

<p><b>Breast Cancer</b>  <b>Genesis Breast Cancer Prevention</b> is dedicated to the prevention of breast cancer and provides information to support a healthy lifestyle. Currently, 1 in 10 women and 1 in 1,000 men will develop breast cancer in their lifetime, through the funding of vital medical research, Genesis Breast Cancer Prevention aims to make 1 in 10, none in 10.</p> <p><b>Other cancers</b>  <b>Cancer Research UK:</b> is a UK charity that provides information and support on 200 different cancers.  <b>World Cancer Research Fund:</b> is a worldwide organisation dedicated to the prevention and control of cancer by promoting the role of a healthy food, physical activity and body weight.</p>	<p>Breast cancer:  <a href="http://www.genesisuk.org/">http://www.genesisuk.org/</a></p> <p>Other cancer:  <a href="http://www.cancerresearchuk.org">http://www.cancerresearchuk.org</a>  <a href="http://www.wcrf.org/">http://www.wcrf.org/</a></p>
<p><b>Diabetes UK:</b> is a charity that helps people manage their diabetes by providing information, advice and support. There are currently 3.8 million people in the UK with diabetes, including an estimated 630,000 people who have Type 2 diabetes but do not know it.</p>	<p><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a></p>
<p><b>British Heart Foundation:</b> is a charity aiming to help prevent and manage heart disease risk by providing information about their condition (including high blood pressure, high cholesterol, stroke, angina and heart attacks).</p>	<p><a href="http://www.bhf.org.uk">www.bhf.org.uk</a></p>
<p><b>HRT</b> – Taking combined HRT which includes oestrogen and progesterone can increase risk of breast cancer, so it is not generally recommended. However the decision to take HRT can be difficult as HRT is an effective treatment for menopausal symptoms and can reduce risks of bone fractures and bowel cancer. If you are currently taking combined HRT and have concerns about this, we suggest you discuss this with your GP</p>	
<p><b>Alcohol or drug dependency:</b> NHS choices have information that can help you find local alcohol and drug services in your area. Simply enter your postcode to find the service that is closest to you</p>	<p><a href="#">Alcohol addiction services</a>  <a href="#">Drug addiction services</a></p>
<p><b>Eating disorders</b> such as binge eating disorder or</p>	

<p>bulimia require specialist nutrition and psychological support. If you are concerned that you may have an eating disorder, contact your GP to discuss your concerns and treatment options.</p>	
<p><b>Already successfully dieting and losing weight</b>  The study is trying to help motivate women to join and keep to a weight loss programme to see if we can reduce risk of disease. If you are already successfully dieting it is best to keep with your current weight loss plan</p>	
<p><b>Physical activity:</b> As the research study requires people to follow a diet and exercise plan, people with an existing condition that could be made worse by exercise or could make it very difficult for you to exercise will be unable to take part in the study.</p>	