Make Healthy Lifestyle Choices

Learning Objectives
After your discussion, the listeners or audience should be able to:
• Name the two most common risk factors for breast cancer,
• State at least one personal action they plan to continue or start that may reduce their risk, and
• Take a personal action to share the information they have learned with a friend or family member.

Primary Talking Points for This Key Message

1. All women are at risk of breast cancer.

2. There are risk factors for breast cancer that cannot be controlled. The two most common risk factors are being a woman and getting older. However, there are some things that can be controlled.

3. Making healthy lifestyle choices can help to lower risk of breast cancer.

<table>
<thead>
<tr>
<th>Talking Points for Men</th>
<th>Talking Points for Younger and Older Women</th>
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</thead>
<tbody>
<tr>
<td>• Breast cancer impacts men as well as women. Men often have women in their lives — mothers, aunts, sisters or partners. Men can play an important role in supporting women in their lives to know their risk, get screened, know what is normal for them and make healthy lifestyle choices.</td>
<td>• Breast cancer in women under the age of 40 is rare, but it can happen.</td>
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<td>• Breast cancer in men is rare, but it can happen.</td>
<td>• It is important for you to develop healthy habits now that can help you reduce your risk of breast cancer as you grow older.</td>
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<td>• Older women should continue to practice healthy lifestyle choices. Healthy habits can help to reduce the risk of breast cancer and can increase chances of survival at any age.</td>
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<tr>
<td>Actions Listeners/Audience Can Take Related to the Breast Self-Awareness Key Message</td>
<td>Additional Talking Points for Each Action</td>
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| Maintain a healthy weight | • Research has shown that gaining weight as an adult increases the risk of postmenopausal breast cancer, so one thing you can do to try to reduce the risk is maintain a healthy weight over your lifetime.  
• What do you do to maintain a healthy weight? I exercise and I make sure that I have a variety of fruits and vegetables on my plate for every meal. |
| Add exercise to your routine | • Research has also shown that being physically active can reduce the risk of breast cancer both before and after menopause.  
• I know that you are going to tell me that you don’t have money or time for the gym. Me neither! But you can walk to the park and play with your children/grandchildren, walk around the block or dance. I climb the stairs in my house, from the basement to the second floor and use cans of food as weights. There are many things we can do at home that are free and don’t take much time. What do you think you can do to add exercise to your routine? |
| Limit alcohol intake | • A drink socially from time to time may be okay. Studies show that drinking alcohol (just one drink of alcohol per day) increases breast cancer risk. Limiting your alcohol use may reduce risk.  
If there is a saying in your culture to describe being drunk, use it. It will often make the listener laugh and insert a little bit of humor to the conversation. |
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| Limit menopausal hormones | We recognize that some women have symptoms of menopause like hot flashes or other discomforts. Sometimes a doctor will prescribe medication to help with the symptoms, but it is important to know that going through menopause does not mean that you are sick. Those symptoms are normal. Don’t take the medication without supervision or advice from your doctor. Most doctors prescribe these hormones at as low a dose as possible and for as short a time as possible.  

- It is important to discuss the risks and benefits of taking menopausal hormones with your health care provider.  

**For younger women:**  
- This may not affect you now, but keep it in mind for the future.  
- It is important for women to discuss the risks and benefits of taking menopausal hormones with your health care provider. |
| Breastfeed, if you can | • Studies show that breastfeeding protects against breast cancer, especially premenopausal breast cancer.  

- Breastfeeding is good for babies, but it is also good for moms. It may also help us to reduce risk of breast cancer.  

**For older women:**  
- You can encourage mothers of babies and young children that you know to breastfeed if they can, too. |

**Educational Materials You Can Use**  
- Breast Self-Awareness Messages in English/Spanish  
- Breast Health: Learn the Facts bilingual booklet  
- Mammography card in English/Spanish  
- Men Can Get Breast Cancer tri-fold brochure in English/Spanish  
- Take Care of Yourself — Young Women Talk About Breast Cancer tri-fold brochure in English/Spanish  
- Breast Self-Awareness for Hispanic/Latino Communities presentation:  
  SHORT in English/Spanish  
  LONG in English/Spanish
Questions You Can Ask Your Listener/Audience to Evaluate Your Success

1. Did you learn anything about breast health today that you did not know before? Please select only one answer.
   □ Yes
   □ No
   □ Not sure

2. Will you share the breast health information you received today with a family member or friend? Please select only one answer.
   □ Yes
   □ No
   □ Not sure

3. What are the two most common risk factors for breast cancer?
   1. 
   2. 

4. What steps do you plan to take in the future that may reduce your risk of breast cancer?
   Please check all that apply.
   □ Maintain or add exercise into my routine
   □ Achieve or maintain a healthy weight
   □ Avoid or limit alcohol
   □ Breastfeed future babies
   □ Avoid or limit menopausal hormonal medications