



Ellison  
Institute

# Breast Cancer & the Heart Health Connection

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# How to be proactive about your modifiable risk factors

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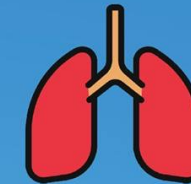
# Smoking

Tobacco use remains the leading preventable cause of death in the US, accounting for about 1 in 5 deaths each year

## The longer you stay away from tobacco, the healthier you get.



**20 Minutes**  
Your heart rate drops.



**2 Weeks - 3 Months**  
Your heart attack risk begins to drop. Your lung function begins to improve.



**1 Year**  
Your added risk of coronary disease is half that of a smoker's.



**10 Years**  
Your lung cancer death rate is about half that of a smoker's.



**12 Hours**  
Carbon monoxide level in your blood drops to normal.



**1 - 9 Months**  
Your coughing and shortness of breath decrease.



**5 Years**  
Your stroke risk is reduced to that of a nonsmoker 5 - 15 years after quitting.



**15 Years**  
Your risk of coronary heart disease is back to that of a nonsmoker.

Quitters  
ARE WINNERS

#CommitToQuit



# Alcohol & Cancer

Alcohol increases the risk of at least 6 different cancers including Breast cancer



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine



**1.5 ounces**  
40% (80 proof) ABV  
distilled spirits (examples:  
gin, rum,  
vodka, whiskey)

**ABV = Alcohol by Volume**

# Physical Activity

## What counts as moderate intensity cardiovascular physical activity

Being able to talk but not sing indicates moderate intensity activity



brisk walking



swimming  
and water aerobics



cycling



hiking



gardening and  
pushing a lawn mower



dancing



active recreation



housework and  
domestic chores



carrying or moving  
moderate loads (<20kg)

# Physical Activity

## What counts as vigorous intensity cardiovascular physical activity

Having difficulty talking without pausing is a sign of vigorous activity



jogging  
or running



walking/climbing  
briskly up a hill



fast cycling



aerobics



fast swimming



most competitive sports



carrying or moving  
heavy loads (>20kg)



# Physical Activity

## Benefits of Muscle-strengthening activities:

- Prevent muscle loss
- Retain strength as we age
- Working with weights helps strengthen bones
- Support weight loss – muscle burns more calories than fat

