



# Lifestyle in Breast Care and Evaluation of Health Education Effects

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**Abstract:** This paper discusses the effect evaluation of lifestyle and health education in breast care. It emphasized the importance of health education in improving patient quality of life, reducing complications, improving the ability to perform activities of daily living, and relieving patient negative emotions and improving functional exercise compliance. The implementation methods of health education are introduced in detail, including the systematic health education plan, the application of the causal real cause introduction of health education promotion activities, and the effect of continuous health education. Lifestyle adjustments were discussed, including healthy eating habits, regular exercise, wearing suitable underwear, etc. The importance of psychological and social support, including the reduction of psychological stress, improving endocrine function and the effects of peer supportive health education. Finally, the readability of the breast cancer-related health education materials was assessed. These strategies and methods help to improve individual health awareness and behavior and promote health level.

**Keywords:** health education, lifestyle, breast care

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## 1. Introduction

Breast care is crucial to a woman's physical and mental health. With the increasing pressure of modern life, more and more people begin to pay attention to breast health problems. Health education is a purposeful, planned, systematic approach designed to enable individuals or groups to proactively maintain and improve their own health. In recent years, domestic and foreign scholars have conducted deep research on the strategies of breast health promotion and achieved certain results. Based on a literature review, this study explored strategies and nursing practices for breast health promotion, with the aim to provide better care services for patients with breast disease.

## 2. The importance of health education

The importance of health education is reflected in multiple aspects, including improving patient quality of life, reducing complications, improving the ability of daily living activities, and alleviating patient negative emotions and improving functional exercise compliance. Health education can help patients and special groups to learn and master the necessary health promotion skills, improve bad habits, such as smoking cessation and alcohol restriction, conscious weight control, and maintain psychological balance. This is particularly important for critically ill patients, as they may face physical limitations and psychological stress. Through health education, patients can better manage their health status and thus improve their quality of life. Secondly, health education can also help patients to improve the ability of daily living activities and reduce the occurrence of complications. For example, through early rehabilitation training, stroke patients can significantly improve their motor, sensory, cognitive and other dysfunction, and improve their daily living ability.

## 3. Implementation of health education

### 3.1 Systematic health education program

The systematic health education plan is to ensure the systematic and continuity of health education by making detailed planning and planning. This includes steps such as needs assessment, epidemiological diagnosis, behavioral and environmental diagnosis to prioritize health issues and specific approaches of intervention. In addition, health education programs should be designed to account of social, economic and cultural environment and policies and resources related to health problems.

### 3.2 Introduction of health education promotion activities

The causal cause introduction health education promotion activity is an implementation method for a specific disease (such as breast cancer), which improves the patient's awareness and ability to respond to the disease by introducing the real

cause of the disease. This method can significantly improve the health knowledge mastery of rehabilitation, health behavior compliance, and health education satisfaction.

### **3.3 The application effect of continuous health education**

The application effect of sustainable health education is reflected in the continuous promotion of individual health awareness and improve health behavior through regular educational activities and interventions. For example, conducting health education through the return visit method, paying attention to patient feedback and evaluation of knowledge mastery, helps to reduce the memory burden of patients and make the educational content easy to master. In addition, health education should be integrated into all aspects of school education and teaching, strengthen normal prevention and control, and guide teachers and students to continue to do a good job in self-protection in daily life.

## **4. Lifestyle adjustment**

### **4.1 The importance of healthy eating habits**

Lifestyle adjustment is very important for maintaining health. First of all, healthy eating habits are the basis of maintaining good health. Good eating habits can provide enough nutrients to maintain the normal function of the body. An unhealthy diet is harmful to your health and can lead to heart and vascular disease, high blood pressure, and colon cancer. Therefore, healthy eating can not only reduce the occurrence of diseases, but also enhance the physical fitness.

### **4.2 Exercise regularly to control your body weight**

Regular exercise is the best way to lose your weight and maintain your weight. Exercise can increase energy, strength and independence and help with weight control. The combination of physical activity and a moderate diet can effectively reduce body weight. Exercise for 40 minutes a day is an effective way to control body weight.

### **4.3 Wear suitable underwear and avoid excessive tightening**

It is also important to wear appropriate underwear, and avoid excessive tightening can avoid unnecessary stress and damage to the body. The right way to wear underwear involves adjusting the length of the straps to ensure that the underwear fits tightly to the chest and the hem is parallel to the ground. Too tight shoulder straps and an unsuitable cup shape can make the chest look unnatural and even squeeze the chest tissue, affecting breathing and body comfort.

## **5. Psychological and social support**

### **5.1 Reduce psychological pressure and improve endocrine function**

Psychological stress is a common problem in modern society, which not only affects individual quality of life, but may also have a negative impact on physical health. Effective psychological adjustment measures are crucial to reduce stress. For example, stress and anxiety can be effectively alleviated by meditation, deep breathing, and attention diversion. In addition, to maintain a happy and optimistic mood, diet conditioning, vitamin conditioning, detoxification conditioning, adequate sleep is also an effective way to regulate endocrine disorders. These methods can help people to reduce stress in their daily life and thereby indirectly improve endocrine function.

### **5.2 Effects of peer-supportive sexual health education**

Peer support is an important way of sexual health education, which can improve the level of individual sexual health knowledge, attitude and practical ability of mental health. Peer education takes advantage of the publicity tendency and the positive factors of peer pressure to provide sexual health education on sensitive issues such as sex, drug use, smoking and accidental injury. This education approach not only improves adolescent sexual health knowledge, but also promotes their health behaviors and self-efficacy. In the out-of-hospital management of breast cancer patients, the peer supportive health education model showed positive results to improving their self-management, social support, and quality of life.

## **6. Conclusion**

Lifestyle in breast care and health education are complementary, and together they make an important contribution to improving the quality of life, reducing complications, improving the ability to live activities of daily life, alleviating negative emotions and improving compliance with functional exercise. Implementation methods of health education, lifestyle adjustment, psychological and social support, and readability assessment of breast cancer-related health education materials are all important components in the implementation process of health education. These strategies and methods help to improve individual health awareness and behavior and promote health level. Future research and practice should focus

more on these aspects to further improve the effectiveness of breast care.

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