Preventing Chronic Diseases

- Diet and lifestyle can significantly impact the incidence of heart disease and breast cancer.
- Improving modifiable risk factors such as smoking, high cholesterol, high blood pressure, physical inactivity, obesity and overweight can have a significant effect on the incidence of heart disease and cancer.
- Also, reducing smoking improves long-term outlook.
- Eating a diet high in fruits and vegetables, fiber, lean meats and calcium containing dairy products can improve life expectancy in women and reduce chronic disease incidence.

To reduce the risk of developing breast cancer:
- Ask your doctor about taking aspirin
- Discuss long-term hormone therapy with your doctor
- Avoid exposure to pesticides
- Avoid unnecessary antibiotic use
- Eat plenty of fruits and vegetables
- Maintain a healthy weight
- Stay physically active
- Eat foods high in fiber
- Limit alcohol intake
- Limit fat in your diet
- Utilize olive oil

Screening Tests
What you need and when you need them

<table>
<thead>
<tr>
<th>Test</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mammograms</td>
<td>After 40, every 1-2 yrs</td>
</tr>
<tr>
<td>Pap Smears</td>
<td>Every 1-3 yrs if you are sexually active or ≥ 21</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Beginning at 45, have it checked regularly</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Every 2 years</td>
</tr>
<tr>
<td>Colorectal Cancer Tests</td>
<td>Starting at age 50.</td>
</tr>
<tr>
<td>Diabetes Tests</td>
<td>If you have high blood pressure or cholesterol</td>
</tr>
<tr>
<td>Depression</td>
<td>If you have symptoms for 2 wks straight</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>At the age of 65</td>
</tr>
<tr>
<td>STD Tests</td>
<td>≤ 25 &amp; sexually active</td>
</tr>
</tbody>
</table>

To prevent chronic diseases:
- Eat a healthy diet
- Be physically active
- Stay at a healthy weight
- Drink alcohol only in moderation
- Manage stress
- Be smoke-free
- Plan ahead for pregnancy

Division of Education
Pennington Biomedical Research Center
www.pbrc.edu