



## The Association of Minimally Invasive Gynecologic Surgeons

*...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages*

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### Your Personalized Health Check

Brought to you by



**R. Wayne Whitted MD, MPH**



**Paul A. Pietro MD**



## One more thing about **Breast Awareness**

In addition to your breast exam, it's important for you to be familiar with your breasts so that if any changes occur in your breasts, you can let your doctor know without delay. Some women choose to do BSE (breast self-exam) and if you do, please ask your doctor to check your technique.

Cancers that may have a hereditary risk are breast, ovary, and colon cancers. Your screenings may change with family histories of these cancers.

## **Eating Habits:**

Eating at least five servings of vegetables and fruits each day as part of a healthy diet can help reduce your risk of cancer. Think about ways you can include more vegetables and fruits in meals and snacks throughout your day.

We recommend:

- Eat a variety of healthy foods (especially from plant sources)
- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains in preference to processed (refined) grains and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose foods that help maintain a healthy weight.

Whole grains are an important part of a healthy diet. You should look for ways to eat at least three servings of whole grain foods each day. Whole grain cereal in the morning and a sandwich made with whole wheat bread for lunch are easy ways to get your “three a day.”

Dairy products provide some much needed calcium and protein, but can also be loaded with saturated fat—which is not good for your cancer or your heart disease risk. We recommend that you choose low-fat dairy products more often than not: low-fat milk, yogurt, and cheeses are still packed with good-for-you nutrition but with less saturated fat.

Eating a diet low in saturated fat is important for your health. Red meats: beef, pork, and lamb, and processed meats can add saturated fat to your diet. Choosing chicken, turkey, and fish instead of red meats is an easy way to reduce the amount of saturated fat you eat (although go for baked or broiled poultry and seafood instead of fried!). If you eat red or processed meats, try not to eat them every day.

If you eat a fairly well-balanced diet, the occasional sweet treat is not likely to be a problem. These high-sugar foods, though, typically have a lot of calories and not a lot of nutrients, so if you tend to have them on a regular basis, you may want to look for ways to cut back: Watching portion sizes is a good way to start!

## **Physical Activity**

Physical activity is an important way to reduce your cancer risk. We recommend that you engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further enhance reductions in the risk of breast and colon cancer.

## **Based on your Height and Weight your BMI is: \_\_\_\_\_**

You've taken the first step to reduce your cancer risk by learning your BMI. We recommend that you maintain a BMI between 18.5 and 25. Living a healthy lifestyle can help you achieve your goals and subsequently reduce your risk.

Even a small weight loss (5-10% of your current weight) lowers the risk of several diseases. People who are overweight or obese have a greater chance of developing certain cancers—including breast cancer for women over age 50 and colon cancer—as well as high blood pressure, high blood cholesterol or other lipid disorders, diabetes, heart disease, and stroke.

## **Habits:**

Research shows that women who have more than one alcoholic drink a day have an increased chance of developing certain cancers, including breast cancer. The risk increases with the number of drinks.

The use of tobacco in any form raises the risk for many cancers and diseases.

## **Your Outlook:**

A good relationship between you and your doctor is an important part of good health care. You must be able to communicate well with each other so that your needs are met. A good relationship with your doctor is worth the effort it takes to create it. This means taking the time to ask your questions and make your concerns known. Likewise, your doctor must take the time to answer your questions and listen to your concerns. If you and your doctor feel the same way about sharing information, and making choices, you are likely to have a good relationship.

Thank you for being concerned about your health!

Very Truly Yours,

Drs. Whitted and Pietro  
Marina Santana PA-C, and Office Staff