

Trying to Reduce the Risk for Breast Cancer (乳がんのリスクを抑えるには?)

Author: Jody Siena

Statistics show that at some point in their lives one in twelve women will experience breast cancer.

When it comes to breast cancer there are many risks. Some of these risks are within your control and other risks aren't. Luckily, for the factors that are in your control, minimizing the hazard doesn't involve a great sacrifice.

Diet

One of the simplest ways to reduce your breast cancer risk is to consume a healthy diet.

There is a lot of evidence that suggests that an individual's diet does change their chances of contracting breast cancer.

There isn't an exact food that you can eat to prevent or stop disease, but some foods are helpful in risk reduction and some are not.

Since one important theory shows that breast cancer is, if not caused by at least encouraged by, free radicals in the blood, consuming foods rich in antioxidants is a good idea.

Free radicals are unstable ions, commonly oxygen, that can do damage to cells.

Antioxidants chemically react with these active molecules to render them harmless.

There's ample evidence to imply that eating foods abundant in antioxidants lowers the risk of breast cancer.

Eating your green vegetables is great! There are other foods that will help you too.

Both apples and strawberries are great.

Drinking red wines and green teas at a moderate quantity will also help you lower your chances of contracting breast cancer.

Both of these things are antioxidants and valuable.

Exercise

Another important issue which you can control is exercise.

With diet it helps to improve your overall wellbeing but it also aids in balancing the hormone levels hence providing other health benefits.

If you do get breast cancer then being in good health helps you to get the most out of any treatments you might have to undergo.

Hormones Both estrogen (largely) and progesterone are assumed by researchers to have an effect on an individual's risk of contracting breast cancer.

These hormones are natural, and are actually basic for your health.

Unfortunately, excess amounts can be present in your body.

Estrogen and progesterone are stored in fat tissues.

Exercising regularly reduces your body fat percentage, thus reducing the amount of these hormones stored in your body.

A healthy diet will also aid you in this goal.

Alcohol

High alcohol consumption has been correlated with better disease chance. It has a normally bad effect on strength and tends to augment estrogen levels and interfere with the body's ability to combat antioxidants.

A wineglass of mauve per day is usually beneficial.

Even a small soda of hard alcohol can be beneficial.

But for every 10g of alcohol consumed per day over long periods, the attempt of contracting breast bane increases by about 10%.

Menstruation

The bargain of the number of menstrual periods that a someone experiences has been proven to aid in the fall of the individual's expose of contracting breast menace.

This occurs just because it alters the role's hormone levels.

It hasn't been determined if whether or not charming oral birth controls contribute to the evil attempt.

There isn't any show currently to suggest that with birth command over a long interval of time is dangerous.

New pills may be made existing that completely eliminate the female menstrual sequence.

Pregnancy is another way to ease an individual's breast growth hazard.

Pregnancy has risks of its own.

But if you are forecast on having children then liability so before the age of thirty

is said to lower your breast cancer attempt.

While there is no magic bullet, a wholesome lifestyle is your best preventative.

Even if you do indenture the disease, better vigor gives you a much better chance of detecting and eliminating it early.

Those in good shape have much better chances of chubby recovery and long period survival.

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About the Author:

Want to find out about breast cancer survival rate and breast cancer types ?

Get tips from the Breast Cancer Prognosis website.