10 Tips for Breast Cancer Prevention

Breast cancer is the most commonly diagnosed cancer in women, aside from lung cancer. 1 in every 8 women are estimated to develop breast cancer in their lifetime. While there are certain risk factors like genetics we cannot change, there are many lifestyle changes we can make to aid in breast cancer prevention.

1. Pass on that last call for alcohol. Studies have determined that women who drink alcoholic beverages develop cancer at a higher rate. How much is too much? Based on studies, ladies who consume 2 to 5 drinks daily have about 1½ times the risk of women who don’t consume alcohol.

2. Quitters DO prosper - when it comes to smoking. Although there has not been a direct link between smoking and breast cancer, studies suggest that smoking at an early age can increase a woman’s risk. Not only can it be a risk for breast cancer, smoking is a definite risk factor for lung cancer.

3. Get physical. Physical activity may reduce your risk of breast cancer. Studies by the Women’s Health Initiative found that women who walked briskly 1.25 to 2.5 hours per week reduced a woman’s breast cancer risk by 18%. Exercise doesn’t always mean traditional gym exercises either.

4. Be aware of your family breast cancer history. Having a family or personal history of breast cancer may increase your risk. If an immediate woman in your family has had breast cancer, it is important to let your doctor know. Studies have shown that breast cancer can be genetic. Genetic testing and counseling is available for those concerned with their risk. Keep in mind, that just because your mother or sister had breast cancer, it does not mean you will definitely develop breast cancer.

5. Avoid hormone replacement therapy if possible. Studies have shown a link between long time hormone replacement therapy and breast cancer. This link suggests that combined HRT’s (estrogen and progesterone) raise the risk factor. Five years after discontinuing HRT’s the risk factor drops. HRT’s also make mammograms less effective. If you need to take hormone replacement therapy, talk to your doctor about the risk and your personal condition.

6. Check your breasts every month. Checking your breasts every month may not reduce your risk of developing breast cancer, but it may help detect breast cancer early. The earlier breast cancer is found, the less aggressive the treatment.

7. Try to keep a low fat diet. A diet low in fat not only decreases the risk of obesity, it can reduce your risk of breast cancer. We know that estrogen plays a major role in the development of breast cancer. Fat tissue contains small amounts of estrogen and may increase your risk. There have been conflicting studies about fat intake and breast cancer risk, however all studies have concluded that obesity plays a big part in breast cancer development.

8. Don’t forget to get a mammogram - it’s not a choice. Like the breast self exam, a mammogram won’t prevent the development of breast cancer, but it can detect cancer. Sometimes it can be difficult to feel a lump in the breast, and a mammogram is likely to detect any lumps that cannot be felt.

9. Have children earlier in life, if possible. Having no children or having your first child in your mid-thirties or later increases the risk.

10. Consider breastfeeding instead of formula feeding. Researchers believe that the months without a period during pregnancy and breast feeding may reduce a woman’s risk of breast cancer. This accompanies the data that suggests that early menopause lowers the risk factor, as well.

Click here for the source of this article.
# What’s Trending

**Fitness:**

- 6 Exercise Truths: [Click here](#) to learn six exercise tips that no one wants to believe, but everyone should follow.

**App of the Month:**

- **Good Food Near You:** This app recommends healthy food options based on your location.

**Health:**

- **FDA Backs Drug for Breast Cancer:** A biotech drug is one step closer to becoming the first medicine approved to treat breast cancer before surgery. To read the full article [click here](#).

**Beauty:**

- **Happy People are the Most Beautiful:** [Click here](#) to read about “The Habits of Supremely Happy People”.

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**FREE STUFF!!**

**Cycle 101**

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be an active Wellness Center member or a paying guest in order to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

**Weightlifting 101**

FREE introductory weightlifting class for both men and women! Classes run from the week of September 9th through the week of October 9th. Classes will be held in the fitness lab Monday – Thursday from 8 p.m. – 9 p.m.

**Meditation Classes**

There is more to fitness than cardio and weightlifting. Take advantage of a free meditation class to work on your overall mental health as well. Registration for this class is required. Contact the Sales Office for details (305-284-5433) or [register online](#).

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**FOOD FOR THOUGHT**

Not only does exercise have significant health benefits but it also helps people sleep better. A recent study that included a sample of 2,600 men and women found that those who achieved 150 minutes of moderate to vigorous activity a week, experienced 65 percent improvement in sleep quality. Active individuals also said they felt less sleepy during the day, compared to those with less physical activity. These findings also extended to having leg cramps while sleeping (68 percent less likely) and having difficulty concentrating when tired (45 percent decrease). Interestingly, this threshold of 150 minutes per week also coincides with the current national physical activity guidelines.

The fact that regular physical activity helps improve sleep affects numerous other health variables. There is considerable evidence that poor quality sleep also contributes to high blood pressure, weight gain, insulin resistance and elevated triglycerides.
Upright Row with Exercise Band

Step 1: Start by standing on an exercise band so that there is tension when your arms are extended. Hold the handles a little less than shoulder-distance apart with your palms resting on the top of your thighs, elbows slightly bent, and back straight.

Step 2: Exhale and lift the handles upwards close to your body using your shoulders and continuing until the handles almost touch your chin. Remember you elbows should always be above your forearms and to keep your stomach in throughout the movement.

Step 3: Inhale as you lower the handles back down to the starting position.

Variations: try using an e-z curl bar (intermediate) or dumbbells (advanced).

Click here to watch our YouTube video of this exercise.

JUMPSTART YOUR ROUTINE

TIPS FOR A HEALTHIER U

Spiced Salmon with Mustard Sauce:
A basic honey mustard adds the unexpected ginger and pepper notes of turmeric to make this dish different. Broiling leaves the salmon moist and tender and caramelizes the sauce slightly for additional flavor. Any kind of greens makes a great side. Cooks under 20 minutes.

Ingredients:
2 teaspoons whole-grain mustard
1 teaspoon honey
1/4 teaspoon ground turmeric
1/4 teaspoon ground red pepper
1/8 teaspoon garlic powder
1/4 teaspoon salt
4 (6-ounce) salmon fillets
Cooking spray

Directions:
1. Preheat broiler.
2. Combine first 6 ingredients in a small bowl, stirring well with a fork.
3. Rub mustard mixture evenly over each fillet.
4. Place fillets, skin side down, on a jelly-roll pan coated with cooking spray.
5. Broil 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Source & nutritional information here.
STUDIO CYCLING AND YOGA

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! Passes are on sale now at a discounted price for both Studio Cycling and Yoga. Classes will begin on August 24th and run through December 14th. Prices are listed below:

<table>
<thead>
<tr>
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<th>Studio Cycling</th>
<th>Yoga</th>
</tr>
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<tbody>
<tr>
<td>Student Member</td>
<td>$22</td>
<td>$45</td>
</tr>
<tr>
<td>Non-Student Member</td>
<td>$37</td>
<td>$72</td>
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</tbody>
</table>

Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!

COMMUNITY CLASSES

The Herbert Wellness Center has something for everyone! You don’t have to be a member to take advantage of the many programs we have to offer. From Martial Arts to swim classes, you are bound to find something you enjoy. Click here for a list of all available Community Classes.

Community Classes Session II Registration dates:
- Monday 10/21 – Friday 11/1
- Monday 10/14 – Friday 10/18

The following classes have limited space and are available for online registration. You must pay at time of registration. If you wish to cancel, you must do so at least 24 hours in advance. No refunds will be given for cancellation within 24 hours.

Cooking Classes

Perfect for date nights or just a fun night out with friends! All classes run from 6:30 – 8:30 p.m. Checkout the upcoming classes below:

Tuesday 10/1.................Delicious Whole Grains
Friday 10/11...................Savory & Sweet Waffles
Thursday 10/24..............Indian Staples
Tuesday 11/5.................Italian Cooking
Wednesday 11/20...........Chili Nights

Want to plan a private cooking class for your next event? Contact Elena Fajardo e.fajardo1@umiami.edu for details.

CPR and First Aid Classes

We offer basic CPR, AED and First Aid training as well as a more advanced CPR for Health Care Providers. Class dates listed below:

Heartsaver CPR with AED:
- Monday 10/14  5:30 – 7:30 p.m.
- Thursday 10/31 5:30 – 7:30 p.m.
- Wednesday 11/6  5:30 – 7:30 p.m.

Basic Life Support for Healthcare Providers

- Friday 10/4  3:30 – 7:30 p.m.
- Tuesday 10/29  3:30 – 7:30 p.m.
- Monday 11/18  3:30 – 7:30 p.m.

First Aid:
- Monday 11/4  5:30 – 7:30 p.m.

BREAST CANCER AWARENESS

EARLY DETECTION CAN SAVE YOUR LIFE.

US WOMEN WILL DEVELOP INVASIVE BREAST CANCER OVER THE COURSE OF HER LIFETIME.

But there is HOPE

SURVIVAL RATE IN ADVANCED STAGE

SURVIVAL RATE IN EARLY DETECTION
CFunk® is a high energy Hip Hop dance fitness class that is mixed with a lot of Funk. What’s better than getting fit and having a great time? CFunk® will bring out the dancer in you with it’s easy to learn dance moves. Within minutes of dancing, you will feel yourself laughing and having tons of fun. This class is a great way to move your body in ways you have never done before. It’s more than a workout; it’s an experience of a lifetime. CFunk® is a cardiovascular fitness class that also tones and firms your muscles. It will target areas such as the lower body, upper body, and core. You will have such a great time dancing that you will not realize you are working out. With this class, you will get easy to learn choreographed dances, a combination of fun music, and an enjoyable atmosphere. No dancing experience is required. My favorite slogan is “When in doubt, shake it out. If you don’t get it, make it up”. So if you love to dance and have fun, come join us for a Funky Good Time on Tuesday and Thursday from 4:20-5:20 p.m. in Multi-B.

CFunk is led by: Nakreshia T. Causey

Besides skin cancer, breast cancer is the most commonly diagnosed cancer among U.S. women. More than 1 in 4 cancers in women (about 28%) are breast cancer.
Norm Parsons, director of the Herbert Wellness Center, is also now the director of the Wellness Center on the Miller School of Medicine. Norm's passion for promoting healthy lifestyle opportunities to the University family extends beyond the walls of the wellness centers. Please join the entire wellness staff as we congratulate Norm on his new responsibilities.

To help promote programs and services at our sister facility, the Health-E-Living Newsletter will feature a special section highlighting what’s happening at the Medical Wellness Center.

Did You Know?

University of Miami faculty, staff, and students who are members of the Medical Wellness Center may also use the Herbert Wellness Center and vice-versa. Additionally, alumni members of either facility may purchase a dual membership to gain access to both facilities. For more information, contact the sales office; 305-243-7604 (Medical Wellness Center) or 305-284-5433 (Herbert Wellness Center).

Happy Anniversary!!

The Medical Wellness Center will celebrate its 7th anniversary on Thursday, October 3rd. Congratulations to the medical wellness staff for seven great years!

Meet and Greet

New to the Medical Wellness Center family is exercise physiologist Raeah Braunschweiger. Raeah recently worked at Pritikin Longevity Center & Spa as an exercise physiologist, the YMCA as a group fitness instructor and personal trainer, and Elevation Corporate Health as a fitness specialist. Her professional interests include corporate wellness, cardiac rehab, and health promotion. Raeah enjoys running half and full marathons, spinning classes, gluten-free baking, and Green Bay Packers football.

Learn to Salsa

Learn how to Salsa Dance with Bobby Nunez at the Medical Wellness Center. The first session starts on Monday, September 30th and ends on Friday, November 22nd. Classes are on Monday and Friday at 5:15 p.m. Contact the Membership Office at 305-243-7604 to register.

American Heart Association ‘Heart Walk’

When: Saturday, October 26th - Activities begin at 8 a.m., Walk starts at 9 a.m.
Where: Marlins Park
Cost: FREE - Walkers are eligible for a Heart Walk T-shirt once they have raised a minimum of $100.
Join the ‘UM Wellness’ team under the company name ‘UHealth’ to participate. Funds raised through the Heart Walk will support the American Heart Association’s mission of building healthier lives free of cardiovascular diseases and stroke. www.miamidadeheartwalk.org

Out of Darkness – American Foundation for Suicide Prevention (AFSP) – Community Walk

Join “Team Iacino” in promoting suicide prevention and research at the Community Walk on Sunday, October 27th. Walk starts at 9 a.m.
For more information on this year’s Out of the Darkness community walk and to join “Team Iacino,” visit afsp.donordrive.com/team/52062 or call Adrienne Jaret at 305-355-9092.

Abs Challenge

Are you up to it? Abs Challenge with Sandra starts Monday, September 30th. No registration needed to attend Sandra’s core classes on Monday and Wednesday at 6:30 p.m. Prizes available for first, second and third place winners.

‘Follow us’ and ‘Like us’

Are you on Facebook and Twitter? So are we! Follow us on Twitter at UWellnessCenter and like us on Facebook at UWellness Center & Programs. Keep up with what’s happening at YOUR Medical Wellness Center.
JOIN THE MOVEMENT TO END TEXTING AND DRIVING

Drivers who read or send texts while behind the wheel are more likely to cause crashes – often leading to life changing injuries and deaths. To put an end to texting and driving, AT&T launched the It Can Wait campaign, which the University of Miami is proud to be a part of.

There are many easy ways to get involved. Once you take the pledge online, ask four other people to vow never to text and drive, or simply share your pledge and what it means to you through your social media channels. Here is a sample post:

• No text is worth a life. Join me and @ATT to Drive 4 Pledges against texting while driving. soc.att.com/15W2Ust #ItCanWait

For more ideas on how to get involved and information about texting and driving, visit ItCanWait.com.

IN NEXT MONTH’S ISSUE

• Theme of the month: National Diabetes Awareness Month
• The Top 5’s to Prevent Diabetes: Foods, Exercises, Lifestyle Changes

WALK TO PREVENT SUICIDE

2013 Out of the Darkness Community Walks

REGISTER & DONATE TODAY

www.outofdarkness.org

MIAMI-DADE COMMUNITY 5K

October 27, 2013  10 a.m. - 12 p.m.
University of Miami Coral Gables Campus

Check-in: 9-10 a.m.
Contact: 305.284.5511
cope@miami.edu

Visit www.outofdarkness.org and type in UM Lifeguards to register with the UM Lifeguards team and www.facebook.com/UMlifeguards for updates and information
November 2-3, 2013

2-DAY ANNUAL CYCLING EVENT

Raising Funds for Cancer Research

10 DIFFERENT RIDES • 13 TO 170 MILES
MIAMI-DADE • BROWARD • PALM BEACH

Join TEAM UM SYLVESTER as a Rider, Virtual Rider or Spinner

100% of every dollar raised goes directly to cancer research at Sylvester Comprehensive Cancer Center

For more information visit www.RideDCC.com or email RideDCC@miami.edu