

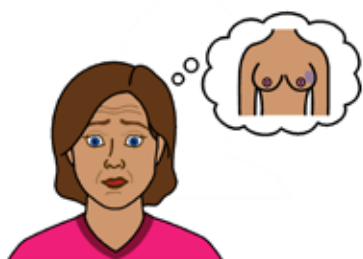


Keep breast cancer away



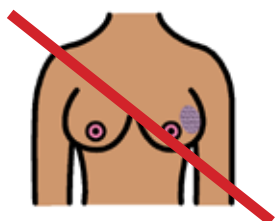
Breast Cancer Network Australia

This fact sheet is about how to keep breast cancer away.

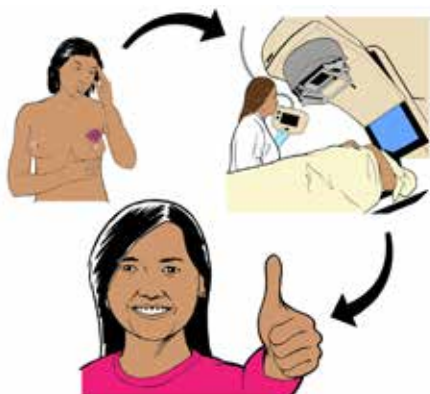


How you might feel after treatment

It is normal to worry that breast cancer might come back.



It is good to know that most breast cancers do **not** come back.

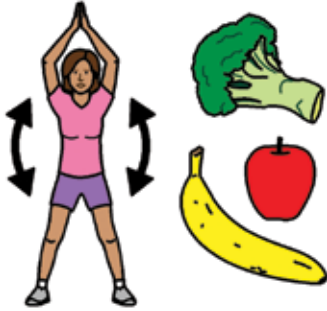


In Australia we have good programs to screen and treat breast cancer.

Things you can do to help keep breast cancer away

You can live a healthy life

A healthy life might mean you



- eat healthy food

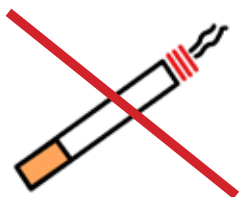


- exercise

- relax



- drink less alcohol



- do **not** smoke



- see your doctor when you need to.



You can have a healthy weight

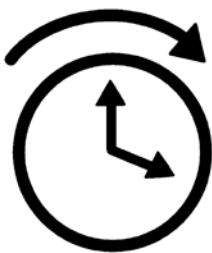
If you are overweight it is good to lose weight.

When you have a healthy weight it helps to keep cancer away.



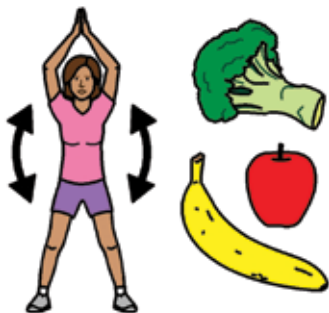
It might be hard to have a healthy weight after treatment for breast cancer.

Do **not** worry about it.



It takes time to lose weight.

Try to lose a small amount of weight each week.



If you eat healthy food and exercise you might lose weight.

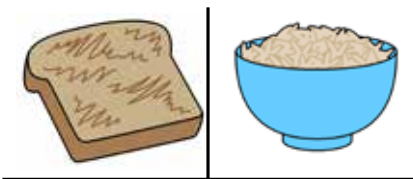
You can eat healthy food

It is good to eat healthy food.

For example



- fruit and vegetables



- wholegrain cereals, for example

– bread

– rice



– pasta



- low fat meat, for example

– beef

– chicken



– fish

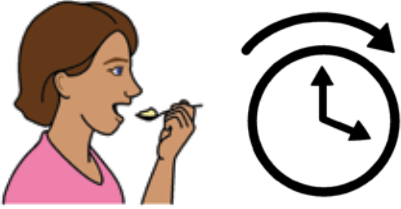


- dairy food, for example

– low fat yoghurt

– low fat cheese.

It can be hard to eat healthy food all the time.



You can try to

- only eat when you are hungry
- take time to chew your food



- plan your meals for the week
- write down the food you eat



- eat healthy snacks. For example, nuts.

You can also

- eat small meals



- stop when you feel full



- eat less fried food
- drink less juice and soft drink.

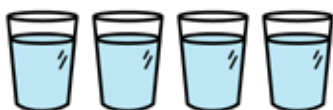


If you feel tired

- sit down when you make food



- buy food that is cut up and ready to cook.



It is also good to drink lots of water.

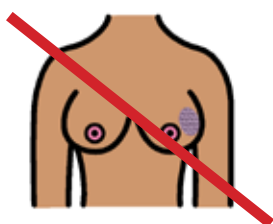


Try to drink 8 glasses of water each day.

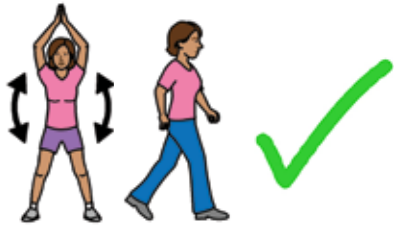


You can exercise

It is good to exercise.



Exercise can help keep breast cancer away.



Exercise can help you feel

- better

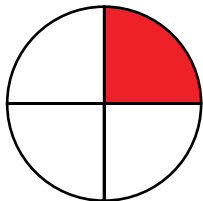


- less tired

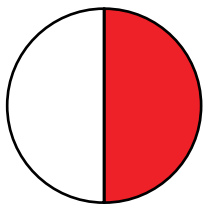
- less pain.



You can start to exercise any time.



Start with a small amount of exercise.



When you feel ready do more exercise.



You can exercise when you have treatment for breast cancer.



It is good to start exercise early in your treatment.



If you are under 65 try to

- exercise up to 5 hours each week



- lift small weights 2 days each week.



If you are 65 or over try to

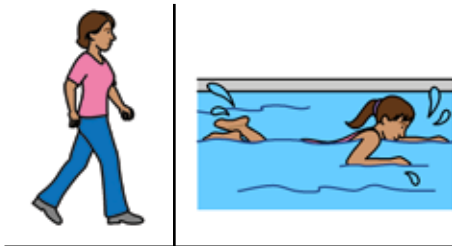
- exercise up to 30 minutes each day



- do different types of exercises.

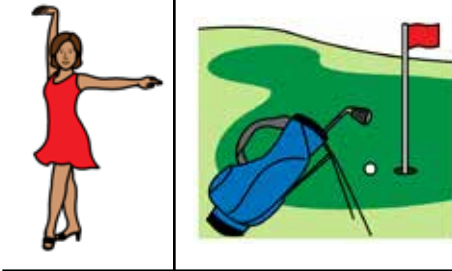
There are lots of exercises you can do.

For example, you can



- walk

- swim



- dance

- play golf



- do yoga.

It might be hard for you to exercise.

You might feel



- tired

- sore

- sad.

Try to keep up with your exercise.

You can



- exercise with friends and family

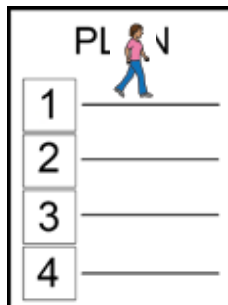
- do exercises you like

- try different exercises



- listen to music or watch TV when you exercise

- exercise outside – it is free.



You can also

- make a plan to exercise

- exercise when you do **not** feel tired

- start slow

- drink lots of water

- protect yourself from the sun.



You can try to drink less alcohol



When you drink less alcohol it can help keep breast cancer away.



Try **not** to drink more than 2 standard alcohol drinks each day.



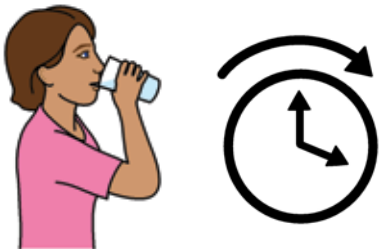
It might be hard for you to drink less alcohol.

You can try to

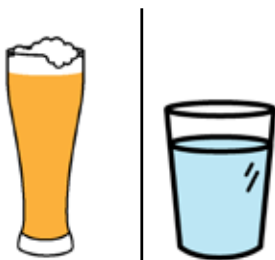
- eat when you drink alcohol



- start with a drink that has no alcohol

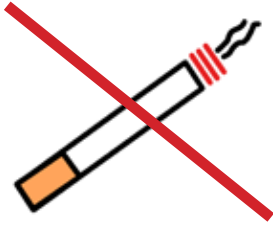


- **not** drink fast



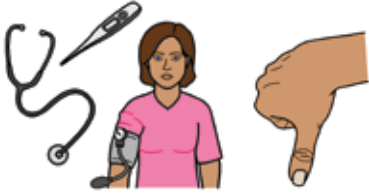
- have drinks with low alcohol

- drink water too.

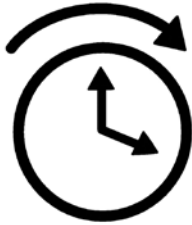


You can try not to smoke

If you do **not** smoke it helps keep cancer away.



If you smoke you can have more health problems.



It can take longer to get better when you smoke.

It might be hard for you to **not** smoke.



You can call Quitline on 13 78 48 for ideas about how to stop.

Your doctor can also help you to stop.



You can do things that help you relax

When you relax it can help you feel better.



You can try to

- do tai chi



- do yoga

- meditate.

You can also do things you like.

For example



- read



- garden



- walk

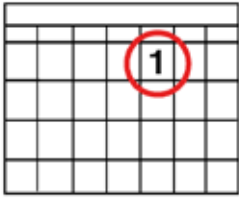


- have a massage



- see a movie with a friend.

You can go to your doctor appointments



It is important to know about your appointments.



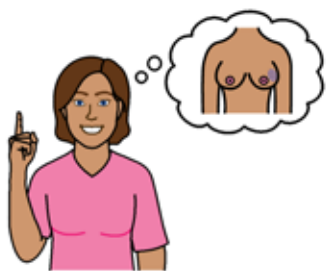
It is important to go to your appointments.



After treatment for breast cancer your doctor will need to check your breasts for changes.



It is normal to worry about your appointment with your doctor.



It is good to know if there is a new cancer.



It is good to treat the cancer early.

Your doctor can also get you help.

For example



- help with your medicine
- find a person you can talk to about your problems.



It is good to check your breasts at home.

It is important to check in 3 areas.



Check

- around your breast



- behind your nipple



- under your arm.



If you find something and you are worried call your doctor straight away.



More information



Breast Cancer Network Australia

Website

bcna.org.au

Phone

1800 500 258



Cancer Australia

Website

canceraustralia.gov.au

Australian Cancer Survivorship Centre
A Richard Pratt Legacy



Australian Cancer Survivorship Centre

Website

petermac.org



Cancer Council

Website

cancer.org.au

Phone

13 11 20



Talk to your doctor.



BCNA acknowledges the support of the Victorian Government and the Australian Cancer Survivorship Centre - A Richard Pratt legacy.

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