



Breast Cancer Awareness Month

Breast Cancer Awareness Month is a dedicated time to increase understanding, promote early detection, support those currently facing a diagnosis, and honor survivors and loved ones lost. With breast cancer remaining one of the most common cancers worldwide, this month provides an important opportunity to spread knowledge, encourage screenings, and rally communities around prevention, research, and hope for a future free of the disease.

The good news is that many women can survive this cancer if it's detected and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram annually. You may also choose to get them more often [a](#).

Talk to a doctor about your risk, especially if a close family member had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Ways to Reduce Your Risk

If you want to reduce your risk for breast cancer, you might be wondering what you can do. Certain factors, such as family medical history, can't be altered. Still, there are lifestyle changes you can make to decrease your risk, such as:

- Limiting alcohol intake
- Quitting smoking
- Controlling your weight
- Keeping physically active
- Limiting dose and duration of hormone therapy
- Avoiding exposure to radiation and environmental pollution

Research on Diet and Breast Cancer Is Ongoing

Eating and maintaining a healthy diet may decrease your risk for cancer as well as diabetes, stroke and heart disease. According to The Mayo Clinic, “women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts might have a reduced risk of breast cancer. The Mediterranean diet focuses mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts. People who follow the Mediterranean diet choose healthy fats – like olive oil – over butter and fish instead of red meat.”

The National Cancer Institute guidelines for cancer prevention can be used to decrease the chance of breast cancer recurrence. These guidelines include:

- Maintaining a healthy weight for your height and frame
- Avoiding processed, smoked or charred foods⁽²⁾
- Eating fruits, vegetables and whole grains in abundance⁽³⁾
- Limiting overall fat intake to less than 30 percent of total calories

Citations:

1. <https://www.breastcancer.org/screening-testing/mammograms/recommendations>
2. <https://www.cancer.org/cancer/latest-news/3-diet-changes-that-can-help-lower-your-breast-cancer-risk.html>
3. <https://hsph.harvard.edu/news/breast-cancer-survival-fruits-vegetables>

Health & Wellbeing Benefit Resources

For US employees:

Aetna (EAP) Resources for Living:

<https://www.resourcesforliving.com/login> (User name: Jabil, Password: EAP)

1-833-657-2097

For Global employees:

Lyra:

<https://app.lyrawellbeing.health> (Company code Jabil)

+44 33 00 241 021 (international toll charges will apply)

For US employees and spouses, visit assethealth.com/jabil to access the wellness program

Login Information for first time users:

Username: first initial + last name + last four digits of SSN
(Name is the same as what is used in Workday)

Password: date of birth (mmddyyyy)

First-time users: You will be asked to change your username and password after logging in.