



# You Can!

## Maintain Breast Health



### October is National Breast Cancer Awareness Month

As we age, our bodies naturally produce fewer reproductive hormones, and this can lead to changes in the texture and shape of the breasts. Aging affects everyone differently. Age-related changes in the breasts are not usually harmful but are a natural part of aging and do not need treatment. Possible breast changes that may occur as a result of aging include:

- Stretch marks or wrinkles appearing on the breast skin
- The breasts looking elongated, stretched, or flattened
- Extra space between the breasts

Although there is no way to prevent the natural aging process entirely, people can lessen the likelihood of significant age-related breast changes by:

- Wearing supportive bras
- Exercising regularly
- Eating a balanced diet
- Maintaining a healthy body weight
- Minimizing sun damage by limiting sun exposure and wearing sunscreen
- Quitting smoking

The chances of developing growths in the breast, such as fibroids, cysts, and tumors, increases with age. It is important for adults of all ages to conduct regular breast self-examinations and schedule regular mammograms. In most cases, lumps are noncancerous, and most women have them. However, it is important to have your doctor check any new lumps.

Source: [www.medicalnewstoday.com/articles/325749](http://www.medicalnewstoday.com/articles/325749)

October 2022

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