



NEWS RELEASE

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A healthy lifestyle helps reduce risk of breast cancer

*By Karen Hawkins,
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FORT LEE, Va. –Making healthy choices in your diet, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer. October is Breast Cancer Prevention Month so when shopping at your commissary, look for foods that promote breast health awareness and cancer research. Many food manufacturers are partnering with organizations dedicated to raising awareness for research funding to find a cure. Look for the pink logo to help support the fight against breast cancer.

Maintain a healthy weight

There are plenty of reasons to lose the pounds and maintain a healthy weight. Here's one more: Research has proven there is a link between obesity and breast cancer. If you gain more weight later in life, especially after menopause, you may be at higher risk of developing breast cancer. Fat cells provide estrogen, and breast cancer is linked to how much estrogen you are exposed to during your lifetime.

Stay physically active

Research has shown that women who participated in more than five hours per week of strenuous activity had a lower risk of invasive breast cancer compared with least-active women. Try to get at least 30 minutes of exercise on most days of the week, according to the U.S. Dietary Guidelines. Start slowly and build up to your targeted goal, if you haven't been exercising

regularly. Also, don't forget weight-bearing exercise such as walking or weight lifting keeps your bones strong.

Eat healthy

This includes limiting fat in your diet and choosing fruits and vegetables high in antioxidants, such as spinach and other dark, leafy greens. Be sure to check out Kay's Kitchen for some delicious ways to "Eat Your Spinach." The average person needs no more than 60 to 70 grams of fat each day. Also, to help protect against breast cancer, limit alcohol consumption to less than one drink a day, as there is a strong link between the two.

Recently, research has shown that doing monthly breast self-exams may have a limited effect on finding breast cancer, so talk with your health care provider about when and how to do them. It is also recommended that you talk with your health care provider about when to start having mammograms. And, remember that a healthy lifestyle may be the best protection against breast cancer.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*