

Monthly Wellness Newsletter | October 2018

October is Breast Cancer Awareness Month

In honor of breast cancer awareness month, **eni's** experts have compiled some prevention tips that every woman should consider following. With 1 in 8 women facing the risk of developing breast cancer, building healthy habits can offer great benefits to those who may or may not develop the disease. While healthy women can still develop breast cancer, studies by the University of California and the University Hospital in South Manchester, England, found that healthy habits may help prevent cancer, especially its recurrence in survivors.

Boost Your Food

In general, antioxidant-rich foods and ingredients with anti-inflammatory properties are believed to have powerful cancer-fighting abilities. Building a balanced diet featuring the following foods can help you to feel stronger and potentially minimize your risk of developing cancer.

- **Broccoli** – This fibrous, leafy vegetable is high in Sulforaphane, a compound found to reduce breast cancer stem cells in mice.
- **Apples** – Though most people enjoy the juicy insides of an apple, the peel is actually rich in cancer-fighting fiber and antioxidants.
- **Tomatoes** – Extremely healthy for their anti-mutagenic and cardio-protective properties, tomatoes are full of cancer-fighting compounds and nutrients. Lycopene, alpha-carotene, beta-carotene, melatonin, and multiple flavonoids give tomatoes a nutritional anti-cancer boost.
- **Walnuts** – High in protein, walnuts serve up a high dosage of omega-3 fatty acids which fight inflammation. Research has found that walnuts may even slow the growth of breast cancer

tumors.

- **Garlic** – Garlic protects the body's cells from carcinogens and actually disrupts the metabolism of tumor cells. Garlic and its relatives such as onions, shallots, leeks and chives, are also full of cancer-fighting, sulfur-containing phytochemicals.
- **Parsley** – Containing apigenin, this common spice may help prevent the multiplication and growth of certain breast cancer tumor cells.
- **Orange Fruits and Vegetables** – Whether you prefer citrus fruits like oranges or tangerines, or heartier options like sweet potatoes and carrots, filling your plate with orange-colored fruits and vegetables will offer you a high dosage of carotenoids. Studies have shown that women who have higher levels of carotenoids in their bloodstream may be at a lower risk of developing breast cancer.

Liven Up Your Lifestyle

In addition to eating nutrient-filled meals, women can stay healthy and strong by staying active. Working exercise into daily habits, such as taking brisk walks during lunch breaks, fitting a half hour of cardio in three days each week, joining a local gym, taking a weekly yoga class, and taking time each day to stretch and meditate, can drastically improve the body's overall health.

Prevention Planning

While eating healthy and staying active will keep your immune system, muscles and

bones strong, preventative actions can help you to detect and prevent the growth of cancer. Women of all ages should have regular exams with their physician, including a breast exam to ensure no abnormalities are present. Women who are at a higher risk of developing breast cancer are often encouraged to get a diagnostic mammogram every 1-2 years.

- Women over the age of 40 are encouraged by many physicians to consider having mammograms.
- This age suggestion varies by physician and organization, but the American Cancer Society suggests women ages 40-44 consider receiving annual screenings and encourages women over 45 with a risk of cancer to receive annual mammograms.
- Once a woman reaches the age of 55, the American Cancer Society suggests she speak with her doctor about either continuing annual exams or receiving screenings on a bi-annual basis.

Eating well, staying active and planning ahead can give your body a fighting chance against developing breast cancer. The best way to stay knowledgeable and healthy, though, is to speak with your physician and create the best prevention plan for your needs.

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