

# NEWSLETTER

## Breast Cancer



### **Breast Friends Unite!**

**Feel It:** Feel your breast and check under your armpits – breast tissue extends there too! Don't forget to check your collarbone area. Changes can show up in unexpected places!

**Screen It:** 40+? Schedule that mammogram! For younger women with dense breast tissue or family history, ask about ultrasounds or MRIs – there's more than one way to stay ahead.

**Boost It:** Did you know that 10 minutes of daily meditation can reduce stress hormones linked to breast cancer? Less stress, more self-care!

**Power Foods:** Load up on mushrooms, pomegranates, and green tea – they contain compounds that fight abnormal cells. Plus, flaxseeds can balance estrogen levels!

**Fitness Hack:** Strength training twice a week can reduce your risk! Strong muscles = a strong defense.

**Rock the Pink:** Wear it, share it, and encourage your friends to book their screenings – because knowing is half the battle!

[Click here to speak to a healthcare Professional.](#)