help to keep spreading the word about breast health and encouraging women you know to get screened. Did you know that through the Wyoming Women First program there are resources available to receive free wellness exams, mammograms, and diagnostic testing?

Call 855-WY-MAMMO to learn more and find a facility near you to receive your breast health services!

“One drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to be of service. Think of this and act.”

Hannah More, Author

On 9/11 of this year, our hearts swelled again with the pain of loss, the intensity of American Pride, and more resolve to continue moving forward in a positive manner. September 11th, or commonly called Patriots Day, has become a day of service and remembrance for Americans. It has quickly topped the charts as the day with highest number of Americans volunteering for community service.

We encourage You to continue this spirit of giving back. As we move towards our wintery Wyoming holiday season, many go without the means to survive and celebrate. Many are in need. Build up your neighborhoods, cities, and workplaces by being a volunteer.

Below are some links to connect You with volunteer opportunities:

http://www.volunteerwyoming.org/
http://www.servewyoming.org/
http://www.volunteermatch.org/
Foods, Moves, & More . . .

Pork Tenderloin With Roasted Plums & Rosemary

Ingredients
1 pounds plum(s), black or red plums, pitted and cut into eights (about 6-7 plums)
2 sprig(s) rosemary, fresh, plus more for garnish
1/2 cup(s) water
1/2 cup(s) vinegar balsamic
6 tablespoon sugar, divided
10 whole peppercorns, black, crushed
1 whole vanilla bean, split
2 teaspoon oil, olive, extra-virgin
1 pounds pork, tenderloin, trimmed of fat
1/4 teaspoon pepper, black ground, freshly ground
1/8 teaspoon salt

Preparation
To roast plums:
1. Preheat oven to 400°F.
2. Place plums and 2 rosemary sprigs in an 8-inch-square baking dish.
3. Whisk water, vinegar, 4 tablespoons sugar and peppercorns in a small bowl until the sugar dissolves. Scrape seeds from vanilla bean; add the seeds and bean to the vinegar mixture. Pour the mixture over the plums. Sprinkle with the remaining 2 tablespoons sugar.
4. Roast the plums, uncovered, until tender and beginning to break down, 20 to 25 minutes.
5. Discard the rosemary and the vanilla bean. Transfer the plums to a serving platter and cover with foil.
6. Strain the roasting liquid into a small saucepan and bring to a boil. Reduce heat to medium-high; cook until reduced to 1/2 cup, 6 to 8 minutes. Pour the sauce over the plums; keep warm.

To prepare pork:
1. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat.
2. Sprinkle pork with pepper and salt. Add to the skillet and brown on all sides, 5 to 8 minutes.
3. Transfer the pan to the oven; bake at 400° until an instant-read thermometer registers 155° and the pork has just a hint of pink in the center, 10 to 15 minutes.
4. Transfer the pork to a cutting board and let rest for 10 minutes. (The internal temperature will increase to 160° during resting.)
5. Cut the pork into thin slices and serve with the roasted plums.

Enjoy this Fall recipe from EverydayHealth.com!

To continue receiving your healthy bounty throughout the winter months, checkout Bountiful Baskets Food Co-op for a location near you.

WHF does not endorse the products, services or websites listed herein; but rather gently offer suggestions to help you better yourself, always moving forward on your journey toward overall Well-Being.