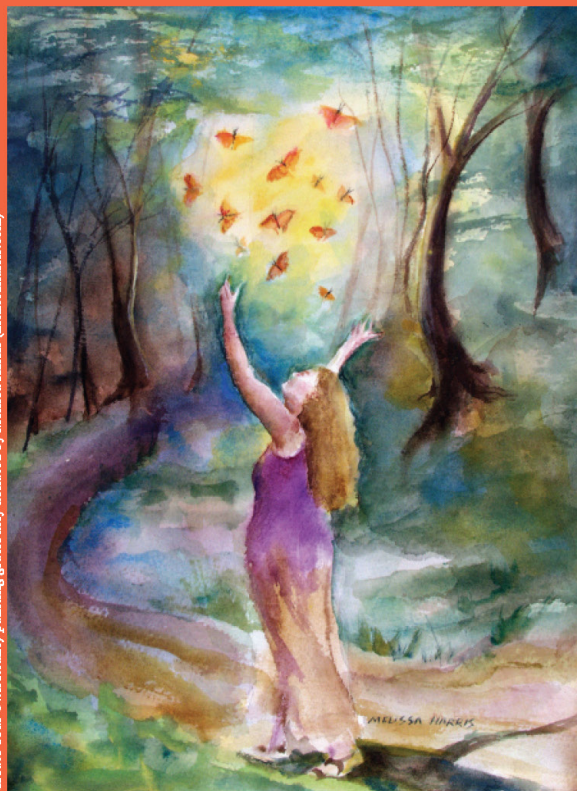


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101 Hurley Avenue
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Kingston, NY 12401



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

2020 Calendar

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



The Importance of the Precautionary Principle – Better Safe Than Sorry

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. Mounting evidence points to hazardous chemicals in our everyday environment as important—and often overlooked—contributing factors. We are exposed to these chemicals in the air we breathe, the food we eat, the water we drink, and the products we use. Many of them have been linked with breast cancer. Focusing our efforts on prevention presents a tremendous opportunity to stop breast cancer before it starts. The precautionary principle aims to prevent harm from the outset rather than manage it after the fact. We also know that adopting just a lifestyle approach to preventing breast cancer and other cancers does not work because the majority of breast cancers cannot be explained by just lifestyle factors. We have to look elsewhere for the causes of these cancers.

Research in 'The Fight Against Breast Cancer', however, focuses on treatment and cure. While both are important, they are both "after the fact" and generally detached from prevention or risk reduction. After decades of pink ribbons, we have become hyper-aware of breast cancer, however there is no other disease that we try to eradicate by going shopping. Other diseases such as heart disease and diabetes adopt a public health education approach. They advocate not only for early screening and diagnosis but often primarily focus on prevention - based behavior and healthy lifestyle choice factors like diet, smoking and weight control as well as considering genetic factors and toxic environmental exposures.

Some Facts:

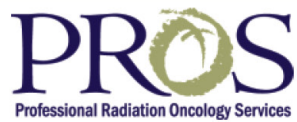
- We don't know YET how to prevent breast cancer.
- Today, breast cancer is the most prevalent type of cancer in women and the leading cause of cancer deaths among women aged 40 to 55.
- Despite better treatments and increased access to care, 40,000 women still die from the disease each year.
- In the 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 of environmental causes.
- A study of newborns done by the Environmental Working Group detected 230 chemicals in umbilical cord blood: The industrial pollutants in the cord blood were lead, mercury and polychlorinated biphenyls (PCBs)
- 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. Read product labels and don't purchase a product that can harm you or your family;
- ✓ Select alternatives least harmful to the environment and human health; be particularly vigilant with products for children including toys, food and clothing;
- ✓ Help lower your risk of harm by making responsible health choices: eat a healthy diet; learn how to deal with stress; integrate exercise into your life; identify and lower your exposure to environmental risk factors; advocate for what you believe



We need to do everything we can NOW to eliminate the chance that our daughters and their daughters will ever get breast cancer.



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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January

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Breast Cancer is Not Simply One Disease - Making Informed Medical Decisions

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?

The treatment that is best for one person may not be what is best for another. Make your decisions based on evidence-based information. 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.

Gather information and ask questions: Ask your doctor which choices you need to make and when. You don't need to decide everything at once but one choice may affect all your other choices. Write down your questions and bring someone with you for support and to take notes. Your doctor should be supportive and receptive to open discussion of your options. Get copies of all your records so you have all the information you need to research your case. Find out what tests were used to arrive at the diagnosis and if other tests are planned. Ask your doctor if these are your only choices.

Get second opinions: Getting a pathology second opinion and second opinions for treatments will help you choose a course of care. New developments in treatments are happening so fast that it's impossible for every doctor to be aware of all the most up-to-date ways to deal with the disease. See a specialist who has lots of experience in treating your type of cancer. Studies show that treatment by a specialist resulted in a 33% reduction in the risk of death at 5 years.

What You Should Know About Gene Expression Tests

Stage, Status, Tumor Size and Sub-type are factors that help determine a diagnosis - Breast cancer is extremely complex and not a one-size-fits-all disease. It's classified into different types based on the unique characteristics of each tumor, including the subtype, size, lymph node status and stage. Knowing about these types will empower you to make informed treatment decisions. Genomic tests analyze a sample of a cancer tumor to see how active certain genes are. The activity level of these genes affects the behavior of the cancer, including how likely it is to grow and spread. They help patients decide about whether more treatments after surgery would be beneficial. Some testing can help predict which women will most likely benefit from chemotherapy after breast surgery. Hormone therapy is a standard treatment for hormone receptor-positive breast cancers, but it's not always clear when to use chemotherapy. Gene expression tests can help guide a decision. Not every person with a diagnosis requires testing evaluation. For many, there is enough information from biopsy and surgery to decide what the best treatment plan should be. These tests can be helpful in reducing overtreatment and toxicity.

The **Oncotype DX** and **MammaPrint** look at different sets of breast cancer genes. They are usually used for early stage cancers, and testing isn't always needed. For example, if breast cancer is advanced, it might be clear that chemotherapy is needed, even without testing. **Oncotype** gives a graded scale of risk broken up into low, intermediate, and high risk categories; **MammaPrint** is either low or high risk. **Oncotype** is applicable only to estrogen receptor (ER)-positive tumors; **MammaPrint** can be used for both ER-positive and ER-negative tumors.

Oncotype DX - It is used for stage I, II or IIIa hormone receptor-positive tumors that have not spread to more than 3 lymph nodes and are HER2 negative. It looks at a set of 21 genes in cancer cells from tumor biopsy or surgery samples to get a "recurrence score," which is a number between 0 and 100. The score reflects the risk of the breast cancer coming back (recurring) in the next 10 years and how you benefit from chemo after surgery.

- A low score (0-25) means a low risk of recurrence. Most women with low-recurrence scores do not benefit from chemotherapy and have good outcomes when treated with hormone therapy.
- A high score (26-100) means a higher recurrence risk. Women with high-recurrence scores are more likely to benefit from the addition of chemotherapy and hormone therapy to help lower the chance of the cancer coming back.

For women age 50 or younger who have a low recurrence score of 16-25, there might be a small to moderate benefit from the addition of chemotherapy.

Oncotype DX DCIS test analyzes the activity of 12 genes and then estimates a woman's recurrence risk of DCIS (ductal carcinoma in situ) and/or the risk of a new invasive cancer developing in the same breast, as well as how likely she is to benefit from radiation therapy after DCIS surgery.

MammaPrint - Can be used to help determine how likely breast cancers are to recur in a distant part of the body after treatment. It can be used for any type of invasive breast cancer 5cm or smaller that has spread to no more than 3 lymph nodes. It can be done regardless of the cancer's hormone and HER2 status. It looks at 70 different genes to determine if the cancer is at low risk or high risk of recurring in the next 10 years. The test results come back as either "low risk" or "high risk." This test is also being studied as a way to determine whether certain women might benefit from chemotherapy. MammaPrint offers a comprehensive look at genomic anatomy in breast cancer. BluePrint, the companion assay, is the only test that provides molecular subtyping, analyzing 80 additional genes. It helps MammaPrint uncover hidden tumor biology to determine what is driving the tumor's growth, affording information beyond what is included with traditional breast cancer testing.

Not all women with breast cancer need chemotherapy

Learn more at OncotypeDX.com
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February

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9	10	11	12	13	Valentine's Day 14	15
16	President's Day 17	18	19	20	21	22
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The Benefits of a Plant-Based Diet

No one food can cure cancer however, research shows that plant-based foods reduce the risk of cancer and strengthen the chance of survival after diagnosis. Studies suggest that simple lifestyle changes such as following a healthy plant-based diet, could prevent 30–50% of all cancers. There is no single superfood that can prevent cancer. A holistic dietary approach is likely to be most beneficial. Eating the optimal diet for cancer may reduce your risk by up to 70% and help in recovery from cancer as well.



The best cancer-fighting foods: Apples; Berries; Cruciferous vegetables (broccoli, kale; cabbage, Brussel sprouts); Carrots; Fatty fish; Walnuts; Legumes; Garlic.

Foods to avoid: Deep fried, grilled, barbequed, baked meats (subjecting animal protein to high heat creates carcinogenic byproducts). Red meat & processed meats such as bacon, ham, sausages are linked to an increased cancer risk. Avoid sugar and refined carbohydrates. They cause higher levels of blood glucose and insulin which can stimulate cell division, supporting the growth and spread of cancer cells.

Why you should eat organic: Many pesticides and herbicides sprayed on fruits, vegetables and grains are “estrogen mimics” and can stimulate the growth of breast tumors and cause hormonal imbalances in people. Organic food is grown

without chemicals, hormones or antibiotics and has been found to be much higher in nutrients than foods grown in commercially fertilized, nutrient-depleted soil. Organic eggs, dairy products and meats are higher in nutrients, and free of the estrogen-like hormones and antibiotics that are fed to the animals. Avoid genetically modified foods as the long term risks are unknown.

Some of the key anti-cancer food groups include:

Vegetables: Studies have linked a higher consumption of vegetables to a lower risk of cancer. Many vegetables contain cancer-fighting antioxidants and phytochemicals. Cruciferous vegetables, including broccoli, cabbage and cauliflower, contain sulforaphane, a substance that has been shown to reduce tumor size by more than 50%.

Fruit: Similar to vegetables, fruits contain antioxidants and other phytochemicals, which may help prevent or reduce cancer.

Flaxseeds: Flaxseeds have been associated with protective effects against certain cancers and may even reduce the spread of cancer cells. Studies have shown taking 4 1/4 tablespoons of ground flaxseed daily showed slower prostate and breast cancer cell growth.

Spices: Curcumin, present in turmeric, may help fight cancer. Studies found that 4 grams of curcumin daily reduced potentially cancerous lesions. Garlic, ginger, allium are also helpful.

Beans and Legumes: They are high in fiber. Studies suggest that higher intakes may protect against different cancers. One study found that those eating the most legumes had up to a 50% lower risk of certain cancers.

Nuts: A study of 19,000 people found that those who ate more nuts had a reduced risk of dying from cancer.

Olive Oil: Studies show a link between olive oil and reduced cancer risk. Observational studies found that people who consumed the highest amount of olive oil had a 42% lower risk of cancer compared to the control group.

Fish: Eating fresh fish 2-3 times a week can help protect against cancer, possibly due to healthy fats that can reduce inflammation. A review of 41 studies found that regularly eating fish reduced the risk of cancer by 12%.

Dairy: The type and amount of dairy consumed are important: fermented milk products and milk from grass-fed cows, may have a protective effect.

Cancer Fighting Soup: Jenny Jones The most protective vegetables known to cancer research are all in this delicious and easy to make soup.

Ingredients:

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 clove of garlic, crushed
- 4 cups chicken stock or vegetable stock
- 1 cup cabbage - coarsely chopped
- 1 cup cauliflower - bite size pieces
- 1 cup carrots - 1/4-inch slices
- 1 cup kale - thinly sliced
- 1 cup broccoli florets
- 3/4 cup canned diced tomatoes, no salt, lightly drained (or cherry tomatoes)
- 1/2 teaspoon salt + pepper to taste

Instructions:

1. Heat oil in a medium soup pot. Saute onion & garlic for 2 minutes.
 2. Add stock, cabbage, cauliflower, carrots, kale.
 3. Bring to a boil, cover, reduce heat. Cook for 8 minutes.
 4. Add broccoli, tomatoes, salt & pepper. Cook 2 minutes
- Prep Time 15 minutes- Makes 4-5 servings

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At The UltraWellness Center, we are committed to helping you reach optimal health and vitality by identifying the unique underlying causes of disease and treating them. Our team of physicians, nurses, and nutritionists work with each patient to move toward their best health.

We work with cancer patients to help create an environment in their body where cancer is less likely to grow. For those who are in treatment we work with the oncologist team and focus on nutrition and lifestyle modification to strengthen the immune system, enhance detoxification and support the patient through their treatment. Post treatment, we work to decrease the risk of recurrence.

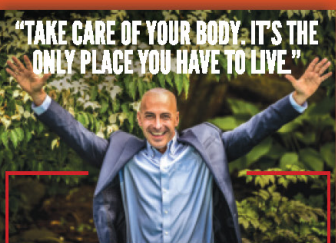
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Daylight Savings Begins Spring Forward 8	9	10	11	12	13	14
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The Financial Impact of Breast Cancer



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Cancer treatment can be very expensive, even if you have health insurance. For many cancer survivors, the cost of diagnosis and treatment can have a lasting financial impact. Here are some of the financial issues faced by cancer survivors:

- Cancer treatment costs not covered by insurance and out-of-pocket payments can result in significant debt that lasts long after treatment has ended.
- Survivors who can no longer work may lose health, disability and life insurance benefits provided by their employer.
- Difficulty finding a job that offers health, disability and life insurance benefits.
- Insurance companies may not pay for treatments that they consider experimental, such as treatments done as part of a clinical trial.
- Patients who receive treatment outside their hometown or state face additional costs of travel, lodging, meals and other living expenses.

Medical bills can completely overwhelm a family when illness strikes. 25 million people hesitate to take their medications in order to control medical costs.

According to the Kaiser Family Foundation medical debt is the No. 1 source of personal bankruptcy filings in the U.S.

- 56M Americans under age 65 will have trouble paying medical bills. This is the reason most Americans file for bankruptcy.
- Studies found that 66.5% of all bankruptcies were tied to medical issues – either because of high costs for care or time out of work.
- Most people do not realize that their health insurance may not be enough to protect them.

Tips to Lower Medicine Costs: Medications can be a major expense for people with cancer. Make sure you take a look at your insurance plan's prescription coverage to see what's covered and what's not – and how much you can expect to pay out of pocket. If you're having trouble, get help from your insurance plan or a patient financial counselor at your hospital.

These strategies also may help:

- **Ask your doctor or pharmacist about generic medicines.** They are usually less expensive than brand name medications.
- **Ask your doctor for samples of any medicines you're prescribed.** Samples might not be available for all medicines.
- **Ask if the form of the medication affects your cost.** Oral chemotherapy medications —taken by mouth in pill form —are more convenient, but they cost more than medications given intravenously. A medication taken at home or given in a physician's office might not be reimbursed in the same way that a hospital-based treatment is.
- **Shop around.** Call the pharmacies in your area to check the prices of the medicines you've been prescribed. You may find that some larger stores have lower prices for commonly prescribed pain medicines and antibiotics. Ask if your insurance plan offers a mail-order prescription medication option that might cut down on your costs.
- **If a medication isn't covered, ask your pharmacist about alternatives.** They may be able to suggest a medication that does the same thing as the one your doctor recommended – and is covered.

Medicine assistance programs: Many pharmaceutical companies have set up programs to help people get the medicine they need at a reduced cost, or no cost in some cases. Some offer assistance with getting medications covered through your insurance company. Other organizations offer help paying for medicines and other treatments to people in need. Below are some of the most well-known programs and organizations. You may need to meet certain age or income requirements to enroll in some of these programs

Prescription Savings Cards Vary by Pharmacy - ie. Letrozole 2.5 MG Tablet cost \$11.66 at Shoprite and \$158.60 at Rite Aid. The free cards will tell you where you can buy at the cheapest price. Additional coupons are sometimes available on their websites.

New York Prescription Assistance Program – <https://newyork.prescriptionassistance.info>

WellRX: Find the lowest price for your medication at more than 62,000 pharmacies. www.wellrx.com

Partnership for Prescription Assistance – www.pparx.org

Discount Drug Network has a network of over 66,000 pharmacies in the United States. Use their mobile app to search for local pharmacies and discounted prescription prices. www.discountdrugnetwork.com

GoodRx-<https://www.goodrx.com>

RxHope-www.rxhope.com

NeedyMeds-www.needymeds.org

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Vitamins, Herbs and Supplements – What We Know and Don't Know

Eating a well-balanced diet is the preferred way to get a wide variety of antioxidants and vitamins and the use of dietary supplements among cancer patients is common. Patients also often take high doses of supplements which can actually have detrimental effects. The use of these products is often not shared with their cancer doctors. Many oncologists tell patients not to use any supplements during treatment because of the fear that they will interfere with treatments, either weakening the effectiveness of chemotherapy or by causing side effects that affect the body's uptake of the drugs. **The current thinking on vitamins and antioxidants is that people should not take high doses of these nutrients while they are undergoing cancer treatment as well as when treatment stops. 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.**

Herbal supplements that can disrupt the toxicity-efficacy balance of chemotherapy: Echinacea, curcumin, St. John's Wort, Valerian root, Allium.

Probiotics might have beneficial effects on toxicity of anticancer treatments especially radiation therapy. Reported trials vary in tested probiotic strains and dose. The vast majority are small trials with substantial risk of bias.

Glutamine – It has helpful effects on the gastrointestinal tract and may help relieve side effects such as mouth sores and diarrhea. It has a protective effect on nerves

Resveratrol – It has an anti-tumor effect with various types of cancer. Improves chemotherapy success and reduces side-effects; it also increases glutathione levels which help oxygenate and restore healthy cells.

Maitake D-fraction – Maitake beta-glucan fractions appear to help reduce the side effects of conventional chemotherapy (and radiation) as well as enhancing its effectiveness. Small studies show that maitake extracts slow the growth of tumors and stimulate certain immune cells.

IV (Intravenous) Vitamin C – Clinical trials have shown that high-dose IV vitamin C is safe and well tolerated in cancer patients receiving chemotherapeutic agents. In one trial, IV vitamin C was given during chemotherapy and for 6 months after chemotherapy ended. Patients who received IV vitamin C had fewer side effects.

Ave ULTRA – A wheat germ extract that helps to promote immune system balance by promoting optimal NK cell targeting ability and the coordinated response of macrophages, B-cells and T-Cells. It shows efficacy in reducing treatment side effects, supports healthy cell metabolic regulation and induces cell apoptosis. There are ongoing studies.

Vitamin D – Higher levels of vitamin D are associated with reduced incidence rates of breast cancer. Vitamin D (calcitriol) is a hormone promoting normal cell growth and differentiation throughout the body. It helps to maintain hormonal balance and a healthy immune system. Testing vitamin D level is recommended. The best way to raise vitamin D levels is to allow some exposure of your skin to the sun. Sunblock with SPF of 15 or higher will block 100% of vitamin D production. Most people can generally supplement with 2000 IU vitamin D3 daily.

Curcumin – Curcumin is best used before or after chemotherapy with caution given to its use during chemotherapy. It may interfere with chemotherapy's ability to kill cancer cells. It could decrease the effectiveness of chemotherapy. — or increase the side effects and toxic results.

Fish Oil – Fish oil reduces inflammation and may potentially slow cancer progression. A JAMA Oncology study suggests that fish oil may reduce chemo's effectiveness, possibly increasing resistance within cancer cells.

Green Tea – Green tea may pose a concern with some very specific chemotherapy drugs and may negate the benefits of certain anti-cancer 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). Use organic green tea to avoid pesticide contamination.

Milk Thistle – Increases the toxic effect of chemotherapy drugs against cancer cells; appears to lessen toxicity against healthy cells. May protect the liver from toxic effects of chemotherapy.

Vitamin E – May prevent oral mucositis induced by chemotherapy or radiation.

Natural Aromatase Inhibitors – They are used to stop the production of estrogen in post-menopausal women who have estrogen receptor positive breast cancer. The three aromatase inhibitors commonly prescribed are Arimidex, Aromasin and Femara, but these medications can produce problematic side effects and not all patients can take them.

- Natural aromatase inhibitors include flavones, resveratrol (found in grapes and red wine); oleuropein (in olive leaf) and Chrysin, (found in Passiflora incarnate, aka passion flower). Green tea and black tea (200microL/mL) also decreases aromatase activity. Ellagic acid found in pomegranates inhibits aromatase. The metabolite, Urolithin B, significantly inhibited cell growth and has the potential to prevent estrogen-responsive breast cancers. Studies are ongoing.

It is important to let your doctors know what you want to take when undergoing cancer treatments as well as when treatment ends. Research the supplement thoroughly on a reputable site like PubMed.Gov or Google Scholar and bring the study or studies to your doctor to make your case.

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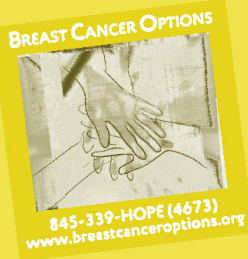
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31	25 Memorial Day	26	27	28	29	30



Personal Care Products: What to Avoid – What is Safe to Use

Chemicals linked to breast cancer are found in everyday products that we use on our bodies, in our homes, in the food we consume, as well as in air, dust and water. Some are known to cause cancer, while others disrupt the body's hormones. These substances are added to personal care products to enhance their features and to make them last longer. Parabens, phthalates and other hormone disrupting chemicals are found in cosmetics, beauty products and absorb into women's bodies. Brands using these chemicals are sold by many of the same companies that raise money for breast cancer awareness. It makes absolutely no sense at all to have your ovaries surgically removed for prophylactic purposes, take an estrogen blocking drug or estrogen reducer and then use a product containing parabens, phthalates or chemicals that mimic the function of the hormone estrogen. The average person uses 12 personal care products and is exposed to 126 chemicals daily. Anything absorbed by the skin goes directly into the body. Some substances on the skin are absorbed 10 times more than an oral dose.

Chemicals to Avoid	Products We Use	Health Effects	Solutions/Alternatives
Phthalates – Used to make fragrance and soften plastics. Absorbed through your skin.	Preservative used in soaps, shampoos, cosmetics, beauty and skin care products, and cleaning products. Toys, vinyl flooring and wall coverings, blood bags and tubing, nail polish, hair sprays, aftershave lotions, soaps, shampoos.	Accumulate in organs; women aged 20-50 have the highest levels. Young children developed breasts from exposure. Impact reproduction and male fertility. Can alter sperm quality, sperm count and damage the testes. Phthalates don't appear on the label so look for products labeled "phthalate free"	<ul style="list-style-type: none"> • Use brands without these chemicals such as Aubrey Organics, Dr. Hauschka, Suki's Naturals, 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 • Use Mineral based cosmetics & hair dyes with natural vegetable colors. • Avoid use of paraben-containing preservatives, especially for those breast cancer survivors who are strongly Estrogen Receptor positive. <p>✓ How To Read Labels - By law all skin care products must be labelled with the ingredients in descending order of their quantity in the product. A good rule of thumb is to divide the ingredients into thirds: The top third usually contains 90-96% of the product; the middle third usually contains 5-8% and the bottom third usually contains 1-3%.</p>
Parabens – used as preservatives in many personal care products. Includes propyl-, isopropyl-, butyl-, and isobutyl	Preservatives used in cosmetics, skin care products, soaps, sunscreens, shaving/styling gels, toothpaste, shampoo, conditioners cleaning products and baby products to extend shelf life.	They mimic estrogens associated with increased risk of breast cancer. Can impact our endocrine system. Collect in breast tissue and can stimulate the growth of breast cancer cells. Can impact male reproduction too. May damage DNA.	
Triclosan is an anti-bacterial and antifungal found in soaps, body washes, hand sanitizers, toothpaste and cosmetics.	Soaps, body washes, hand sanitizers, toothpaste and cosmetics.	Linked to skin sensitivity, liver damage, hormone disruption and may cause cancer. The chemicals in them disrupt our microbiome (which is essential for gut health), impact antibiotic resistance and aren't more effective than soap and water.	
BPA – Bisphenol A - Epoxy resins used to coat the inside of metal products, such as food cans, bottle tops and water supply lines.	Found in plastics, canned goods, heat-sensitive paper (used in gas station, grocery stores & restaurant receipts), used in polycarbonate plastic reusable water bottles, in rigid plastics, lining of food cans.	It has been linked to breast cancer, obesity, early puberty, and heart disease. It's a hormone disruptor. About 93% of Americans have BPA in their bodies. Studies show that the amount leached is enough to cause breast cancer cells to proliferate in the lab.	
Sodium lauryl sulfate (sls) The foaming agent in many products: Shampoo, Conditioner, Lotion, Hand Soap, Face and Body Wash:	Toothpaste, shampoo, dish & liquid hand soap, bubble bath, body washes, beauty products, cleaning products, degreasers. Lathering agents make our soaps sudsy and frothy.	Can cause severe skin irritation and can be contaminated with 1,4-dioxane, a known carcinogen. It can build up in the brain, heart, lungs and liver.	
Fragrance – This is an umbrella term for thousands of chemicals that are untested and potentially unsafe.	Used in soaps, shampoos, beauty care and skin care products, and cleaning products.	May interact with other chemicals to produce hidden carcinogens. Triggers allergic reactions, respiratory issues, headaches and hormonal disruptions.	



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Flag Day 14	15	16	17	18	19	20
Father's Day 21	22	23	24	25	26	27
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Therapies that May Help with Cancer Treatment Side Effects

The side effects you may experience will depend on the type, location, and extent of your breast cancer and the treatment you receive. Side effects are very individual and may not be the same for two people with similar diagnoses that are receiving the same treatment. They may even vary for the same individual from one treatment session to the next. Some side effects may show up immediately and go away when treatment ends and some may continue when treatment ends. Some may show up long after treatment has stopped. People use complementary therapies to reduce the side effects of cancer treatment, improve their physical and emotional well-being and help with their cancer recovery. Therapies can include: Nutrition, Exercise, Massage, Supplements, Mind-Body Practices, Acupuncture.

Managing Fatigue from Chemotherapy and Radiation: The best remedy for fatigue is exercise. This has been shown in studies. It is important to make sure there are no underlying medical issues adding to the fatigue, such as anemia, iron deficiency or low thyroid function. Most often it is just "cancer-related fatigue" from the treatment. The main difference between cancer-related fatigue and just being tired is that you DO NOT feel better after getting more rest. Exercise at least three hours a week, and if you can, five to six hours a week. Any type of exercise helps. Yoga is very useful because it incorporates concentration and stretching. Cancer-associated fatigue can be reduced by lipid replacement (fat-soluble vitamins like vitamins A, D, E), antioxidants and cofactors like coenzyme Q10.

Hand-Foot Syndrome (Palmar-Plantar Erythrodysesthesia or PPE) is the result of chemotherapy/biologic drugs leaking into the capillaries of your outer extremities ie. palms of your hands or the soles of your feet. It can cause irritating symptoms like redness, pain and tenderness. Dryness and cracking may occur in areas, in addition to a numbing or tingling sensation.

Prevention: Avoid anything that causes heat or friction near these areas for at least a week after exposure to cancer-treatment drugs. Stop activities like prolonged baths or exposure to warm water, vigorous exercise or unnecessary walking, chores (like washing dishes, cooking), or anything that rubs the surface of the skin (like using Band-Aids). Moisturize hands and feet to help prevent and ease the symptoms. Vitamin B6 may help reduce the intensity of hand-foot syndrome. Expose hands and feet to cool water or put them in an ice pack for 15-20 minutes per day. Urea cream 10% helps prevent HFS over the first 6 weeks of treatment with Capecitabine.

Chemotherapy Induced Peripheral Neuropathy (CIPN) affects the lives of up to 40% of cancer patients who receive chemotherapy. Causes pain, numbness, tingling and sensitivity to cold in the nerves of the hands and feet. The Use of Vitamin E to Treat Peripheral Neuropathy Caused by Chemotherapy: This was found effective in a study in "Neurology." Patients on cisplatin therapy were given oral vitamin E, in the alpha-tocopherol form, before starting chemotherapy and for three months after. The incidence and severity of neuropathy was significantly lower in the vitamin E group than in the placebo control group. Medical Marijuana: Several studies underscore the therapeutic advantages for combining CBD and THC – particularly for treating peripheral neuropathy.

Medical Marijuana and Cannabidiol: The term medical marijuana refers to using the whole, unprocessed marijuana plant or its basic extracts to treat symptoms of illness and other conditions. Marijuana plants have multiple chemicals, known as cannabinoids. The two main ones are THC and CBD. Several studies underscore the therapeutic advantages for combining CBD and THC—particularly for treating peripheral neuropathy. THC has antispasmodic, analgesic, anti-tremor, anti-inflammatory, appetite stimulating and anti-emetic properties; CBD has anti-inflammatory, anticonvulsant, antipsychotic, antioxidant, neuroprotective and immunomodulatory effects and doesn't cause the euphoric effects that occur with THC. They are the only two cannabinoids that have been well studied. Our bodies contain a biological system called the endocannabinoid system that interacts with both THC and CBD. It has been recognized as an important system in the function of brain, endocrine, and immune tissues. The endocannabinoid system regulates relaxation, appetite, sleep cycles, certain inflammation responses and even cognitive functions. Small controlled trials showed that oral THC stimulates appetite, slows down weight loss for patients with advanced malignancies, reduces inflammation and may inhibit tumor growth.

•Most Common Ailments Treated with Medical Marijuana: Appetite loss; Nausea; Wasting syndrome (cachexia); Pain

Chemobrain – This can affect up to 35% of breast cancer patients. Post-treatment, the common mental "fogginess" can prevent them from staying organized and completing everyday activities, such as sticking to a schedule, or remembering where they left the car keys. Breast cancer survivors with cognitive complaints participated in a 5-week group training program to help with memory and concentration and were compared to survivors who received delayed treatment. Women in the early intervention group reported improved memory compared with those in the delayed intervention group. They showed continued improvement and brain wave patterns normalized. (ASCO)

Nausea/Vomiting: Ginger: Fresh ginger root tea is most effective. Fresh Ginger Root Tea: Add ¼ cup of grated or coarsely chopped fresh ginger root to 4 cups of water. Bring mixture to a gentle boil for 3 minutes. Turn off heat source and steep for at least 5 minutes. Strain and serve. Add honey to taste. Yarrow tea: Add 1 Tbsp dried yarrow flowers in 8 oz. of hot water. Allow to steep for 20 minutes. Sip 1 tsp as needed every 20 minutes.

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Lifestyle Factors That Help Genes Remain Healthy

We know that lifestyle factors play an important role in cancer development. The good news is that we can do something about it. If we exercise regularly, lose weight, eat diets rich in vegetables and fruits, sleep in darkness and learn how to handle stress we might prevent 70% of all cancers.

Proper lifestyle choices can influence a person's risk for cancer by generating growth-promoting signals that affect cells primed to become cancerous, or that already are cancerous. Cancer is ultimately a disease of malfunctioning genes. Only 10% of all cancers occur in people at high risk of developing cancer because of inherited genetic defects. Most of us are born with good genes, but during the course of our lifetimes, genes become damaged and mutate.

Comprehensive Breast Care Program

Risk Assessment, Diagnosis and Treatment

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.

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- Breast Cancer Patient Navigator
- Breast Cancer Risk Assessment Program
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- Ductograms

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



Ray W. Moody, MD Breast Center

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Control Your Weight: One of the most important lifestyle practices to improve breast cancer survival chances is maintaining a healthful body weight. Being overweight or obese increases the risk of several cancers, including breast cancers (in women past menopause),

What are the Risks Related to Weight? Breast cancer risk begins to increase when adult weight gain (since age 18) is more than 20 pounds. Studies show that women who gained 21-30 pounds since age 18 were 40% more likely to develop breast cancer than women who had not gained more than 5 pounds, and women who gained 70 pounds doubled their risk.

Why does Obesity Increase Cancer Risk? Obesity leads to high levels of insulin-like growth factor (IGF-1) in the circulation. It also leads to inflammation which may explain the link between obesity and cancer. Inflammation is a normal body process designed to heal the body following injury. When inflammation becomes chronic the injured tissue is constantly bathed in growth-promoting cytokines that tell stem cells in the tissue to begin multiplying, in order to replace the cells that have been injured and destroyed. The more overweight a person is, the greater the level of inflammatory signals.

What About Alcohol Consumption? 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, alcohol itself is believed to be carcinogenic. For ER positive breast cancer survivors, studies suggest risk of recurrence increases when a woman has more than one or two drinks per week. All women, but especially those who drink, should consume folate-rich foods: leafy greens, legumes, and enriched whole-grain products are good sources.

Diet and Physical Activity: Studies show that women who eat a minimum of five servings of vegetables and fruit per day combined with regular physical activity roughly 150 minutes of brisk walking weekly, reduce their risk of recurrence even if they have the BRCA mutations. Natural plant foods contain a variety of phytochemicals, micronutrients with a variety of anti-cancer effects: anti-estrogenic, anti-proliferative, pro-apoptotic, anti-angiogenic, antioxidant and anti-inflammatory effects.

How Much Physical Activity is Needed to Lower Breast Cancer Risk? Physical activity over a few months can turn genes on and off. Just 150 minutes of brisk walking a week lowered overall cancer risk.

The most notable changes have been seen in inflammation, immune function, DNA repair and hormonal pathways. Being physically active lowers the risk of breast cancer recurrence and mortality, decreases treatment-related symptoms, and increases quality of life.

Activities considered moderate include walking, biking, and even housework and gardening.

Light at Night and Emr's: The most overlooked hormone disruptors are exposure to light at night and the electromagnetic energy fields generated from cell phones, night lights and electrical devices. Overnight exposure to elevated levels of EMR disrupts melatonin production and increases estrogen levels. Melatonin is a hormone that exerts anti-cancer and anti-inflammatory effects. At night, watching TV, sitting in front of the computer, reading with artificial light into the wee hours, or sleeping with a light on, all contribute to melatonin deficiency. Studies show that even exposure to dim light at night may make breast cancers resistant to chemotherapy. Continual cell phone use generates over-exposure to EMR.

Some Suggestions

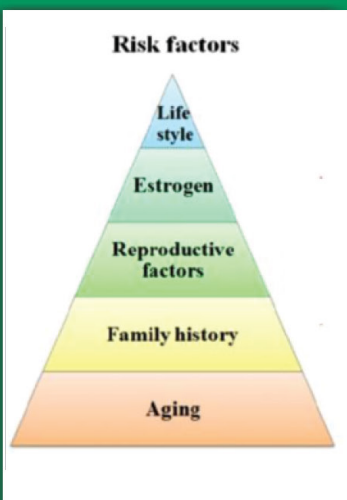
- Make sure your room is quiet and dark.
- If possible, complete work during the day; sleep at night.
- Avoid watching TV or using your computer at least an hour or so before going to bed.
- Sleep at least 3-5 feet away from outlets; unplug devices. EMFs can disrupt your pineal gland and melatonin production. Turn off the WiFi at night.
- Avoid light at night. If you need a night light to go to the bathroom use a red bulb which won't suppress melatonin.
- Natural daylight is just as important as nighttime darkness in maintaining a normal circadian rhythm. Try to get outside for 15 minutes each morning.
- Exercise regularly. Exercise done early in the day may promote better quality sleep. 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.

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August

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Benefits of Complementary/Integrative Therapies

Complementary/Integrative medicine is used together with traditional Western medicine. Many patients use conventional treatments with complementary therapies. They can help with treatment side effects, optimize immune function and improve quality of life.

Complementary/Integrative therapies work best as part of your total treatment plan, combined with your medical treatments. They focus on areas often neglected by conventional medicine that may improve overall health and survival.

Complementary/integrative Therapies Can:

- Help you feel better and improve quality of life
- Give you a sense of control in your life
- Make you feel more relaxed
- Improve your health & immunity
- Reduce stress, sleeplessness, anxiety and depression
- Help reduce the side effects of cancer treatment such as nausea, joint pain, fatigue, tiredness, poor appetite, sexual side effects

Acupuncture - *Acupuncture* is a traditional form of Chinese medicine. Acupuncture can help with side effects of chemotherapy, such as nausea and sickness, when given alongside conventional anti-sickness drugs. Acupuncture may also help reduce pain or menopausal symptoms, help improve your mood and reduce anxiety. Traditional acupuncturists believe that health problems are caused by an imbalance or blockage in the flow of energy – known as 'chi' – in the body. They believe that acupuncture can help release these blockages.

Reiki and other healing and energy therapies – *Reiki* is one of the most well-known healing therapies. It is based on the ancient belief that our health is linked to the flow of energy (chi) in the body. Therapists believe that chi flows from the therapist to the person being treated to help release any blockages and improve wellbeing.

Hypnotherapy – *Hypnotherapy* uses various techniques to guide you into a deep state of relaxation, known as hypnosis. Hypnosis is used to help people cope with a range of emotional and physical problems, such as anxiety, hot flushes, nausea and pain. During hypnosis you'll remain conscious and aware of your surroundings. Some believe that being in a state of hypnosis makes your mind more open to accept new ways of thinking, acting and feeling.

Massage – *Massage* works on the body's muscles and joints using the hands to apply pressure. This action can soothe stiffness and muscle tension, and help you feel relaxed, less stressed and alleviate pain. Some people believe you shouldn't have a massage if you've had cancer because there's a risk of spreading cancer cells from one part of the body to another. There's no evidence to support this idea.

Reflexology – *Reflexology* uses finger pressure to stimulate the nerves in the feet, and sometimes the hands. It is based on the ancient belief that different areas of the feet link to different areas of the body. Reflexologists apply pressure to areas of the feet to help restore health in the linked parts of the body.

Meditation and mindfulness – *Meditation and mindfulness* are relaxation techniques designed to help you reach a focused state of mind. They can help people cope better with stress, anxiety and depression, and improve mood. Some people find they help with physical side effects.

- Meditation helps to focus attention and develop a calm state of mind. Most types of meditation involve controlled breathing, and developing an awareness of your thoughts and feelings. It can be practiced on its own or as part of yoga, Tai Chi and Chi Gung practice. You can practice meditation alone or as part of a group.
- Mindfulness focuses on the present moment to try to reduce stress and improve quality of life. Practicing mindfulness involves becoming more aware of the sights, smells, sounds and tastes that are around us at any one time, as well as the thoughts and feelings that happen from one moment to the next. Mindfulness-Based Cognitive Therapy is the most well-researched form of mindfulness and combines mindfulness and Cognitive Behavioral Therapy.

Yoga, Tai Chi and Chi Gung – *Yoga* uses a combination of stretching, breathing and sometimes meditation to improve physical and emotional strength and wellbeing. Practicing yoga after a breast cancer diagnosis can be useful for cancer-related fatigue, pain, anxiety and depression.

Tai Chi and Qi Gung are ancient forms of Chinese exercise. They combine gentle movements with breathing exercises which some believe help the flow of energy (chi) around the body. They use slow, controlled movements, which may help to stretch and strengthen the body's muscles and joints. They help reduce stress and anxiety and improve wellbeing.

How to know if a complementary therapy is working for you

Subjective responses include improved energy, appetite and well-being. Do you feel any different?

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Detection and Follow-Up: Screening Guidelines

After a breast cancer diagnosis and treatment many women wonder how they will be followed to make sure that any recurrence will be found 'early'. Many breast cancer patients believe that if they get a full battery of tests including a complete blood chemistry, tumor markers, bone scans, liver ultrasound, chest X-ray and CT or MRI of the chest, abdomen, and pelvis and PET scans they will get a better outcome.

However, If you do not have any symptoms, studies have shown that the most effective way to detect recurrence and/or metastatic breast cancer is to have a periodic clinical exam and have your doctor take a detailed history.

A good physical exam should be performed and consists of the following:

- A breast exam
- Checking the abdomen
- Checking for liver enlargement
- Checking for bone tenderness
- Examining the chest wall, nodes, skin, and scar
- Examining the affected arm for lymphedema
- Listening to the heart and lungs
- Checking the abdomen

It is recommended that for the first three years after your primary therapy your doctor takes a detailed medical history and performs a physical exam every three to six months, then once or twice yearly for the next two years and annually thereafter depending on your cancer.

Breast Self Exams: 40% of breast cancers are discovered by women or their partners. Regular self-exams help women learn the landscape of their own bodies so they notice the slightest change and that may send women to the doctor for a mammogram. They can also help detect breast cancers that mammograms miss.

Clinical Breast Exam: Women in their 20s and 30s should have a clinical breast exam as part of a regular health exam every 3 years especially if they are from high risk families. After age 40, women should have a breast exam by a health professional every year. A clinical breast exam may be recommended more frequently if a woman has a strong family history of breast cancer.

3D Mammograms: 3D mammography is an FDA-approved advanced technology that takes multiple X-rays of breast tissue to recreate a 3-dimensional picture of the breast. Women with dense breast tissue may benefit because it provides a clearer picture. 3D mammography makes it easier to catch breast cancer early and accurately see the cancer size than on a regular mammogram. It reduces the numbers of false positives.

There is controversy about mammography both analog and digital. Radiation exposure associated with mammography is a potential risk of screening and the exposure risk is greater in younger women.

There are NO long term studies of the results of radiation exposures from mammography. However, mammography is considered the best tool for early diagnosis in **most** women.

Studies show that 3D mammography performs better in detection of breast lesions compared to DM and breast MRI.

The Timing of Mammograms: Studies show that mammography may be the most accurate during days 1-9 of the menstrual cycle. This is a low-estrogen, low-progesterone phase and breast tissue tends to be less dense, so mammograms are more apt to spot small, hard-to-see tumors. This is important if you are pre-menopausal.

Magnetic Resonance Imaging (MRI): MRI is used if a breast problem is detected using mammography, physical exam or other imaging. MRI detects nearly all contralateral breast cancers. MRI may offer better sensitivity for detection of breast cancers for women who carry a BRCA-1 or BRCA-2 mutation, or have dense breasts.

Ultrasound: This technology identifies abnormalities in dense tissue, which makes it valuable in young, high risk women. It can determine if a suspicious area is a cyst (always non-cancerous) or solid tissue (dense mass) which may require a biopsy to determine if it is malignant.

Thermography has been used as a cancer detection tool but has not been accepted on par with mammography. Mammography used on patients with suspicious clinical exams showed sensitivity of 83%. Mammogram plus a thermogram increased the sensitivity to 93%. Using clinical examination, mammogram and thermogram, the sensitivity was found to be 98%.

PET Scans can detect very early cellular changes and show if a breast lump is benign or malignant. PET can detect breast cancer recurrence and evaluate responses to therapy. PET accurately stages axillary lymph node involvement and in the future may make axillary dissection unnecessary for patients who show no lymph node involvement.

Detection is Not Prevention: Never rely on any technology as your sole method of surveillance. Knowing what is normal for your body is also quite important. Regular self-exams and annual professional exams should be performed. Early detection of a second breast cancer can almost double survival chances.

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Detoxification

Supporting your body's ability to detoxify effectively helps to maintain wellness and may prevent illness later in life. Our bodies are constantly detoxifying as our metabolism processes waste and as we absorb, inhale and ingest allergens, pathogens, chemicals and other toxins.

Cancer and other diseases are on the rise; arthritis, allergies and obesity are also rapidly increasing. A wide range of symptoms such as headaches, fatigue, pains, gastrointestinal problems, immune weaknesses, and psychological distress are being seen by physicians in record numbers. Although a connection between increased toxicity and increased disease incidence seems obvious, more research must be done to connect them.

It is important to understand how to avoid or eliminate toxins and this can be accomplished in a number of ways. We can reduce our toxic load by the choice of the food we eat, the water we drink and by purchasing toxin free personal care and household products but they cannot be entirely avoided.

Detoxification can have both positive and negative side effects. On the positive side you may experience an increase in your energy level as your body gets rid of all those pollutants and toxins. On the negative side you may feel some side effects in the first few days: Headaches, sore muscles, cranky moods, insomnia and general feeling of fatigue. These reactions are sometimes called healing crises, which are caused by temporarily increased levels of toxins in the body due to elimination and cleansing.

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- Linda Young Ovarian Cancer Support Program
- Support Groups and Counseling

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DETOXIFICATION METHODS

BENEFITS AND TIPS

Skin brushing

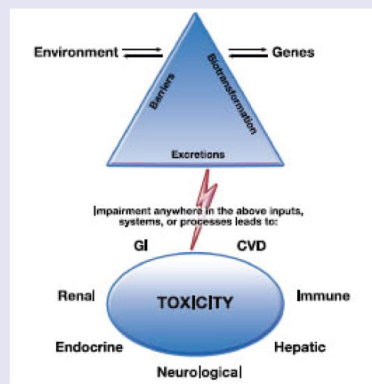
This is an easy way to stimulate the lymph system, which in turn enhances the body's natural detoxification processes to excrete toxins through the skin. Use a dry skin brush made of vegetable bristles that are neither too stiff nor too soft. Immediately before showering or bathing, start with the feet and gently brush up toward the heart. Brush from the extremities toward the center. Brush gently in a circular motion around your abdomen and breasts. It only takes a minute or two...not long! It shouldn't scratch, but you should feel some friction against the skin.

Epsom salts baths

The salts draw toxins out of your body. Start with a clean tub, take a shower first, then fill the tub with the hottest water you can stand. Begin with 1/4 cup of epsom salts, work up to 4 cups, bathing for as long as 1/2 hour. Get out of the tub slowly.

Saunas, hot tubs or sweat lodges

The heat of the sauna causes you to sweat. While sweating, your body releases toxins, including heavy metals that the body stores in fatty tissue. Sweating therapy reduces fat stores releasing these poisons for excretion through the stimulation of receptors in the fat. Make sure that you drink sufficient liquids to offset the loss of body fluids through sweating. The ingestion of cold-pressed oils can prevent mobilized toxins from being re-absorbed by the intestines.



Increasing Lymph Flow: The lymphatic system is the "garbage disposal of the body and relies on our conscious movement. Rebounding is an effective therapy for increasing lymph flow and draining toxins from the body. The up-down movement forces lymphatic fluid to flow and flush toxins while stimulating the immune system.

Detoxification Tips: paying attention to these will help reduce and release Toxin Overload

- Diet, nutrition, assimilation and elimination
- Breathing, oxygenation and clean air
- Chelating ionizing radiation
- Emotional cleansing
- Internal cleansing
- Avoid toxins
- Fasting
- Activating elimination through the skin
- Lymphatic system activation
- Mental detoxification
- Spiritual cleansing
- Life energy flow
- Sunlight
- Love

Detoxification is a powerful tool and should be done under knowledgeable and professional supervision.

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Breast Cancer Advocacy: For Yourself and For Others

Advocates have changed the way people deal with breast cancer. They play an important role at the national, state and local levels. Advocates have become educated in the science of breast cancer and have a seat at the table with scientists when decisions are made about research and policy. They give a “face” to the disease, reminding researchers of the human element and provide input that strengthens research projects and assists in clinical trial design.

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. You can become an educated consumer advocate.

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.
- If you are having a problem with getting medical approval for a test and you live in New York State, contact the Attorney General's Healthcare Unit. <https://ag.ny.gov/bureau/health-care-bureau>. 800/428-9071

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 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.

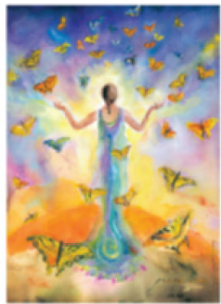
Join with others through local organizations, such as Breast Cancer Options and those mentioned here to work with community leaders, scientists, clinicians and elected officials at all levels to advocate for research, regulations and laws that benefit cancer patients.

800 YOUNG WOMEN ARE DIAGNOSED WITH BREAST CANCER EVERY YEAR

845-339-HOPE
www.BreastCancerOptions.org
hope@BreastCancerOptions.org

December

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



Melissa Harris, MFA, is an internationally known artist, author, and psychic.

Her images grace the covers of books, CDs, magazines, and calendars worldwide.

Melissa also teaches “Painting Outside the Lines”™ art-making workshops in Hurley, NY. She is known for her Spirit Essence Portraits.

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Ten Highly Persistent Mistaken Beliefs About Breast Cancer

Cancer is caused by many factors. Years of research based on huge numbers of people have helped get a clearer picture of what increases or decreases our risk. There is a ton of awareness about breast cancer, but there are still many mistaken beliefs, such as the following, that cause women more anxiety than necessary.

- 1 Women have a 1-in-8 chance at any age of getting breast cancer.**
Reality: Most people think they have a higher risk of breast cancer than they actually do. Estimates are that a woman age 20 has a 1 in 2,000 risk of developing breast cancer in the next 10 years; at age 40, 1 in 100; age 60, 1 in 28; age 85, 1 in 8. About 50% of breast cancer occurs among women age 62 or older.
- 2 I'm too young to worry about breast cancer.**
Reality: You're never too young to get breast cancer. While a breast lump or mass in a younger woman is much less likely to be cancer than a lump in an older woman, it could be cancer and needs to be checked out. 25% of women with breast cancer are younger than 50, with a few as young as late teens..
- 3 Needle biopsies can disturb cancer cells and cause them to spread to other parts of the body.**
Reality: There's no conclusive evidence for this claim. Despite some previous concerns, studies have found no increased spread of cancer among patients undergoing needle biopsies compared to those who did not. If the disease spreads, it's not because of the biopsy.
- 4 If I'm diagnosed with breast cancer, I must have surgery immediately.**
Fact: Although it's understandable that a woman would want immediate treatment, most of the time it's safer to take a little time to get a second opinion, and make sure you have the right information about the type treatment that is best for you.
- 5 Having a mastectomy to treat breast cancer is more likely to increase a woman's life expectancy than having a lumpectomy.**
Fact: The life expectancy and survival rates are the same for most breast cancers whether a woman is treated with a lumpectomy or a mastectomy. It's true that there is a small risk that breast cancer may return after a lumpectomy with radiation. However, in those cases, a woman who goes on to have a mastectomy has the same survival rate and life expectancy as a woman who had a mastectomy right after diagnosis.
- 6 Most women with breast cancer have a family history of the disease.**
Fact: About 80% of women with the disease don't have a family history and most women with a family history of breast cancer will never get it. Only women who have close blood relatives with breast cancer have a higher risk of the disease than the general population. Having a first-degree relative (mother, sister or daughter) with breast cancer almost doubles a woman's risk. Having two first-degree relatives increases her risk about threefold. Women with a father or brother who have had breast cancer also have a higher risk of breast cancer.
- 7 A diagnosis of breast cancer means I'm going to die.**
Reality: The number of women surviving at least 10 years after proper treatment is 85-90%. Breast cancer that has metastasized, or spread to other parts of the body, poses the greatest challenge, although women with metastatic breast cancer often live for years with their disease.
- 8 If your mammogram is negative, there is nothing to worry about.**
Reality: Mammograms fail to detect as much as 20% of breast cancer in women over 50, and as much as 40% in younger women. Younger women at high risk should talk with their doctor about the benefits and limitations of starting mammograms when they are younger and learn about other technologies. Clinical breast exams and knowing what is normal for your breast are also crucial pieces of the screening process.
- 9 After I've survived 5 years, my breast cancer won't return.**
Reality: Breast cancer can recur at any time, although 75% of recurrences occur within five years. 25% can recur any time after five years.
- 10 Small-breasted women are less likely to get breast cancer**
Reality: There's no connection between the size of your breasts and your risk of getting breast cancer. Recommendations for routine screenings and checkups are the same regardless of breast size.



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

BREAST CANCER OPTIONS

Breast Cancer Options is a grassroots, nonprofit organization and the largest provider of peer support, advocacy and education services in the Hudson Valley. Our services are unique

We depend on our community 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

All donations are tax-deductible and truly appreciated!
All of our services are free.

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

About Breast Cancer Options www.BreastCancerOptions.org 845/339-HOPE

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

- Camp Lightheart—A free sleepover camp for children who have a parent with breast cancer or have lost their parent to the disease. One of the only existing services for children in this situation.
- Retreat for women with metastatic breast cancer. This retreat is free and is one of the only services for women with stage 4 breast cancer.
- Massage and Acupuncture Program: Free services for women with breast cancer in our 6 county area.
- Companion/Advocate Program—Trained, knowledgeable and sympathetic breast cancer survivors accompany newly diagnosed patients to medical visits.
- Peer-led Support Groups—Community-based in Ulster, Dutchess, Greene, Columbia and Orange counties. See our web site or call for locations and times.
- Peer-to-Peer Mentoring—Talk to someone who has gone through the same experience.
- Telephone and E-mail Consultations—Questions are answered with information from reliable sources.

Education/Information

- **Annual Healthy Lifestyles Calendar- Call or email for a copy.**
- **BCO News E-mail updates:** Sent out weekly to Breast Cancer Survivors and Healthcare Professionals all over the world. Sign up on our website- www.breastcanceroptions.org
- **Breast Cancer Options web site** offers a variety of up-to-date information and resources.
- **Annual Integrative Medicine Conference:** Top professionals in complementary/integrative therapies speak and present workshops on the most current modalities.
- **Healthy Lifestyles Programs:** A series of workshops to look at the ways we can make small, easy changes in our daily lives to improve our health both before and 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.