



“Prevention is better than cure”

- Desiderius Erasmus

In this month's newsletter:

Breast Cancer Awareness Month

National Cholesterol Month 2021

Fact & Tip of the month



Breast Cancer Awareness Month

A woman born after 1960 and living in the UK has an estimated **1 in 7** lifetime risk of developing breast cancer

Breast cancer is the most common cancer in the UK, representing **15%** of all new cases

A UK man's lifetime risk of developing breast cancer is around **1 in 870**

In the UK, there are over **150** new cases of breast cancer each day

Around **30%** of breast cancer cases in the UK can be prevented by making lifestyle changes

Around **15-20%** of men and women with breast cancer will have a **family history of the disease**

Get to know the symptoms



COPPAFEEL REGULARLY AND GET TO KNOW THE SYMPTOMS BELOW



CHANGES IN SKIN TEXTURE
EG. PUCKERING/ DIMPLING



SWELLING IN ARMPIT
OR AROUND COLLAR BONE



LUMPS AND THICKENING



CONSTANT/UNUSUAL PAIN
IN BREAST OR ARMPIT



NIPPLE DISCHARGE



SUDDEN CHANGE IN
SIZE OR SHAPE



NIPPLE INVERSION AND
CHANGES IN DIRECTION



RASH OR CRUSTING OF OR
AROUND NIPPLE

IF IN DOUBT, GET IT CHECKED OUT.

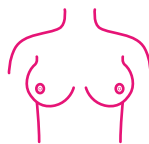


Maintain a healthy weight

If you've been through the menopause, it's particularly important that you're not over weight or obese. This is because being overweight causes more oestrogen to be produced by your body, which can increase your risk of some types of breast cancer

Breastfeed

studies have shown women who breastfeed are statistically less likely to develop breast cancer than those who do not



Fact: Add apples, grapes, strawberries and citrus fruits to your diet. These fruits are rich in pectin, a type of soluble fibre that lowers LDL - the bad cholesterol

WHAT LIFESTYLE CHANGES CAN YOU MAKE

As the causes of breast cancer are not fully understood, it is not known if it can be prevented all together. **However, you can reduce your risk by making some lifestyle changes if necessary**



Limit alcohol intake

Around 8 in 100 cases of breast cancer in women in the UK are estimated to be attributable to alcohol

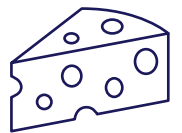


Exercise regularly

This can reduce your risk by almost as much as a third!

Have a low intake of saturated fat

A healthy, balanced diet can help prevent many health conditions, including many forms of cancer



Tip: Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by at least 10 percent



National Cholesterol Month 2022: Why should you care about your cholesterol levels?

National cholesterol month is an entire month dedicated to raising awareness of high cholesterol, the health implications and reducing your numbers.

Cholesterol is a topic that many of us don't really understand – we just know the word and that there is a good and bad version of it.

So, what is cholesterol?

Cholesterol is a fatty substance found in our blood which our bodies use for several reasons including producing hormones and building healthy cell walls in our brain, nerves, and muscles. **Approximately 80% of cholesterol is produced in our bodies and the other 20% is from the foods we eat.** Physical activity, or inactivity, also influences our cholesterol levels.

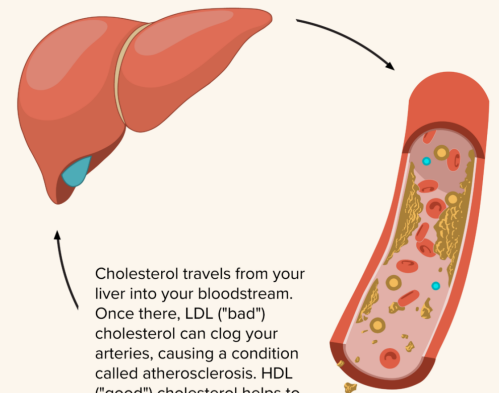
& GOOD cholesterol & BAD cholesterol

We all have both good and bad cholesterol. Your **good cholesterol, also known as 'HDL'**, transports cholesterol to your liver. While your **bad cholesterol, also known as 'LDL'**, transports cholesterol to your arteries. But it's the ratio of the good and bad cholesterol that is important and could potentially be detrimental to your health.

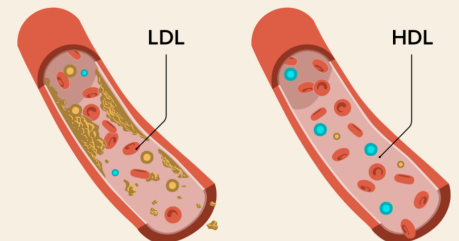
Having too much bad or total cholesterol in the arteries of your heart can lead to blockages and heart attacks and the same applies to the arteries of the brain, of which a blockage can lead to a stroke.

High LDL ('bad') cholesterol is associated with 1 in 4 heart and circulatory disease deaths in the UK and close to half of adults in the UK are living with cholesterol levels above the national guidelines.

HDL AND LDL CHOLESTEROL



Cholesterol travels from your liver into your bloodstream. Once there, LDL ("bad") cholesterol can clog your arteries, causing a condition called atherosclerosis. HDL ("good") cholesterol helps to control LDL levels.



Too much LDL can turn into plaque build up on your artery walls.

HDL absorbs LDL and carries it back to the liver where it gets flushed from the body.

healthline

What are the causes of high cholesterol?

There are a number of causes of high cholesterol, broken down into things that you can control and things that you can't control.

The causes that you can control include:

- Eating a lot of saturated or trans fats
- Smoking
- Not being active enough
- Having too much body fat, especially around your middle

The causes that you can't control are:

- Getting older
- Ethnic background
- Family history

What can you do to change this?

Making some small lifestyle changes or adding new healthy habits can be a great way of reducing or preventing elevated cholesterol levels.

Reduce your alcohol intake

Cutting down on alcohol can help you to lower your cholesterol levels. It can improve your heart health in other ways too, by helping to look after your liver, your blood pressure, your weight and your waistline.



Eat plenty of fibre

Eating plenty of fibre helps to lower your risk of heart disease, and some high-fibre foods can help to lower your cholesterol. You should aim to eat a mixture of fibre sources and some good examples are wholemeal bread, fruit and vegetables, skin on potatoes, oats and pulses.



Cholesterol testing

Testing your cholesterol levels is a very simple process that involves a tiny pin prick of blood and can help you to understand your cholesterol levels and track any changes that may be relevant to your lifestyle. This can be done either with your GP, healthcare provider, or through Healthy Performance Onsite Health Assessments.

Be more active

An active lifestyle can also help lower your cholesterol level. Activities can range from walking and cycling to more vigorous exercise, such as running and energetic dancing.



Doing 150 minutes (this is just 22 minutes a day) of moderate aerobic activity every week can improve your cholesterol levels.

Reduce the amount of saturated fat you consume

Some examples include sausages and fatty cuts of meat, cream, hard cheeses, cakes, biscuits and other processed foods, foods containing coconut or palm oil. Try to replace foods containing saturated fats with small amounts of foods high in unsaturated fats such as oily fish, nuts, seeds, avocados and vegetable oils and spreads.

Reduce or quit smoking if applicable

Stopping smoking is one of the best things you can do for your cholesterol, your heart and your health. Within days your health will begin to improve and within a year your risk of heart disease will be halved.