



Oncology India
Always with you Against Cancer

IDEAL LIFESTYLE PRACTICES FOR SURVIVORS OF BREAST CANCER



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A Healthy Lifestyle is a perfect thing to adopt at any give age.

The benefits are not restricted to just adults, its equally useful for all women, men and even children. Moreover benefits are not just physical they are good for mental health as well irrespective of age.

There can be several Lifestyle aspects that you can adopt towards a healthy Lifestyle but when it comes to **Cancer**, specially breast cancer we have identified 5 important steps or actions that you can make a part of your life for an Ideal healthy Lifestyle:

- Having a good control over your weight
- Adopting a nutritious diet
- Making Exercise a hobby
- Restrict alcohol to moderate levels
- Completely avoid tobacco or smoking



Having a Good Control Over Your Weight

1. Know if your weight is ideal in relation to your height?

Body mass index can provide a detailed composition of the fat accumulation if any in your body and also the ideal weight for your height. A BMI reading over 30 indicates your weight alone can pose additional risks of other forms of Cancer and needs immediate attention on weight control.

2. Excessive weight and gain in weight

As seen above excessive weight or gain in weight for a cancer survivor can be life threatening by means of recurrence of breast cancer itself or through disorders associated to obesity.

3. What are the various health risks one can avoid by controlling their weight?

Well Diabetes to name the first, Heart diseases and stroke are disorders or diseases directly associated with obesity. Moreover it also risks us to Cancers like Pancreatic Cancer and also heightens the chances of getting cancers like Liver Cancer.



Adopting a Nutritious Diet

1. Healthy Diet

The diet suggestions are the same as recommended to everyone else – however the benefits in your case can be far more enriching since the need is different.

We just discussed the negative impacts of being overweight. However the generation of excess weight can be routed towards your food intake. So here are some foods that you may add or delete from your diet with an intention to ensure yourself a better **cancer survival**.

- Make fruit and vegetables a regular part of your daily diet
- Supplement consumption of red meat with fish and chicken
- Avoid or reduce items containing saturated and trans fat like fried items, heavy dairy items and junk food.
- Choose nuts, olive oil and avocado as they contain fats that are good for our body.

2. Low Fat Diet

Studies are being conducted in order to know the good impacts of low-fat diet intake after on survival post breast cancer diagnosis. Although the outcomes are mixed so far the good news is that it does reduce the chances of recurrence of Breast cancer by creating a disease free environment.

3. Soy Foods

A study has shown that the risk of Recurrence of **breast cancer** gets cut by 1/4th in those women who consume at least 10mg of soya in their food diet. But these researches are still in progress and the impact needs more conclusive results.



Making Exercise A Hobby

Physical Exercises when done on a daily basis result in better energy thereby resulting in better quality of life as a Breast Cancer survivor. They naturally improve your survival by shielding to an extent against Mortality by recurrence of breast cancer and due any other forms of cancer.

What levels of exercise will benefit me?

The studies conducted exclusively on the good impacts of exercising on Breast Cancer survival have revealed interesting numbers and facts.

There is a 1/3rd reduction in mortality in people who practice exercise like in the form of walking for about 1.5 hours a day. However for **Breast Cancer** Survival moderate exercises will suffice and there is no need to involve into rigorous exercising.

Benefits are multiple from exercise, some of them are:

- More active body movements
- Better quality of life
- Better energy levels
- Stronger bones
- Brings down signs of fatigue
- Brings down stress and anxiety
- Bring down signs of distress and depression



Restricting Alcohol to Moderate Levels

There is a mixed opinion on the impact of consumption of alcohol on the survival post Breast Cancer diagnosis. Few studies suggest alcohol can increase possibility of death due to either recurrence of Breast Cancer or by other related diseases.

On the contrary few other analyses show no heightened risk due to alcohol consumption since it does offer few health benefits when consumed in moderate levels.

Consult your doctor to make informed choices about moderate alcohol consumption as the cancer institute's advise a maximum of 1 drink in two days for women survivors.



Completely Avoid Tobacco or Smoking

This being a different scenario studies have revealed a clear negative effect of smoking on the **Breast Cancer** survival in women. The more they smoke even higher the risk of mortality.

The results have shown an increased risk of:

- Death from breast cancer
- Overall mortality from other forms of cancer and diseases

Health conditions associated to smoking:

Before we discuss the long list of harmful effects of smoking on your health in general we must understand its never too late to quit smoking in life.

Smoking can cause:

- Heart related ailments
- Paralysis
- Multiple forms of cancer including Throat and mouth cancers
- Diabetes

The good news is the probability of getting heart disease drops rapidly after we stop consuming tobacco. Consult your doctor to understand the best ways to quit smoking.



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