

THINK act be healthy



October is Breast Cancer Awareness Month

Breast cancer is the most frequently diagnosed cancer in women. Deaths caused by breast cancer have been declining, thought to be due to screening programs and improved cancer treatments.

The Canadian Cancer Society recommends:

- Mammography screening (every 2 years between the ages of 50 and 69)
- Clinical breast examination by a trained health professional at least every 2 years
- Regular breast self-examinations



Did you know?

- Eight out of ten breast growths are noncancerous.
- Treatment of breast cancer is more successful if it is caught in the early stages.
- All provinces in Canada have mammography screening programs.
- You can make an appointment at a screening centre without a doctor's referral.

Women below the age of 50 who have extra risk factors for breast cancer may be referred by a doctor for mammography as appropriate. For more information on breast cancer visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought... Sobeys Dietitians Have a World of Healthy Ideas for You

Vitamin D may reduce the risk of cancer, especially cancer of the colon, breast and prostate.

- Food sources with Vitamin D...**
- Milk
 - Fatty fish
 - Egg yolks
 - Yogurt made with fortified milk
 - Fortified soy beverage

Talk to your PROfile Pharmacist for recommendations on daily vitamin D intake from food and supplemental sources.

Your PROfile Pharmacist has many health education resources is always available to discuss your health concerns!



Body & Mind

For a total workout, include mind, body and spirit!

The best workout is one that includes the mind and spirit as well as the body. Add yoga, pilates or tai chi to your workout regime and feel the difference!

Source: www.health-fitness-tips.com

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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