

# The Cycle

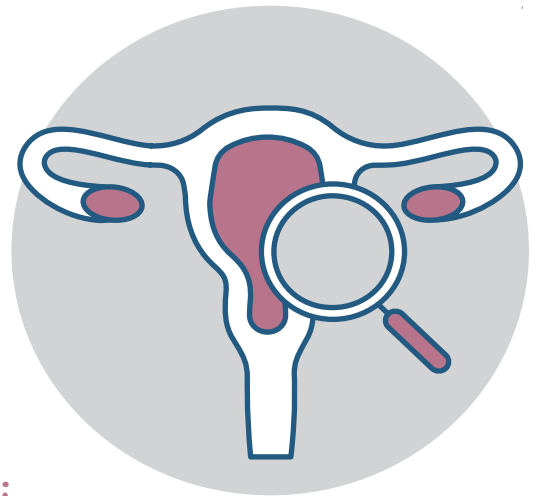
## Monthly Newsletter

### Schedule Regular Check-Ups

- A healthy lifestyle can help regulate your menstrual cycle, and there are many things you can try, including:
  - Diet:** Eat a balanced diet rich in whole foods, including leafy greens, whole grains, berries, nuts and seeds, legumes, fatty fish, cruciferous vegetables, ginger, flaxseeds, avocado, fermented foods, and dark chocolate. You can also try eating turmeric or pineapple. Avoid low-carb diets, which can disrupt thyroid function and lower leptin levels, which can help regulate reproductive hormones.
  - Exercise:** Regular exercise can help you manage your weight, which can help regulate your periods.
  - Stress management:** Try meditation or yoga to reduce stress.
  - Sleep:** Get enough sleep.
  - Vitamins:** Take vitamins, including vitamin D, which can help regulate hormones that affect ovarian function. Berries are also rich in vitamin C, which can regulate progesterone levels during the luteal (PMS) phase of your cycle.



- The U.S. Preventive Services Task Force (USPSTF) doesn't recommend routine screening for ovarian cancer in asymptomatic women who don't have a known high-risk hereditary cancer syndrome. However, a doctor may recommend screening for women who have an increased risk of ovarian cancer, such as those with a family history of the disease. Screening can help detect cancer in its early stages, which can lead to earlier treatment.



- As of April 30, 2024, the United States Preventive Services Task Force (USPSTF) recommends that all women get screened for breast cancer every other year starting at age 40 and continuing through age 74. This is a change from the previous recommendation of starting screening between the ages of 40 and 50.
- Breast self-exam (BSE): Start in your 20s. You can check for puckering, dimpling, or changes in size, shape, or symmetry. You can also check if your nipples are turned in, and inspect your breasts with your hands pressed down on your hips or with your arms raised overhead.

