Beat Breast Cancer in October!

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October is Breast Cancer Awareness month! Most everyone can think of a loved one who has been affected by breast cancer directly or indirectly. In fact, one in every eight women in America are diagnosed with breast cancer at some point in their lives. That makes breast cancer the most prevalent form of cancer for women! While breast cancer is highly known as a genetic related form of cancer, there are other contributing factors to its onset. One of these is nutrition. Some of the markers found in the body when obesity is present are also indicators of breast cancer. This is because increased fat tissue causes the body to be in an inflammatory state, which leads to a higher risk for breast cancer. For this reason, maintaining a healthy lifestyle is crucial to the prevention of breast cancer in women of all ages.

Many of the contributing factors of obesity also lead to an increased risk for breast cancer. Increased physical activity and consumption of low fat, high fiber foods in the diet are proven to decrease fat tissue and the risk of breast cancer. Examples of low fat, but high fiber foods, are fruits and vegetables that are baked, steamed, sautéed, or raw. Beans and legumes are great sources of fiber and help maintain fullness throughout the day which leads to decreased calorie consumption. The physical activity recommendations for American women are 150 minutes of moderate aerobic exercise or 75 minutes of high aerobic exercise a week. These factors not only help to prevent breast cancer from forming, but can also increase the survival rate of breast cancer survivors and decrease the recurrence of breast cancer.

References:
