NHS SCOTLAND

Healthy choices; healthy breasts

Five tips for reducing risks of breast cancer.

Breast cancer is the most common cancer in women in Scotland.

Attending breast screening every 3 years is the best way to detect breast cancer.

Another way to detect breast cancer is to be breast aware. Get to know how your breasts look and feel. If you notice any changes, then see a doctor or nurse.

There are also things that women can do to reduce the risk of breast cancer.

This booklet gives 5 tips on what to do and explains where to go for more information.

1 Drink within sensible limits

Women who drink more than 1-2 units of alcohol a day may have an increased risk of developing breast cancer. This is the same as a small glass of wine or pub measure of vodka. The more you cut down on alcohol the more you reduce the risk.

Tip: **Have a couple of alcohol free days each week.**

For more information and advice, please visit

https://www.nhsinform.scot/healthy-living/alcohol
or speak to a member of staff.

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Be More Active

Exercise has many health benefits. Being active helps maintain a healthy weight. It may also boost your immune system.

Take at least 30 minutes of exercise five times a week.

Tip: Exercise simply by walking each day.

For more information and advice, please speak to a member of staff or visit **https://www.nhsinform.scot/healthy-living/keeping-active/health-benefits**

3

Maintain a healthy weight

After menopause, women who are more than 3 stone overweight have a higher risk of breast cancer.

Try and keep your weight within the normal range for your height.

Tip: **Use a small plate to help reduce portion sizes.**

For more information, please speak to a member of staff or visit **https://www.nhsinform.scot/healthy-living/food-and-nutrition**

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Eat Well

Use the eat well plate to help you get the balance right on how much of what you should eat.

For a healthy diet, eat:

- 5 portions of fruit and vegetables;
- Plenty of bread, rice and potatoes – choose wholegrain varieties if you can;
- Some meat, fish, eggs, beans and other non dairy sources of protein;
- Small amount of foods and drinks high in fat and sugar.

Tip: Snack on fresh fruit and vegetables instead of high fat or sugary snacks.

For more information and advice, please speak to a member of staff or visit **https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet**

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Raisins, Chopped tomatoes, Frozen peas

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes, Whole grain cereal, Cous Cous, Porridge, Whole wheat pasta, Bagels, Rice, Spaghetti

Beans, pulses, fish, eggs, meat and other proteins

Lentils, Beans lower salt and sugar, Tuna, Plain nuts, Chick peas, Lean mince

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Low fat soft cheese, Semi skimmed milk, Soya drink, Plain low fat yoghurt

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Sauce, Crisps

Eat less often and in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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http://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/eatwell

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Be Breast Aware

Being breast aware means getting to know your breasts. It is important that you look and feel for changes such as:

- Lumps
- Skin like orange peel
- Crusty nipples
- Turned in nipples
- Leaky nipples
- Dimples

If you notice any changes at all, you need to see a doctor straight away. Don't get scared; get checked.

Tip: Check your breasts regularly. You can do this in the bath, shower or when getting dressed.

For more information and advice, please speak to a member of staff or visit **https://www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female**

Your Appointment

Remember, breast screening is the best way to detect breast cancer.

You will receive an appointment when we are in your area.

Please attend when invited.

For more information, please visit our website **www.nhsggc.org.uk/phsu** or speak to a member of staff.

West of Scotland
Breast Screening Service
Stock Exchange Court
77 Nelson Mandela Place
Glasgow G2 1QT

Tel: **0141 800 8800**
Textphone: **0141 800 8858**

Your Questions

Use this page to write down any questions you want to ask staff.

Other Formats

If you would like this document in Braille, audio-tape format or in another language, please contact:

Tel: 0141 800 8800

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