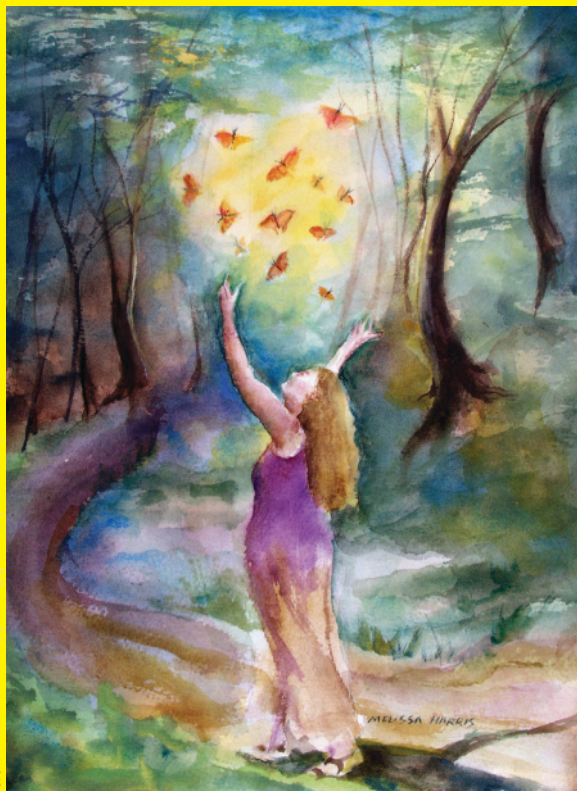


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Create Your Own Reality painting graciously donated by Melissa Harris melissaharris.com

Changes and choices YOU can make —
little by little, bit by bit, day by day, to create
a healthier environment, bolster your immune
system and reduce the risk of breast cancer.

Healthy Lifestyles

2018 Calendar

by Breast Cancer Options
*A not-for-profit organization dedicated to
supplying information, support and advocacy.*



THE PRECAUTIONARY PRINCIPLE...BETTER SAFE THAN SORRY

You Can't Change Your Genes, But You Can Change Your Environment

In simple terms, the precautionary principle says "an ounce of prevention is worth a pound of cure." It's common sense and it guides us to take action, as individuals and as a society, to prevent harm to human health and the environment before it happens.

Research has established that breast cancer is caused by a combination of genetic, hormonal, and environmental risk factors and we know that environmental factors can be identified and modified, focusing our efforts on prevention presents a tremendous opportunity to stop breast cancer before it starts. While it is difficult to know the exact role toxins play in determining our health, the depth of their impact on our health becomes clearer every day. However, there is a lack of environmental research as a route to primary cancer prevention, compared with research emphasis on genetic and molecular mechanisms in cancer

There are 85,000 chemicals in use today but only 250 have been tested for safety. Scientists are concerned that even at low levels, these environmental estrogens may work together with the body's own estrogen to increase the risk of breast cancer and other diseases.

These understudied chemicals are used in everything from preservatives in our personal care products to flame retardants in our household furnishings, from plasticizers in our water bottles to pesticides on our fruit and vegetables, from household cleaning products to children's toys.

In addition, man-made EMFs – those emanating from our electricity, power lines, cell phones and WiFi disrupt our hormonal balance. Young children, who are still developing, are especially at risk from repeated environmental exposures.

***Only about 5-10% of breast cancers are due to hereditary factors and only a total of 25-40% are due to **any known risk factors**. Reasons for the other 60-75% remain unclear but are likely due to preventable factors that should be studied. The precautionary principle holds that safety tests should be held in laboratories, not in our bodies.*

Some Facts:

- We don't know YET how to prevent breast cancer.
- Today, breast cancer is the most prevalent type of cancer in women and the leading cause of cancer deaths among women aged 40 to 55.
- Despite better treatments and increased access to care for many women, 40,000 women still die from the disease each year.
- In the 1960s, a woman's lifetime risk for breast cancer was 1 in 20. Today it is 1 in 8.
- Only 5% to 10% of breast cancers occur in women with a genetic predisposition: Other known risk factors include age, obesity and low physical activity.
- When breast cancer shows up on a mammogram, it may have been in your body for 6-10 years
- The research in the fight against breast cancer focuses on treatment and cure. The National Cancer Institute spends \$600 million on breast cancer research. Only five % of the money is allocated for cancer prevention and only three % is allocated for investigations into environmental causes.
- A study of newborns done by the Environmental Working Group (EWG) detected 287 chemicals in umbilical cord blood. We know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, 208 cause birth defects or abnormal development in animal tests.
- Timing of exposure is significant. Exposure to harmful environmental toxins during certain periods of rapid breast development is more harmful than the same exposure once the breast tissue is fully developed. These "windows of susceptibility or vulnerability" include in utero, puberty, pregnancy and menopause.

WHAT YOU CAN DO: Become an informed consumer. Learn how to take care of yourself. Look around your environment. Learn how to read product labels. Part of lowering your risk means being responsible for your health and your health choices: eating a good diet, learning how to deal with stress, integrating exercise into your life, identifying environmental risks factors and advocating for what you believe.

On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes. Let the Precautionary Principle guide you – Help us stop breast cancer before it starts. Prevention is the Cure.

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Comprehensive Breast Care Program

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Located inside the Outpatient Services Building on Orange Regional Medical Center's main campus, the Ray W. Moody, MD Breast Center is dedicated to helping individuals attain optimal breast health, diagnose and treat breast cancer and identify those who are at high-risk for developing breast cancer.

Our nationally accredited program offers:

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- Breast Cancer Patient Navigator
- Breast Cancer Risk Assessment Program
- Breast Ultrasound
- Breast MRI and Breast MRI Biopsy
- Stereotactic Vacuum-assisted Breast Biopsy
- Ultrasound-guided Vacuum-assisted Core Biopsy
- Ductograms

To schedule an appointment, call (845) 333-7040 or visit www.ormc.org/breastcenter.



Ray W. Moody, MD Breast Center

A member of the Greater Hudson Valley Health System

January

S	M	T	W	T	F	S
	New Year's Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	Martin Luther King 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



STRESS & BREAST CANCER

Stress makes your body more hospitable to cancer. Health experts are still sorting out whether stress actually causes cancer. Yet there's little doubt that it promotes the growth and spread of some forms of the disease. Women who reported being under stress had twice the risk of developing breast cancer as women who managed to stay cool, calm, and collected. This risk held up even when they took other factors into account that might explain the increased risk for breast cancer, such as family history, alcohol use, body weight, smoking, and factors related to reproduction, such as the age when they got their periods, the age they were when they had their first baby, and their age at menopause. Some experts believe the link could be due to hormonal changes which the body undergoes at times of stress. Women who had higher levels of stress also tended to have more aggressive tumors (defined as being negative for the presence of estrogen receptors).

There are two different types of stress. Short-term or acute stress is event driven. Chronic stress is more damaging and springs from situations that last many weeks or months with no definite end point. It is thought that stress may fuel cancer by triggering a 'master switch' gene which allows the disease to spread so behavioral factors and responses to stress must be considered along with genetic factors in attempting to understand why some individuals develop cancer. Stress can lower the body's ability to prevent cancer from developing. Typically, our immune system recognizes those abnormal cells and kills them before they produce a tumor. There are 3 important things that can happen to prevent cancer from developing — the immune system can prevent the agents from invading in the first place, DNA can repair the abnormal cells or killer T-cells can kill off cancer cells.

Learning to cope with stress is not an easy task. Most of us never forget the day we were diagnosed with cancer. As that date approaches each year, our fears can increase. Follow-up appointments and any imaginary or real new symptoms can have the same effect. Levels of cortisol, the stress hormone, rise and suppress the immune response by reducing natural killer cell activity. **Studies have shown that stress is a risk factor for cancer and that psychological stress is linked to breast cancer aggressiveness.** That is one reason we need to learn how to cope with stress. We may not have control over cancer recurrence, but we can have control over the worry.

Studies show that a variety of interventions reduce negative stress effects and can benefit women with breast cancer.

Many complementary therapies enhance healing and reduce stress by focusing on the connections between the mind, body, and spirit. Three main types of therapy are psychological, such as support groups; physical, such as deep relaxation and exercise; religious and spiritual, such as prayer and meditation. Some helpful stress reduction techniques are:

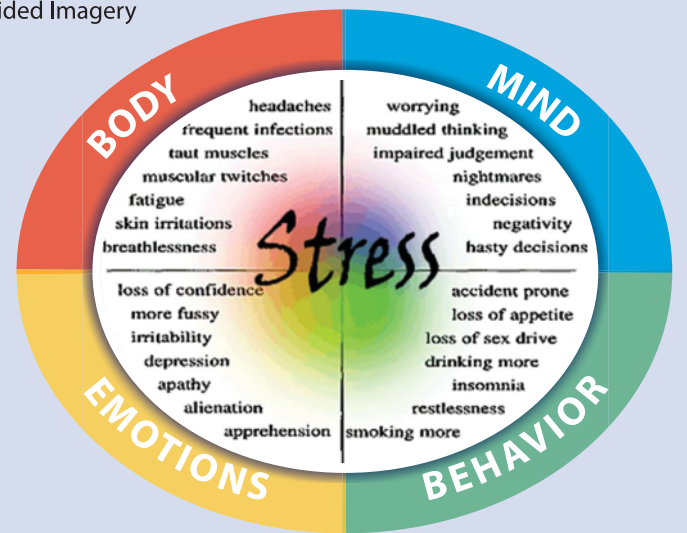
- Let go of what you cannot control - Meditation, mindfulness training or prayer can help separate the processes of our mind (which will often go for the 'worst case scenario') from what is really happening in our life.
- Get the help you need- Support groups, therapy, telephone hotlines and help with the daily tasks can help to free up precious emotional energy. Stay involved with people; don't isolate.
- Humor- Laughter really is good medicine.
- Distraction- Keep busy. Go to a movie, go for a hike, have lunch with a friend. Do anything that can take your mind off your fear.
- Have a good cry- Whether you do it alone or with others, crying can release feelings of fear.
- Make your life reflect you- Your life is your own. Make it reflect your beliefs, and your choices. Do what you love.

While these therapies won't cure cancer they have been proven extremely helpful to people with cancer in a number of ways. They can:

- Reduce the stress and anxiety that accompany a cancer diagnosis.
- Control some symptoms of cancer.
- Ease some side effects caused by conventional cancer treatments.
- Improve overall health.
- Help identify what is important in life.
- Provide help in coping with the struggles people with cancer may face.

Some of the most common techniques people use to reduce stress are:

- | | | |
|-------------------|-------------------------|---------------|
| Massage Therapy | Yoga | Psychotherapy |
| Meditation/Prayer | Biofeedback | Hypnosis |
| Qi Gong/Tai Chi | Joining a Support Group | Exercise |
| Guided Imagery | | |



Many patients are adding improved diet and lifestyle changes, plus oral and IV nutritional supplementation to their anti-cancer plans along with, or *instead of*, conventional medical treatment....

And why not?

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RESOURCES

- Omega Institute www.eomega.org
- United Breast Cancer Foundation www.ubcf.info

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February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	Valentine's Day 14	15	16	17
18	President's Day 19	20	21	22	23	24
25	26	27	28			



THE RIGHT TEAM AND THE RIGHT TECHNOLOGY TO FIGHT CANCER

Lawrence D. Koutcher, M.D.
Radiation Oncologist

Leah M. Katz, M.D., M.P.H.
Radiation Oncologist



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Supplements and Their Use During Cancer Treatment: Yes or No?

The use of dietary supplements among cancer patients is common and the use of these products is often not shared with their cancer doctors. Many Oncologists tell patients not to use anything during treatment because of the fear that supplements will interfere with chemotherapy by either decreasing the effectiveness of the drugs or causing side effects that affect the metabolism of the drugs. The current thinking on vitamins and antioxidants is that people should not take high doses of these nutrients if they are currently undergoing cancer treatment. **At present, only small studies exist and well-designed clinical trials are needed to find the true role of supplements in oncology. PLEASE tell your doctor what you are taking.**

SUPPLEMENTS THAT CAN BE USED DURING TREATMENT

Probiotics. Recent studies have found that probiotics and the health of intestinal flora might be an important factor for patients on whether cancer treatment is effective or not. Probiotics can influence whether tumors shrink during cancer therapy and can improve the efficacy of chemotherapy as well as make it less toxic. They can also help treat diarrhea and other GI side effects that treatments cause.

Glutamine – It has helpful effects on the gastrointestinal tract and may help relieve chemotherapy side effects such as mouth sores and diarrhea. Glutamine may interact with medication used to prevent seizures. Helps reduce oral mucositis and nerve damage caused by docetaxel in human trials.

CoQ10 – Clinical trials have shown that coenzyme Q10 helps protect the heart from the damaging side effects of doxorubicin.

Resveratrol – Studies suggest that Resveratrol improves chemotherapy success and reduces side-effects; it also increases glutathione levels which help oxygenate and restore and protect healthy cells.

Medicinal mushrooms have been approved as adjuncts to standard cancer treatments in Japan and China for more than 30 years and are combined with radiation therapy or chemotherapy.

IV (Intravenous) Vitamin C – Clinical trials have shown that high-dose IV vitamin is safe and well tolerated in cancer patients receiving chemotherapeutic agents. Although direct anti-cancer effects of IV vitamin C have only been confirmed by small studies, there is consistent evidence it can improve symptoms like fatigue, insomnia, loss of appetite, nausea, and pain. Several cases of cancer remission have been reported. IV vitamin C appears to reduce inflammation.

Milk Thistle – The active part of milk thistle seed, silymarin, may protect the liver from toxic effects of chemotherapy.

Maitake D-fraction – Maitake beta-glucan fractions appear to help reduce the side effects of conventional chemotherapy (and radiation) while at the same time enhancing its effectiveness.

SUPPLEMENTS TO AVOID DURING TREATMENT

Fish oil. Fish oil reduces inflammation and may potentially slow cancer progression. Patients currently on chemotherapy should not use it during treatment. A JAMA Oncology study suggests that fish oil may reduce chemo's effectiveness, possibly by increasing resistance within cancer cells.

Curcumin – Curcumin may be best used before or after chemotherapy with much more caution given to its use during chemotherapy. At other times, it may interfere with chemotherapy's ability to kill cancer cells. Curcumin favorably affects several key processes in cancer growth, including promotion of apoptosis and inhibition of inflammation, cell motility, angiogenesis and metastasis. It helps repair DNA from radiation damage. Epidemiological evidence demonstrates that people who incorporate high doses of this spice in their diets have a lower incidence of cancer.

Vitamin D – Vitamin D has been shown to amplify the effects of many types of Chemotherapy so it may be best used before or after treatment. Vitamin D3 (calcitriol) is a hormone that promotes normal cell growth and cell differentiation, calcium absorption, helps to maintain hormonal balance and a healthy immune system. There is some evidence that supplementing vitamin D, if you are deficient, may help reduce the aches and pains associated with taking aromatase inhibitors.

Iodine – Iodine, a trace mineral concentrated in thyroid and breast tissue, It helps to normalize the impact of estrogens on the breast and turns off the estrogen receptor sites. Use iodized salt from the health food store.

Green Tea – Green tea may pose a concern with some very specific chemotherapy drugs. Polyphenols in green tea appear to inhibit two proteins that promote tumor cell growth and migration — namely, the vascular endothelial growth factor (VEGF) and the hepatocyte growth factor (HGF). Exhibits pro-oxidant abilities and can induce apoptosis (programmed cell death) in cancer cells. Use organic green tea to avoid pesticide contamination.

It is important to let your doctors know what you want to take while going through cancer treatments. Research the supplement thoroughly on a reputable site like PubMed.Gov or Google Scholar and bring in the study or studies to your doctor to make your case.

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March

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
Daylight Savings Begins Spring Forward 11	12	13	14	15	16	St. Patrick's Day 17
18	19	20	21	22	23	24
25	26	27	28	29	Passover Good Friday 30	31



Lifestyle Factors and Breast Cancer: What's New? What Works?

Lifestyle factors such as obesity, smoking and alcohol consumption are linked with a number of life-threatening diseases in addition to cancer. Minimizing these factors can reduce the risk of getting breast cancer or having a recurrence. Moderate exercise, reducing or eliminating alcohol intake and avoiding weight gain might be key strategies that reduce the odds of getting breast cancer—even if a woman's mother or sister has had the disease. It is important to understand the factors that increase risk and learn ways of lowering it.

Only about 5-10% of breast cancers are due to heredity. Add in other known risk factors and the total comes to 25-40%. *The reasons for the other 60-75% remain unclear and are likely due to environmental exposure and other preventable factors.* Most people are born with normal genes, but, during the course of a lifetime, genes become damaged and that may lead to cancer. Breast cancer now has a greater than 90% five-year survival rate in the US, resulting in a growing number of survivors who may be at risk of recurrence or second primary cancer.

Nightly Fasting Improves Breast Cancer Prognosis: Recent JAMA studies have shown that the duration of nightly fasting predicted recurrence and mortality among women with early-stage breast cancer. Women were followed for 11 years and this study suggests a meaningful benefit from prolonging the period of time in which women abstain from food at night—the fasting period between dinner and breakfast. In this cohort of women for whom the mean fasting period was 12.5 hours, those who fasted fewer than 13 hours per night had a 36% higher risk of breast cancer recurrence. Late-night eating also disrupts circadian rhythms. Eating an early dinner and a late breakfast sounds almost too simple but may have considerable value.

Sleep: A required activity, not an option! Lack of sleep increases inflammation in the body. Sleep gives the body time to recover and repair both mentally and physically. Experts recommend getting 7-9 hours nightly to function optimally. The normal sleep-wake cycle (circadian rhythm), is important for the production of melatonin, a tumor-fighting hormone, and it requires a balance of daylight and darkness. Melatonin acts like an anti-estrogen, reducing the number of estrogen receptors on breast cancer cells. However, light at night disrupts melatonin production. Studies of night-shift workers have shown evidence that sleep disruption is linked with increased cancer risk. Sleep disturbances reduce Natural Killer cell activity – part of the body's defense mechanism against viruses, bacteria, even cancer – and can impact the body's natural immunity. Melatonin interferes with the way that estrogen promotes cancer growth and inhibits it. It helps women who have failed to respond to Tamoxifen improve their response to the drug.

Alcohol: How much is too much? Drinking alcohol increases estrogen levels in the body and some experts believe alcohol increases the risk of estrogen sensitive cancers. Beyond the estrogen connection, there is evidence that alcohol itself is carcinogenic. A pooled analysis of data from 53 studies found for each alcoholic drink consumed per day, the relative risk of breast cancer increased by about 7%. All women should consume folate-rich foods, especially those who drink. Leafy greens and legumes are a good source.

Exercise and Risk: Regular moderate exercise lowers the levels of both IGF-1 and circulating estrogen levels in our blood. It can do this even if the exercise does not lead to a healthy weight. It is possible that lowered levels of these cancer promoters are one explanation for the protective effect of regular exercise. An exercise program can help manage symptoms and improve physical functioning during treatments. How much physical activity is needed to lower breast cancer risk? Studies show that exercising 2-3 hours per week can reduce breast cancer risk by 30%; 4 or more hours by 50%.

Some suggestions:

- Leave 12.5-13 hours between dinner and breakfast the following morning.
- Make sure your room is quiet and dark and your bed is comfortable.
- Sleep at least 3-5 feet away from outlets and unplug devices. Turn off Wifi at night.
 - Get up and go to bed at the same time every day. If possible, complete work during the day; sleep at night.
- Avoid light at night as much as you can. If you need a night light to go to the bathroom use one that's red which won't suppress melatonin.
- Natural daylight can be just as important as nighttime darkness in maintaining a normal circadian rhythm. Get outside for at least 15 minutes each day.
- Exercise regularly. Exercise done early in the day may promote better quality sleep while vigorous exercise just before bedtime may delay sleep.

Managing stress, adopting healthy eating and exercise habits, getting a good night's sleep, and finding good emotional and social support, should be regarded as much a part of cancer treatment as chemotherapy or radiation.

Compliments Of

Sheldon M. Feldman, MD, FACS
 Chief, Division of Breast Surgery
 & Breast Surgical Oncology
 Director, Breast Cancer Services
 Professor, Department of Surgery



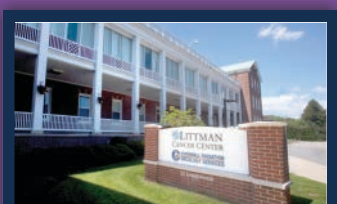
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April

S	M	T	W	T	F	S
Easter 1	2	3	4	5	6	7
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New Treatments: the Future of Breast Cancer Research

Increased risk for breast cancer is associated with a family history of the disease and inherited genetic mutations. These include BRCA1 and BRCA2 and other less common inherited gene mutations. An inherited predisposition to develop breast cancer only accounts for about 5%-10% of all breast cancer cases, and is rare in the general population (less than 1%). Women with BRCA1 and BRCA2 mutations have an estimated 45% to 65% lifetime risk of developing breast cancer.

Other known risk factors include obesity, use of menopausal hormone therapy that combines progestin and estrogen, high breast tissue density, alcohol consumption, and physical inactivity.

New studies that targeted toxicologically relevant chemicals and look at the windows of breast susceptibility must be added to evidence of links between environmental chemicals and breast cancer. However, these links have not been adequately studied in humans.

The overall 5-year survival rate for breast cancer is now 89% – a dramatic improvement over the early 1960s when the rate was 63%. When considered by stage, the 5-year survival rates are 99% for localized disease and 85% for regionally advanced disease that may have spread to neighboring lymph nodes. For patients with stage 4 disease with distant metastases, the 5-year survival rate drops to 26%.

Immunotherapy: Immunotherapy for the treatment of breast cancer can be categorized as either (a) specific stimulation of the immune system by active immunization, with cancer vaccines, or (b) passive immunization, such as tumor-specific antibodies (including immune modulators) or adoptive cell therapy that inhibit the function of, or directly kill, tumor cells. There are multiple ongoing clinical trials to evaluate immunotherapy strategies for patients with breast cancer, with combinations representing the most potential for future success. Studies are also looking at how tumors differ from person to person and they've begun creating targeted treatments that seek out and destroy specific types of cancer cells, and only those cancer cells – leaving healthy cells alone.

The immune system is critically involved in clinical responses to some standard cancer therapies. Integrative immunotherapy that combines standard breast cancer therapies with breast cancer vaccines and/or immune checkpoint modulation has great potential to improve clinical outcomes.. Cancer immunotherapy comes in several forms. The drugs sparking the most interest are called checkpoint inhibitors. They work by stopping certain natural brakes in the immune system, enabling a person's T cells, to attack tumors.

Surgery: Right now, cryotherapy (freezing) is an experimental treatment for breast cancer. Scientists are studying whether cryotherapy might be a good alternative to breast cancer surgery, as well as the types of breast cancer cryotherapy would treat most effectively. To remove a breast cancer tumor, a thin needle-like device is inserted into the mass and a blast of extreme coldness destroys the cancerous cells. There's no hospitalization, no sedation, no pain and no scarring involved. It may seem like sheer fantasy but it's becoming a reality.

Radiation: Newer technology allows radiation oncologists to plan therapy that targets the breast but avoids the heart. One surprising low-tech solution: the patient holds her breath which pushes the lung up and moves the heart farther away from the breastbone, adding another layer of protection from radiation harm.

Looking Ahead: Combining immunotherapy with other targeted therapies, such as chemotherapies and radiation treatments, is probably going to be the future of breast cancer. Studies are looking at how tumors differ from person to person and they've begun creating treatments that seek out and destroy specific types of cancer cells, and only those cancer cells – leaving healthy cells alone.



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May

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
Mother's Day 13	14	Ramadan 15	16	17	18	19
20	21	22	23	24	25	26
27	Memorial Day 28	29	30	31		



Food as Medicine

The concept that your lifestyle and diet can change and influence the way your genes express themselves is called epigenetics. Nutrigenomics looks at how foods and nutritional supplements influence gene expression. Different foods may interact with specific genes to increase or decrease the risk of common diseases such as type 2 diabetes, obesity, heart disease, stroke and certain cancers by modifying gene expression. To keep gene expression healthy, it is important to control metabolic syndrome, inflammation, hormonal imbalance, and methylation. Compounds which inhibit cancer cell proliferation include: turmeric and curcumin, EGCG, bee propolis, genistein, resveratrol, selenium, and vitamin E. Compounds that act by indirect means to inhibit cancer progression include: vitamin C, anthocyanidins, proanthocyanidins. Compounds from food which stimulate the immune system include: maitake or shitake mushrooms, ginseng, glutamine, melatonin.



A healthy diet consists of natural, whole foods, including lots of vegetables, fruits, clean protein, whole grains, healthy fats as well as plenty of fluids. Foods that contain compounds that can inhibit negative epigenetic effects and can help reverse or help prevent cancers include all cruciferous vegetables, such as cauliflower, broccoli, brussel sprouts, bok choy and cabbage, as well as green tea, fava beans, grapes and turmeric.

Dietary Guidelines

- Eat 2+ Servings of fruit daily
- Eat 5+ servings of Vegetables daily
- Eat nuts and seeds, like flaxseed which have a phytoestrogenic effect
- Eat from the full spectrum of the rainbow colors every day
- Choose produce that is deeply colored, fragrant, local, organic, in season
- Eat both raw and cooked forms

Why you should eat organic: Many pesticides and herbicides sprayed on fruits, vegetables and grains are “estrogen mimics” (xenoestrogenic) and can stimulate the growth of breast tumors and cause hormonal imbalances in both women and men. Organic food is grown without chemicals, hormones or antibiotics. Organic foods are higher in important nutrients. Organic eggs, dairy products and meats are free of the estrogen-like hormones and antibiotics that are fed to the animals and stored in their fat. Avoid genetically modified foods as the long term risks are unknown.

DIET CAN MODULATE ESTROGEN SYNTHESIS, RECEPTOR ACTIVITY, DETOXIFICATION AND METABOLISM OF ESTROGENS.

Foods That Cause Hormonal Imbalance

- Saturated and trans fatty acids
- Refined sugars and carbohydrates
- Dairy products

- Processed foods and artificial sweeteners
- Xenobiotics, antibiotics, and hormones (in commercially raised livestock (meat & dairy))

Nutritional Approaches to Improving Hormone Balance

- Increase natural estrogen phytoestrogens consumption (flaxseed, 1-2 cups of cruciferous vegetables daily)
- Eat organic foods to minimize intake of xenoestrogens, hormones & antibiotics
- Use filtered water (reverse osmosis) to eliminate xenoestrogens
- Use garlic for sulfur and to help with detoxification

- Consume a high-fiber diet (25-50 g a day, including legumes, whole grains, nuts and seeds, vegetables, fruit)
- Increase intake of omega-3 fatty acids (small, non-predatory cold-water fish: wild salmon, sardines, herring) and flax seeds
- Balance glucose metabolism through a low glycemic load, high phytonutrient index

Foods to Quench Inflammation

Spices: curry, ginger, garlic, parsley, paprika, hot peppers
Wild, cold-water fish (Omega-3) & seaweeds
Grass-fed (pastured) meat, free range dairy, eggs
Olive oil, fish oil

Leafy green & cruciferous vegetables
Berries (blueberries, cherries, raspberries)
Apples, pineapple, pomegranate, kiwi
Green tea

Reading Fruit or Vegetable Food Labels

Fruits and Vegetables: •Conventionally grown with the use of pesticides.

Labeled with a four number PLU code, which tells what kind of fruit or vegetable it is.

•If it is **genetically modified**, the number “8” precedes the four digits.

•If it is **grown organically**, the number “9” precedes the four digits.

Examples:

84011 indicates a genetically modified banana –even if it is organic.

94011 indicates an organically grown banana.



100% Organic: Made with 100% organic ingredients

Organic: Made with at least 95% organic ingredients

Made With Organic Ingredients: Made with a minimum of 70% organic ingredients. Strict restrictions on the remaining 30% including no GMOs (genetically modified organisms)

Products with less than 70% organic ingredients may list organically produced ingredients on the side panel of the package. May not make any organic claims on the front of the package.

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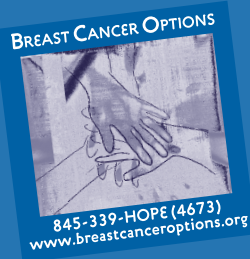
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June

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Father's Day 17	18	19	20	21	22	23
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Personal Care Products: Toxic Beauty Ingredients to Avoid

There are thousands of chemicals in your products and many of them get absorbed into your body. Exposure to low levels of lots of different chemicals matters! A growing body of evidence links synthetic chemicals to the rising incidence of breast cancer. Parabens, phthalates and other hormone disrupting chemicals are found in cosmetics, beauty products and in women's bodies. One third of personal care products contain at least one chemical linked to cancer and brands using these chemicals are sold by many of the same companies that raise money for breast cancer awareness.

"These chemicals cause a 'triple whammy' – they increase levels of estrogen, alter cell metabolism, and influence the pathways that increase the risk of cancer," says Janet Gray, PhD, at Vassar College. These chemicals when inhaled, ingested, or absorbed through the skin, can mimic the effects of estrogen in the body or cause estrogen to act in a way that isn't normal.

Remember:

- The average adult is exposed to 126 chemicals every day – just in their personal care products alone.
- What you put on your skin gets absorbed into the blood stream.
- You have a right to know if the products you use contain compounds that may increase your risk of disease, including cancer.

Parabens. Parabens are widely used preservatives that prevent the growth of bacteria, mold and yeast in cosmetic products. Parabens possess estrogen-mimicking properties associated with increased risk of breast cancer. They are absorbed through the skin and have been found in biopsy samples from breast tumors.	They are found in makeup, body washes, deodorants, shampoos and facial cleansers. Preservatives in food commodities and pharmaceuticals.
Phthalates. A group of chemicals used in hundreds of products to increase the flexibility and softness of plastics. The main phthalates in cosmetics and personal care products are dibutyl phthalate in nail polish, diethyl phthalate in perfumes and lotions, and dimethyl phthalate in hair spray. They are endocrine disruptors and are linked to increased risk of breast cancer, early breast development in girls, and reproductive birth defects in males and females.	They are found in deodorants, perfumes/colognes, hair sprays and moisturizers. <i>Phthalates may not be labelled so look for "free-of" label claims if you want to avoid them.</i>
Triclosan. Triclosan is widely used antimicrobial chemical that's a known thyroid and reproductive hormones endocrine disruptor. Has been linked to hormonal disruptions, bacterial resistance, impaired muscle function, impaired immune function and increased allergies..	Triclosan can be found in toothpastes, antibacterial soaps, bar soaps and deodorants.
Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES). This surfactant can be found in more than 90% of personal care and cleaning products (foaming products). SLS's are known to be skin, lung, and eye irritants. A major concern is its potential to interact and combine with other chemicals to form nitrosamines, a carcinogen that can lead to a host of other issues like kidney and respiratory damage.	They are found in shampoo, body wash/cleanser, mascara and acne treatments.

Solutions/Alternatives

- Use brands without these chemicals such as Aubrey Organics, Dr. Hauschka, Suki'sNaturals, Weleda.
- Choose natural ingredients made from vegetable dyes such as henna, annatto, beta carotene, chlorophyll.
- Use pure essential oils instead of perfume.
- Choose products with safer preservatives: grapefruit seed extract; phenoxyethanol, potassium sorbate, sorbic acid, Vitamin E (tocopherol), vitamin A (retinyl), Vitamin C (ascorbic acid)
- Use Mineral based cosmetics and hair dyes with natural vegetable colors.
- Avoid use of paraben-containing preservatives, especially for those breast cancer survivors who are strongly Estrogen Receptor positive.

How to Read Labels: By law all skin care products must be labeled with the ingredients in descending order of their quantity in the product. A good rule of thumb is to divide the ingredient list into thirds: the top third usually contains 90–95% of the product; the middle third usually contains 5-8% and the bottom third, 1–3%.



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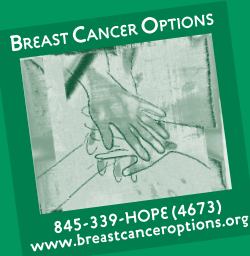
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8	9	10	11	12	13	14
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Inflammation and Cancer

Cancer is caused by internal factors (such as inherited mutations, hormones imbalances and immune conditions) as well as environmental or acquired factors (such as tobacco, diet, radiation, and infectious organisms). Only 5–10% of all cancer cases are due to genetic defects and the remaining 90–95% are due to environment and/or lifestyle factors. This provides major opportunities for reducing the risk of getting many cancers in the first place.

Inflammation is normally a protector of our health, but, when it is prolonged (chronic) it becomes a different story. Chronic inflammation underlies cancer development and growth. Chronic, low-grade systemic inflammation—fueled by excessive belly fat, poor diet, lack of exercise, disrupted hormones, smoking, and gum disease—may explain why lifestyle-linked diseases have reached epidemic levels in Western countries, while remaining rare in the developing world. Chronic inflammation orchestrates the microenvironment around tumors, contributing to proliferation, survival and migration.

INFLAMMATION CONTRIBUTORS

Physical & Mental Stressors: The immune system designed to handle physical stressors like microbes, sprained ankles and hay fever. It is not clear however, how the immune system reacts to the accumulation of other physical stressors—poor nutrition, lack of sleep, stress, food allergies, postural and joint misalignment and foreign substances. When faced with a lot of different stressors the immune system can get caught in a stress hormone–inflammation loop. Research has indicated that mental stressors provide as great a challenge to well-being as physical conditions like influenza or muscle tears. Unchecked and unregulated stress is associated with elevated cortisol levels. Cortisol, is a hormone that is released along with adrenaline as part of the body's "fight or flight" response which is also activated by stress.

Excess Weight. Biochemical imbalances have also been linked to inflammation caused especially by excess intra-abdominal fat. Excessive intra-abdominal fat produces a cortisol response, which tells the body to store fat; this begins a never-ending feedback loop. Elevated cortisol from stress increases insulin and creates abdominal fat. It turns up the production of hormones and pro-inflammatory cytokines and is linked to a number of chronic diseases like heart disease and cancer.

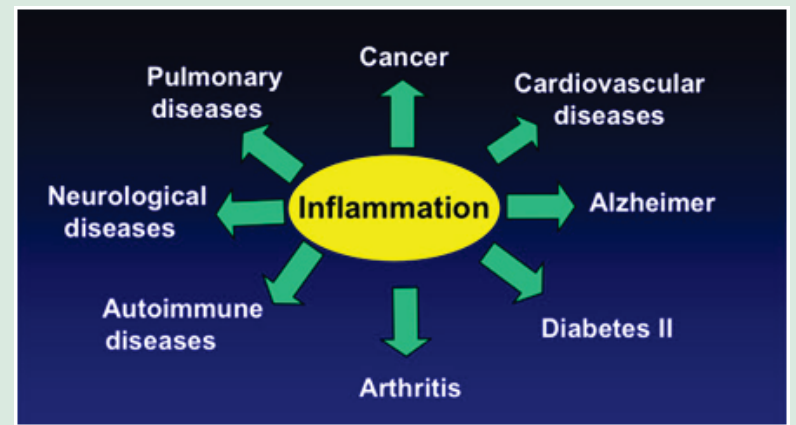
Sleep Deprivation. Lack of sleep increases inflammation in the body. Sleep is a time for the body to recover and repair both mentally and physically. That's why sleep experts recommend getting 7–9 hours nightly to function optimally. Studies indicate that this time period is critical for biochemical balance in substances like growth hormones and cortisol.

Diet: A huge contributing factor to inflammation is the Western comfort food diet, high in saturated and trans fats, simple carbohydrates and animal proteins. Eat a balanced, whole foods diet high in fruits and vegetables, fresh fish and nuts to get antioxidants and omega-3 fatty acids which help control inflammation.

COOLING DOWN INFLAMMATION: The best ways to fight chronic inflammation is to create an active lifestyle with increased exercise, adequate sleep and good nutrition.

It's also important to work at decreasing stress. Exercise and meditation reduce stress which reduces inflammation. By making small changes every day you create a large impact on fighting chronic inflammation. A well rounded program should include exercise, a diet with little or no processed foods, and attention to stress relief. Begin each day with a plan to practice some of these healthful tips.

Anti-Inflammatory foods: Vegetables, fruits, nuts, seeds and healthy oils like olive oil or coconut oil. Avoid processed foods, dairy, wheat and sugar. Good examples of foods to include are apples, berries, broccoli, mushrooms, papaya, pineapple, and spinach. Drink water or herbal tea. Anti-inflammatory supplements: Curcumin, Fish oil, Vitamin D, Spirulina, Boswellia, SAME, Ginger, Bromelain and Bioflavonoids



High cortisol and insulin → Obesity, inflammation → Poor outcomes for cancer survival



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Making Informed Medical Decisions – Understanding Risk

A breast cancer diagnosis can be confusing and frightening. Should I choose surgery or something less invasive? Is this procedure right for me? Should I watch and wait for now? What are the chances that this treatment will work for me? How will it make me feel? How will it change my life? Know which decisions you need to make and when. Get second opinions.

The treatment that is best for one person may not be what is best for another. Make your decisions based on evidence. Make sure you understand your options and that all of your questions get asked and are answered. Informed people feel better about the decision process. Breast cancer feels urgent, but most people can safely take time to make decisions.

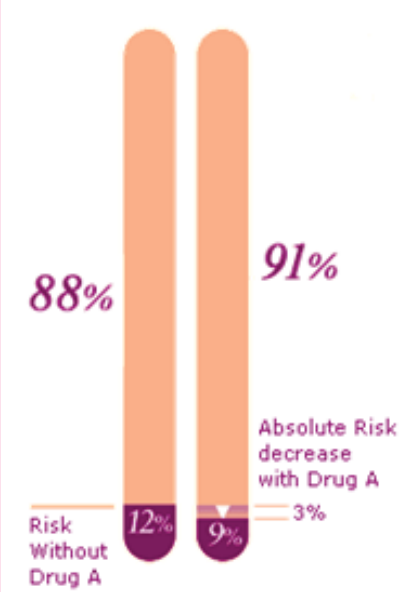
An important thing to remember about risk is that it tells us about the chance of something happening, not that it will or won't. Know your risk: Talk to both sides of your family to learn about your family health history; Ask your oncologist to discuss the ABSOLUTE differences between treatments (or even doing no treatment), especially if the risks are higher with their recommended treatment.

UNDERSTANDING RISK-We often hear news reports that something has been found to reduce the risk of breast cancer, or reduce the risk of dying from breast cancer. These reports are often misleading because they use relative risk numbers, which usually make differences seem greater than they actually are.

Absolute risk reduction is what you need to know. Be sure your doctor speaks in absolute terms. What is the difference?

Absolute Risk is a person's actual chance of developing a certain disease over a certain period of time. For example, in a clinical trial of a cancer drug, 2 in 100 (or 2%) people taking the drug see tumor growth. 4 in 100 (or 4%) of the people not taking the drug see tumor growth. The absolute risk of the patients taking the drug is 2%; the absolute risk of the patients not taking the drug is 4%. The absolute difference is 2% whereas the relative difference is 50%.

Relative risk is used to compare risks between two groups, whereas absolute risk stands on its own. Relative benefit is OK for statistical inferences but it is meaningless for a woman making treatment decisions.



Suppose your risk of breast cancer is 12%, and you decide to take Drug A, which can lower the risk of breast cancer by 25%.

That means your risk of breast cancer with Drug A could be 25% lower than without Drug A. That's the Relative Risk decrease with Drug A.

But how big a difference does a 25% decrease really mean for you? Lowering your 12% risk by 25% drops your risk by 3%.

That 3% is the Absolute Risk decrease for YOU, leaving you with a risk of 9%, if you take Drug A.

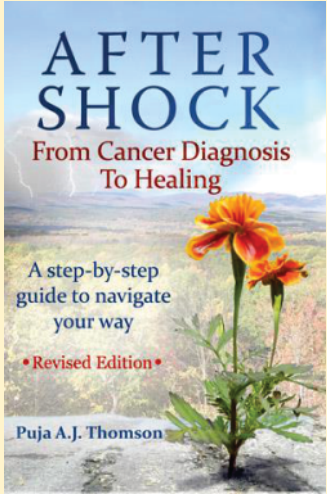
Only you can decide how much and what kinds of risk you can live with. To make these kinds of decisions, people need to know what the risks really are, and how they compare to each other.

Helping to decide about taking a treatment. The decision on whether to take a treatment needs to balance various things, such as:

- What is the absolute risk of getting the disease to start with?
- How serious is the disease?
- How much is the absolute risk reduced with treatment?
- What are the risks or side-effects in taking the treatment?
- How much does the treatment cost?

A cancer diagnosis is never easy.

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September

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Screening Mammograms and Early Detection

At what age should I start having mammograms? How often should I have a mammogram? What are the benefits and harms of mammograms? Before beginning to answer these questions, it's important to understand that there are three basic purposes for the use of mammograms:

- Screening** – mammograms used routinely to detect cancer and/or other breast abnormalities before they can be discovered at more visible stages
- Surveillance** – to closely watch women at high risk of developing breast cancer
- Diagnosis** – mammograms used to analyze abnormalities that have already been detected.

The most publicly cited recommendations for mammograms refer to **screening mammograms for women who are at average risk of developing breast cancer**. Average risk means you have never been diagnosed with breast cancer, don't have a close family history of breast cancer and have no other known risk factors. Women at increased risk are advised to consult with their doctors to develop individualized plans for surveillance and possibly appropriate risk/reduction strategies. The information on this page applies to women at average risk.

Confused? There's good reason for confusion. Respected researchers, clinicians and support organizations don't agree on recommendations for the best start and frequency of screening mammograms. The most frequently referenced guidelines are from: The United States Preventive Services Task Force (USPSTF); American Cancer Society (ACS); National Comprehensive Cancer Network (NCCN); and American College of Obstetricians and Gynecologists (ACOG).

They all agree there should be shared decision making that includes counseling about the potential benefits and/or harms of screening mammograms and discussion of the patient's values and preferences, especially for women between the ages of 40 and 49 years. However, the specific recommendations range from every woman beginning screening mammograms annually at age 40 to not starting screening mammograms until age 50 and then having them every two years. It is also confusing because there hasn't been enough research to develop clear recommendations for when and if a woman can reasonably stop screening mammograms. A couple of the guidelines recommend that they continue through age 74 years. Another says screening should continue as long as a woman is in good health and is expected to live 10 more years or longer. *See resources below for more details.*

Why controversy? In addition to distinct harms associated with screening mammograms, follow-up studies show early detection saves few, if any, women from dying from breast cancer. Some breast cancers can be so aggressive that early detection and treatment don't help. Others may never grow or become life-threatening, but there is no way to distinguish between the two. Some are over diagnosed and over treated. There are also false-positives, false-negatives, inconvenience, anxiety. Potential benefits are different for different age groups. The controversy is over if/when benefits outweigh harms.

How do I decide? Decisions must be very individual. See <https://bcaction.org/site-content/uploads/2010/11/MammographyBrochure.pdf>

Other screening choices?

Clinical breast exam by trained medical personnel is recommended for younger women

Breast Self-Exams: 40% of breast cancers are discovered by women or their partners. Noticing slight changes can send women to the doctor for further testing. Checking one's breast can help detect breast cancers that mammograms miss.

Magnetic Resonance Imaging: MRI is used if a breast problem is detected using mammography, other imaging or physical exam. It offers better sensitivity for breast cancer detection for women who carry a BRCA-1 or BRCA-2 mutation.

Thermography: A non-invasive imaging test that uses an infrared camera to read heat from increased blood vessel flow and metabolic changes which indicate abnormality before a tumor is formed. Lifestyle changes can then be made that may possibly reverse these changes and prevent a tumor from forming. It is FDA approved as an adjunct to mammography. Thermography does not use radiation.

Ultrasound: About 40% of women, usually younger, have dense breast tissue and ultrasound can determine if a suspicious area is a non-cancerous cyst or solid tissue (dense mass).

Looking ahead: The WISDOM Study is underway in California to determine if screening recommendations can be personalized to more or less often than annual based on your medical history, family health history, lifestyle and genes. <https://wisdom.secure.force.com/portal/>

Resources:

- USPSTF - <https://www.uspreventiveservicestaskforce.org/Page/Name/home> (Search the site for 'breast cancer screening')
- ACS - <https://www.cancer.org/content/cancer/en/research/infographics-gallery/breast-cancer-screening-guideline.html>
- ACOG - <https://www.acog.org/Resources-And-Publications/Practice-Bulletins/Com>
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7	8 Columbus Day	9	10	11	12	13
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Non-Toxic Living at Home and Work

The average household and workplace contain about 62 toxic chemicals that are used on a daily basis. We are exposed to phthalates in synthetic fragrances, noxious fumes in oven cleaners, BPA in plastics and register receipts and a host of chemicals in cleaning and personal care products. The ingredients in common household products have been linked to cancer, asthma, reproductive disorders, hormone disruption and neurotoxicity. They get into our bodies through inhalation, ingestion and absorption. Below are the common causes of some of many of the problems.

CLEANING PRODUCTS: Many cleaning products contain harmful chemicals. They contain the sudsing agents diethanolamine (DEA) and triethanolamine (TEA). They form nitrosamines – which are carcinogens and penetrate the skin.
Solution: Make your own. Use baking soda for scouring; vinegar to clean glass

CANNED FOODS: The epoxy resin lining in most canned foods contains bisphenol A (BPA), which leaches into food and into us. Studies show that the amount leached is enough to cause breast cancer cells to proliferate in the lab
Solution: Avoid all canned foods. Choose fresh and frozen over canned foods.

PLASTICS: Many plastics contain hormone-disrupting phthalates, especially polyvinyl chloride, or PVC (usually recycling code 3). Avoid clear, shatterproof plastic that contains BPA (usually code 7). Safer plastics are coded 1, 2, 4 & 5.
Solution: Choose stainless steel, glass and ceramic. Buy PVC free shower curtains.

DON'T MICROWAVE IN PLASTIC: Even "microwave safe" plastic can leach BPA and other chemicals into your food when heated.
Solution: Choose glass or ceramic containers. Cover your food with a ceramic plate or an unbleached paper towel instead of plastic wrap.

CASH REGISTER RECEIPTS: Bisphenol A (BPA) is used in cash register thermal paper receipts. It's a hormone disruptor.
Solution: Do Not take a cash register receipt if you don't need to.

WATER BOTTLES: Bisphenol A (BPA) is used in polycarbonate plastic reusable water bottles. It's found in rigid plastics, the lining of food cans, and other products. BPA is a hormone disruptor.
Solution: Use non-toxic, reusable stainless steel bottles or BPA free plastics.

AVOID DRY CLEANING: Conventional dry cleaning uses perchloroethylene (PERC), formaldehyde, naphthalene, benzene. In addition to long-term effects on health, including cancer, short term exposures to air-borne PERC can cause skin irritation, dizziness and headaches.
Solution: Use dry cleaners that clean with the ecofriendly CO2 process. Or hand wash with unscented fabric detergent for delicates.

AIR FRESHENERS AND SCENTED CANDLES: These contain phthalates and benzene. Women who use solid air fresheners are at higher risk of having breast cancer. (Silent Spring Institute 2010)
Solution: Use beeswax candles scented with essential oils. Fill a small spray bottle with a mixture of four teaspoons baking soda and four cups of water. (You can add essential oils, vanilla, etc) Spray it in a fine mist to neutralizer odors.

CHLORINATED PRODUCTS: Women with breast cancer have 50% to 60% higher levels of organochlorines in their breast tissue than women without breast cancer. Chlorine is found in many city water supplies, paper products, coffee filters, tampons and swimming pools. Harmful effects are intensified when the fumes are heated, as in the shower or dishwasher.
Solution: Use non-chlorine alternatives to bleach for household cleaning, laundry; Use unbleached toilet paper and tampons; Use natural coffee filters; Use a household water filter; Swim in salt water pools.

AIR FRESHENERS AND SCENTED CANDLES: These contain phthalates and benzene. Women who use solid air fresheners are at higher risk of having breast cancer. (Silent Spring Institute 2010)
Solution: Use beeswax candles scented with essential oils. Use odor absorbers made with Zeolite. Fill a small spray bottle with a mixture of four teaspoons baking soda and four cups of water. (You can add essential oils, vanilla, etc) Spray it in a fine mist to neutralizer odors.

PERSONAL CARE PRODUCTS

Parabens (propyl-, isopropyl-, butyl-, and isobutyl-) Widely used in cosmetic products. Mimics estrogen and has been connected with increased risk of breast cancer and reproductive problems in women
Solution: Read the label! Use brands without these chemicals such as Aubrey Organics, Dr. Hauschka, Suki'sNaturals, Weleda

Phthalates: Estrogen-mimicking chemicals used as plastic softeners and solvents. Known endocrine disruptors and linked to increased risk of breast cancer, early breast development in girls,
Solution: Avoid items that say fragrance or perfume on the label; look for "phthalate-free" or "no synthetic fragrance".

RESOURCES

Download the Think Dirty App. www.thinkdirtyapp.com. Consumer can identify the potential risks associated with the personal care products they use every day. Think Dirty focuses exclusively on the chemical content of the products in question.

Environmental Working Group Skin Deep Cosmetic Database www.ewg.org/skindeep. Provides the consumer databases with easy-to-navigate ratings for a wide range of products and ingredients on the market. Gives alternatives to use.

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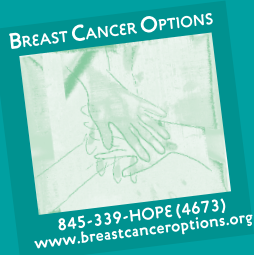
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S	M	T	W	T	F	S
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Breast Cancer Advocacy: Making a Difference

Advances in science and technology have increased options for treating breast cancer, but it is advocates that have changed the way people deal with this disease. Women are no longer simply passive patients, but rather they are survivors, informed consumers, advocates and activists who are speaking up for themselves and others and speaking out for issues relevant to the treatment and prevention of breast cancer. Becoming an advocate helps them get through their breast cancer experiences and gain a feeling of control over their lives.

Advocates help develop patient friendly materials and facilitate community outreach and education. Educated activists review proposals and question researchers on whether the study will have meaningful impact or lead to a significant improvement in outcomes. It is up to us to make sure that researchers are thinking about how their work will help all survivors.

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Why is Self-Advocacy Important?

By being an educated cancer consumer/advocate, you can impact the quality of your life and the health care you receive.

- Advocacy helps you regain some control in your life.
- Advocacy is confidence building and can improve your quality of life.
- Commitment to shared responsibility with your medical team can contribute to the goal of physical, emotional, and mental health.
- "An informed consumer is our best customer." This is especially true when dealing with cancer. Information seeking skills are developed by educating yourself as thoroughly as possible about your cancer, your treatment options, possible side effects and available support services.
- Developing communication skills can help you organize your thoughts before you speak. Learn how to talk to your doctors so you can get your questions asked and answered.
- Problem-Solving skills or decision-making skills are essential to the process of becoming an active, rather than passive, survivor. Learn to identify the problem and know how to articulate it – whether it is a treatment decision or a clinical trial; what physician to choose; and so on.
- Negotiation skills are necessary in every aspect of life, whether dealing with cancer or any other challenging life circumstances. Some of us are better at negotiation than others, but all of us can achieve some degree of skill in this area.

PINKWASHING—Most people are aware of the message “early detection saves lives” and the month of October’s staggering array of Pink Ribbon “cause marketing” promotional campaigns and company tie-ins labeling every conceivable consumer item “for the Cure”. When these companies use known or suspected cancer causing ingredients in their products, which many - if not most - do, the practice becomes “pinkwashing”. These companies need to decide if they want to be part of the problem or part of the solution. Their supported research focuses primarily on detection and treatment with less than 10% of research dollars invested in a goal of prevention of breast cancer.

YOU CAN MAKE A DIFFERENCE! Ask questions and find out where the money is going. Advocacy is a tool for change. Early detection and better treatments are not enough! Despite all of our advances, about 25% of the women who are diagnosed and treated for early-stage breast cancer will later learn that their cancer has spread to other organs. Learning to treat early breast cancer so that it doesn't spread and to manage advanced breast cancer is essential, but, we must understand and eliminate what causes breast cancer in the first place.

Advocates have changed the conversation, challenging corporations; the pharmaceutical industry; local, state and federal legislators; healthcare institutions and providers; health agencies and the media. Advocacy organizations such as The New York State Breast Cancer Network, Breast Cancer Action, Breast Cancer Fund, the National Breast Cancer Coalition, and Silent Spring Institute, among others, have waged many effective advocacy campaigns and have been instrumental in changing business practices and policy, helping to pass legislation to protect the public from toxic exposures and inequities in medical care.

Join with others through local organizations, such as Breast Cancer Options and those mentioned here to work with community leaders, scientists, clinicians and elected officials at all levels to advocate for research, regulations and laws that benefit cancer patients.

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December

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30	New Year's Eve 31	Christmas Day 25	Kwanzaa 26	27	28	29



About Breast Cancer Options

If you have breasts or know someone who does... Please show your support.

BREAST CANCER OPTIONS

is a grassroots, nonprofit organization and the largest provider of peer support, advocacy and education services in the Hudson Valley. Diminishing foundation and government funding threatens our services

We need contributions more than ever from individuals like you to accomplish our work.

Please send a check payable to

Breast Cancer Options
101 Hurley Avenue, Suite 10
Kingston, NY 12401

...or make a credit card donation online on our web site

www.breastcanceroptions.org

...or call us at

845-339-HOPE (4673)

Thank you

Breast Cancer Options is a non-profit, tax exempt 501(c)3 corporation.

All donations are tax-deductible and truly appreciated!

All of our services are free.

BREAST CANCER OPTIONS (BCO) is an organization of breast cancer survivors, advocates and healthcare professionals who understand that when you are diagnosed with breast cancer, you are suddenly faced with some of the most important decisions you will ever make about your own healthcare. When you explore your options, we want you to understand:

- You do not have to face all this, including physician visits, by yourself.
- You are important and deserve answers. We will help you get them.
- What information and sources are credible and reliable.
- Which lifestyle changes and complementary therapies can be integrated in treatment.

SUPPORT

- Companion/Advocate Program – Trained, knowledgeable and sympathetic breast cancer survivors can accompany newly diagnosed patients to medical visits.
- Peer-led support groups – Community-based in Ulster, Dutchess, Greene, Columbia, Sullivan and Orange counties. See our web site or call for locations and times.
- Camp Lighthouse – A free sleepover camp for children who have or have lost a mom with breast cancer.
- Retreat for women with metastatic breast cancer.
- Massage Clinics – Held in conjunction with our support groups.
- Telephone and e-mail consultations – Questions are answered with information from reliable sources.
- Peer-to-Peer Mentoring – Talk to someone who has gone through the same experience.

EDUCATION/INFORMATION

- Annual Healthy Lifestyles Calendar
- BCO News e-mail updates: Disseminated weekly to Breast Cancer Survivors and Healthcare Professionals all over the world.
- Breast Cancer Options web site offers a variety of up-to-date information and resources.
- Annual Complementary Medicine Conference: Top professionals in complementary and integrative therapies speak and present workshops on the most current modalities.
- Healthy Lifestyles Program: A series of workshops to look at the ways we can make small, easy changes in our daily lives to improve our health after a cancer diagnosis.

ADVOCACY

- BCO is an advocate for breast cancer patients at the regional, state and national levels.
- We can help with referrals for insurance and legal problems.
- BCO is a member of the New York State Breast Cancer Network.

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Hope Nemiroff

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16 Steps to a Healthier Life for You and Your Family

A growing body of evidence shows that healthy lifestyle factors like a good diet and regular exercise provide significant benefits, possibly offering protection against cancer recurrences about on a par with chemotherapy and the newer hormonal and drug treatments. If you combine these risk-reducing habits and also limit your exposure to toxins you will benefit even more.

1 Exercise! Breast cancer patients will be 50% less likely to die from the disease than sedentary women if they exercise on a regular basis. Women undergoing treatments for breast cancer benefit from moderate intensity, regular aerobic activity.

2 Control your weight. Weight is a bit confusing. If you are overweight before menopause, your risk of breast cancer is lower than average. If you are overweight after menopause, your risk of breast cancer is higher than average.

3 Spend eight hours a night in darkness to encourage normal melatonin levels. The hormone Melatonin is released at night and has cancer-fighting properties. It's the reason you get sleepy when it's dark and research indicates that melatonin also puts cancer cells to sleep. Make sure you get regular exposure to bright light during the daytime.

4 Cut down on EMR Exposures. Exposure to the energy fields generated from cell phones, night lights and electrical devices disrupt hormones. Sleep at least 3-5 feet away from outlets; unplug devices. EMFs can disrupt your pineal gland and melatonin production. Turn off the WiFi at night

5 Eat an organically grown diet whenever possible. Your diet should contain fruits and vegetables, complex carbohydrates, organic protein and healthy-fats. Breast cancer has been linked to some pesticides used on non-organic fruits and vegetables and estrogen-like hormones used in raising livestock.

6 Avoid bleached products, i.e. coffee filters, paper, napkins, toilet tissue and tampons. Using bleached coffee filters alone can result in a lifetime exposure to dioxin that exceeds acceptable risks. The FDA detected dioxins and dozens of other substances in conventional tampons.

7 Avoid carrying your cellphone anywhere on your body. When your phone is on it emits radiation intermittently even when you are not making a call. Wearing a cellphone tucked into your bra or in your pocket for hours a day gives those areas of your body continuous radiation exposure.

8 Drink filtered or bottled water, not city water that contains chlorine and fluoride. A simple water filter can now serve as a valuable safeguard against toxic substances and cancer.

9 Do not use pesticides or herbicides on your lawn or garden. They mimic estrogen, a known breast cancer risk factor. A cup of salt in a gallon of vinegar will kill weeds.

10 Use wet cleaning rather than dry cleaning which contains PERC (perchloroethylene). If you must use traditional dry cleaning, open the plastic bags on your clothing and air them out before putting them in a closet or on your body.

11 Use personal care products without chemicals like parabens or phthalates. They disrupt normal hormone function and are found in many personal care products. By law all skin care products must be labeled with the ingredients in descending order of their quantity in the product

12 Avoid alcohol. Regular, moderate use of alcohol affects the levels of important female hormones. Two to five drinks per day may be associated with a 40% higher rate of breast cancer than in non-drinkers. Women who choose to drink can lower their risk of developing breast cancer by taking 400 mcg. of folic acid or eat a folate rich diet.

13 Reduce or eliminate purchase of plastic products. Some plastics leach hormone-disrupting chemicals into whatever they come in contact with. Polyvinyl chloride (PVC) plastics are dangerous and used in toys that children put in their mouths. Only buy child safe toys.

14 Avoid PBDEs (polybrominated diphenyl ethers) found in electronic equipment and furniture. They are endocrine disruptors linked to reproductive damage, affect thyroid hormones and may cause cancer. They are flame retardants often added to polyurethane foam, various plastics, and electronics equipment. Choose carpet pads, bedding, cushions, and upholstered furniture made from natural fibers including wool, cotton, and hemp.

15 Learn how to handle stress. Levels of the stress hormone cortisol rise with increased stress. High cortisol levels suppress immune response by reducing natural killer cell activity. These cells are important in surveillance against malignant cells and for destroying viruses and tumor cells.

16 Learn to read labels; become an informed consumer.