



## CREATING A FUTURE WITHOUT BREAST CANCER™

Nutribar is proud to announce a partnership with the [Canadian Breast Cancer Foundation](http://www.cbcf.org) in support of breast cancer research. Established in 1986, the Foundation is the leading national volunteer-based organization in Canada dedicated to creating a future without breast cancer.

Each year, thousands of lives are affected by breast cancer – not only for individuals living with the disease, but also their families, friends and loved ones. Through fundraising efforts, donor dollars are directed to high-quality research in all areas of breast cancer, including education and prevention, screening, diagnosis, treatment, and after-care supports.

Please help Nutribar with our goal of raising a minimum of **\$50,000** in support of the Foundation through your purchase of specially marked packages of Nutribar.

We thank you in advance for your support. Together, we can make a difference. For additional information, please visit [www.cbcf.org](http://www.cbcf.org).

## THE CANADIAN BREAST CANCER FOUNDATION ENCOURAGES YOU TO BE BREAST AWARE

Being breast aware means knowing how your breasts normally look and feel. That way, if there are any significant changes, you'll be more likely to notice them early. Breast awareness is important at any age.

1. Know how your breasts normally look and feel.
2. Know what changes to look for.
3. Look and feel for changes.
4. Report any changes to a doctor.
5. Go for a free mammogram if you are of the appropriate age, or if recommended by a doctor. By finding breast abnormalities in the early stages, mammograms can save lives. Women at the appropriate age can get a free mammogram through their regional breast screening program.

## RISK REDUCTION – WHAT CAN YOU DO?

Breast cancer is believed to be a result of inherited and environmental factors. However, currently we do not know the precise causes of breast cancer. Therefore, we do not know how to completely eliminate the risk for breast cancer.

However, you can make choices that may reduce your risk of developing breast cancer. Many of these behaviours may also help reduce the risk for other conditions.

Here are some steps you can take that may reduce your risk for breast cancer:

- Maintain a healthy body weight
- Be physically active
- Limit your alcohol consumption to one drink or less per day
- Avoid tobacco smoke, both active and passive (second-hand), especially if you are a young woman
- Eat a healthy diet. For more information about eating well, check out Canada's Food Guide
- Avoid exposure to carcinogens

## BREAST CANCER IN CANADA

Breast cancer is currently the most common cancer among Canadian women. In fact, 1 in 9 women (11%) is expected to develop breast cancer in her lifetime. However, thanks to advancing research and education on prevention, the Foundation has seen progress. The five-year survival rate is 87% – the highest it's been since 1950. Although that's great news, the progress shouldn't stop there. You too can help prevent breast cancer – by making healthy choices and being breast aware.

To learn more about how the [Canadian Breast Cancer Foundation](http://www.cbcf.org) is helping to create a future without breast cancer, visit [www.cbcf.org](http://www.cbcf.org).