

NANCY LINK, RDN, BREASTLINK NUTRITION & SUPPORT

Nancy Link, RDN, is available for individual nutrition consultation and follow-up appointments at Breastlink offices located in Laguna Hills, Orange and Temecula.

Monthly group meetings will also be available to provide opportunity to discuss a wide variety of healthy lifestyle topics. Please check our online calendar at breastlink.com for upcoming meetings.

Nancy is a registered dietitian nutritionist with more than 20 years' cancer research experience, including the Women's Health Initiative Study and Women's Interventional Nutrition Study at University of California, Irvine.

Her career is founded on deep passion for helping women, especially those facing the challenge of cancer, to make positive choices about their health and to achieve a healthy lifestyle.



EMPOWERING YOU TO LIVE THE HEALTHY LIFESTYLE THAT YOU WANT TO LIVE

"Breastlink has consistently demonstrated its commitment to providing comprehensive, state-of-the-art health care designed for women. Services such as the nutrition support program truly show that Breastlink is dedicated not only to preventing, diagnosing and treating breast cancer, but to providing women tools to take control over their lifestyle choices."
- Nancy Link, RDN

**Call today
to learn more**

LAGUNA HILLS

23961 Calle de la Magdalena, Suite 130
Laguna Hills, CA 92653
(949) 770-0797

ORANGE

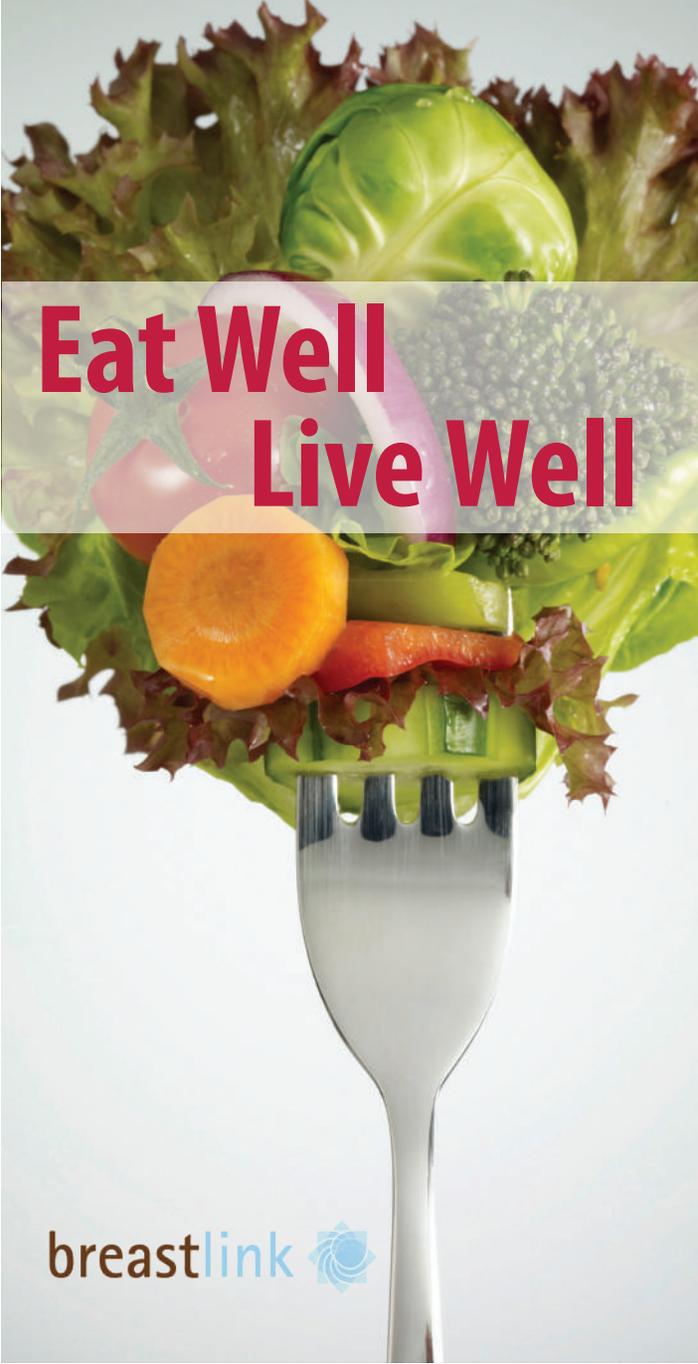
230 S. Main Street, Suite 100
Orange, CA 92868
(714) 541-0101

TEMECULA

25455 Medical Center Drive, Suite 200
Murrieta, CA 92562
(951) 894-7056

breastlink.com

Nutrition Support



**Eat Well
Live Well**

breastlink 

NUTRITION (noun / nu-tri-shon)

"The act or process of nourishing or being nourished, specifically the sum of the process by which an animal or plant takes in and utilizes food substances."

Whether you are a breast cancer patient or a woman interested in a healthier lifestyle, nutrition matters. For women with breast cancer, a nutritious diet helps you retain energy and strength. Following treatment, it helps to heal your body and can protect you in the future.



WHAT IS A NUTRITIOUS DIET?

- Emphasizes a variety a variety of fruits, vegetables, whole grains and fat-free or low-fat milk and dairy products.
- Includes lean meats, poultry, fish, legumes (beans and peas), eggs, nuts and seeds.
- Avoids saturated fats, trans fats, cholesterol, salt and added sugars.
- Balances caloric intake with caloric needs.
(Health.gov)

A cancer diagnosis presents many important questions regarding lifestyle and especially about diet and nutrition. Women without cancer may wonder what they can do to improve overall health.

Because achieving a healthy lifestyle is such a central piece of breast cancer prevention, diagnosis and recovery, we encourage all women to:

EAT a healthy diet that includes a variety of foods

MAINTAIN a healthy body weight

BE physically active every day

REDUCE stress level



"Brisk walking has been shown to reduce body fat, lower blood pressure, increase high-density lipoprotein and even reduce risk of bone fracture."

(Americawalks.org)

WHAT THE RESEARCH SHOWS:

It should be stressed that there is no single nutrient, dietary supplement or diet that can completely eliminate risk for cancer.

However, research suggests: Obesity can contribute to higher risk for developing breast cancer, as well as other cancers and medical conditions, and to higher risk for death from cancer in women already diagnosed, according to the National Cancer Institute.

Walking just 2.5 hours per week can reduce breast cancer risk by 18% while 10 hours per week can reduce risk even further, according to the Women's Health Initiative Study.

For breast cancer prevention and for breast cancer survivors, the American Cancer Society recommends women:

- Maintain a healthy body weight.
- Engage in physical activity for at least 30 minutes per day.
- Eat a nutritious diet with an emphasis on plant foods.

breastlink 