

TAKING STEPS TO BE GOOD TO YOU

To help prevent breast cancer and recurrence, it is important for all women to maintain a healthy lifestyle. Many factors contribute to breast cancer recurrence; therefore, the risk of recurrence is different for every woman. However, there are steps that all breast cancer patients can take that may increase their chances of remaining cancer free. The following checklist includes some of the important steps that may improve a woman's chance of remaining cancer free.

- Eat a healthy diet and maintain a normal weight**
 - Follow a balanced diet containing the main food groups
 - Servings depend on your age, sex and physical activity
 - Eat whole grain foods such as:
 - whole-wheat flour
 - oatmeal
 - whole cornmeal
 - brown rice
 - Take a daily multivitamin
 - Limit alcohol intake
 - Limit saturated and trans fat intake
- Begin an exercise program, at least three times a week. But be sure to discuss any exercise program with your health care professional before you start. Exercise can include**
 - Walking around the neighborhood
 - Swimming
 - Playing tennis with a friend
 - Joining a gym
 - Taking dance classes
 - Taking the stairs rather than the elevator
 - Parking a little farther away from your destination so you have to walk a little more
- Examine the stresses in your life and find ways to reduce them if possible**
 - Daily meditation or regular exercise can help
 - Taking a yoga or tai chi class can help
- Learn to care for yourself the way you care for others**
- Tap into a support network—whatever you are comfortable with, such as friends, family, spouse/partner, spiritual community, online discussion groups, or others**
- Develop a regular schedule for follow-up office visits with your health care professional**
 - Complete physical examination every 4 to 6 months for the first 5 years following treatment; then every 12 months
 - Annual mammograms
 - Monthly self-examinations of both breasts
 - Annual pelvic exam
- Remain positive during this experience**
 - Measure what you have learned about yourself
- Concentrate on what changes you can make to improve your quality of life**

