

**BREAST CANCER OPTIONS, INC.**  
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**Save the Date!**  
Breast Cancer Options  
Ninth Annual  
**COMPLEMENTARY  
MEDICINE  
CONFERENCE**  
Sunday, April 3, 2011  
SUNY New Paltz



Great 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

# 2011 Calendar

**by Breast Cancer Options**

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



# Living the Precautionary Principle - "Better be safe than sorry"



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.

[www.melissaharris.com](http://www.melissaharris.com)

### Resources

- [www.environmentaloncology.org](http://www.environmentaloncology.org)
- [www.upci.upmc.edu/ceo](http://www.upci.upmc.edu/ceo)
- [www.preventionisthecure.org/toxitriggercharts.html](http://www.preventionisthecure.org/toxitriggercharts.html)

"When an activity raises threats of harm to human health, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically." The urgency of this message is expressed in the compelling Annual Report of the President's Cancer Panel, "Reducing Environmental Cancer Risk: What We Can Do Now". It assessed the state of environmental cancer research, policy and programs. The Panel considered all of the routes of exposure including modern lifestyles, and natural sources. It's conclusion that "...the true burden of environmentally induced cancer has been grossly underestimated" merely substantiates what many have been saying for years. The cover letter to President Obama goes on to state, "With nearly 80,000 chemicals on the market in the United States, many of which are used by millions of Americans in their daily lives and are un- or understudied and largely unregulated, exposure to potential environmental carcinogens is widespread." Among its many conclusions, the Panel states, "Environmental health, including cancer risk, has been largely excluded from overall national policy on protecting and improving the health of Americans. It is more effective to prevent disease than to treat it, but cancer prevention efforts have focused narrowly on smoking, other lifestyle behaviors, and chemo-preventive interventions."

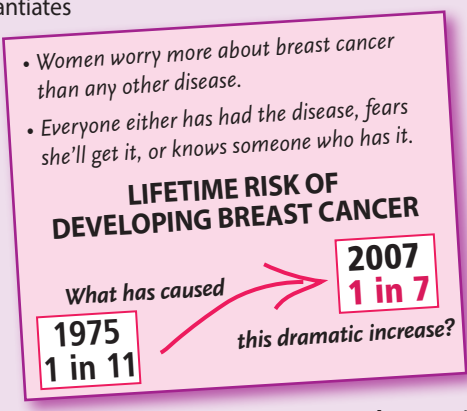
**Most breast cancer is thought to result from a lifetime exposure to the female sex hormone estrogen.** *The longer the exposure, the higher the risk.* We know that many pesticides, plastics and other chlorinated chemicals interfere with both male and female sex hormones in wildlife and humans, so there is a reasonable likelihood that some of these chemicals are contributing to the rising incidence of breast cancer.

**Opportunities for eliminating or minimizing cancer-causing and cancer-promoting environmental exposures** must be acted upon to protect all Americans, especially children who are at special risk for cancer due to environmental contaminants. Their smaller body mass and rapid physical development, magnify their vulnerability to known or suspected carcinogens, including radiation. Numerous environmental contaminants can cross the placental barrier; to a disturbing extent, babies are born "pre-polluted." Children also can be harmed by genetic or other damage resulting from environmental exposures sustained by the mother (and in some cases, the father). There is a critical lack of knowledge and appreciation of environmental threats to children's health and a severe shortage of researchers and clinicians trained in children's environmental health. The proposed Kid Safe Chemicals Act introduced in the

110th Congress, or similar legislation, has the potential to be an important first step toward a precautionary chemicals management policy and regulatory approach to reducing environmental cancer risk."

The full President's Cancer Panel 2008-2009 annual report "Reducing Environmental Cancer Risk: What We Can Do Now" can be downloaded at:

[http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP\\_Report\\_08-09\\_508.pdf](http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf)



**Some facts you should remember:** Un-studied or 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, as well as electro-magnetic radiation from cell phones, computers and other devices. **In addition to general carcinogenic and other toxic effects, some chemicals, called xenoestrogens, act like estrogens, which can promote breast cancer.** The average American carries at least 116 chemicals in his or her body. Only about 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

### What you can do:

- \* Become an informed consumer. Look around your environment. 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
- \* Place the burden of proof on proponents of an activity rather than on the victims or potential victims; work toward goals that protect health and the environment;
- \* 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 as much as possible to environmental risk factors and advocate for what you believe.

### PREVENTION IS THE CURE

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

# January

S	M	T	W	T	F	S
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[www.sfhhc.org](http://www.sfhhc.org)



**Saint Francis Hospital and Health Centers**



## Personal Care Products: Chemicals to Avoid

**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.

Teenage girls are exposed to the chemicals commonly used in cosmetics and body care products at a particularly vulnerable age. The eyeliner, lipstick or shampoo they are using probably contains at least one chemical linked to a number of serious health concerns. These exposures can lead to health problems later in life.

### 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.

Chemical	What It Does	Source
<b>Parabens</b> Methylparaben, propylparaben	Mimics estrogen, known to play a role in the development of breast cancers. May alter hormone levels; alter reproductive development. Some studies have found parabens in breast tumors. (Parabens may not be labeled so look for "free-of" label claims if you want to avoid them).	Shampoos, soaps, shaving gels, nail creams, facial masks, cleansing gels, bubble bath, toothpaste, baby lotions, cosmetics, moisturizers, hand and body lotions and beauty creams, skin and hair conditioners, mascara
<b>Phthalates</b> Check our website: BreastCancerOptions.org for a phthalate-free List.	Estrogen-mimicking chemicals used as plastic softeners and solvents. Found in hairspray, hair gel, hair mousse, fragrances, deodorants, and nail polish as well as most plastic products including plastic bottles, PVC plastics, and plastic toys. (Phthalates may not be labeled so look for "free-of" label claims if you want to avoid them)	Hair spray, deodorant, nail polish, hair gel, mousse, lotions, children's toys, perfumes, fragrances, plastics, cosmetics
<b>SOLVENTS:</b> chemical compounds capable of dissolving, extracting, or dispersing/ suspending other substances. Widely used and enter the human body by ingestion, inhalation, and skin absorption. Dermal absorption when applied to or come into direct contact with the skin.		
<b>Acetone</b>	Suspected mutagen, but has not been classified for carcinogenicity. Breathing moderate-to-high levels for short periods of time can cause a shortening of the menstrual cycle in women, among other health effects	Nail polish and remover
<b>Ethylene glycol</b>	Limited evidence of reproductive or developmental toxicity	Facial, acne, and hair treatments
<b>Triethanolamine or TEA</b>	TEA is also a suspected endocrine disrupter	Soaps, lotions, perfume, hair and acne treatments facial cleansers and treatments, eye makeup and remover, antiperspirants, baby products
<b>Toluene</b>	Possible human reproductive and developmental toxicant. Toluene may also have endocrine-disrupting effects	Nail polishes and treatments

### Solutions/Alternatives

- Use brands without these chemicals such as *Aubrey Organics, Dr. Hauschka, Suki's Naturals, Weleda, Kiss My Face Organics.*
- **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%.

### Compliments of Oncology Support Program

Ellen Marshall, MS, LCSW, *Director*  
Barbara Sarah, LCSW, *Founder*

and the

### Linda Young Ovarian Cancer Support Program

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Amy Novatt, MD  
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# February

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13	Valentine's Day	14	15	16	17	18
19	20	President's Day	21	22	23	24
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www.breastcarespecialist.net



# Light at Night and Electromagnetic Radiation

**The Impact Of Light At Night** — Light at night has become a major environmental pollutant disrupting the natural sleep/wake pattern and having great impact on hormone balance. The natural (Circadian) rhythm consists of daytime exposure to intense sunlight alternating with night-times of near total darkness. Evidence shows a link between low levels of the tumor-fighting hormone melatonin and cancer, especially breast, ovarian and prostate cancer. Exposing the eyes to light at night when melatonin is normally flowing stops its production.

**Night shift work is a possible carcinogen:** Night Shift Workers like nurses and flight attendants and even women who stay up late 3 or more times a week have a 60% greater incidence of breast cancer. Conversely, totally blind women are only half as likely to contract cancer. Recent studies have also linked the increase in obesity over the past several decades to increased exposure to light at night and shift work, which disrupts the release of melatonin.

The energy efficient compact fluorescent bulbs are more melatonin suppressive than incandescent bulbs. They disrupt our circadian rhythms and studies have shown negative health effects from minor annoyances such as headaches, eyestrain, fatigue, and weight gain, to serious effects such as insomnia, sleep disturbances, an increased risk of cancer, and a suppressed immune system.

**Remain In Darkness For The Entire Night:** Watching TV, sitting in front of computer screens, reading with artificial light, or sleeping with a light on can contribute to melatonin deficiency.

**Melatonin Is A Potent Hormone** — it is produced by the pineal gland in darkness. Melatonin fights cancer in several ways:

- (1) it interferes with the way that estrogen promotes cancer growth;
- (2) it's a powerful antioxidant that destroys damaged potentially pre-cancerous cells;
- (3) it interferes with the metabolism of linoleic acid...cancer's favorite food... by cancer cells. It acts as an anti-estrogen, and slows down the growth of breast tumors. These anti-estrogenic mechanisms suggest that melatonin may have a role in the prevention and treatment of hormone-dependent mammary cancer and may reduce the incidence of breast cancer.

Melatonin plus tamoxifen appears to induce a response rate in metastatic breast cancer patients who do not respond to tamoxifen alone. However more research is needed.

*Melatonin is a potent hormone. Please consult a knowledgeable healthcare provider if you are considering taking melatonin supplements.*

**Electromagnetic Radiation (EMR ) And Hormones** — Electromagnetic radiation is a previously overlooked hormone disruptor. There is increasing evidence that various electromagnetic fields also reduce melatonin levels and stimulate levels of IGF-1 and other hormones.

Women and men who work in electrical jobs, including electricians, telephone installers, power line workers and those who have a high occupational exposure to magnetic fields have a greater risk of dying from breast cancer.

*This increased risk has been linked to the suppression of melatonin from Electro-Magnetic Radiation. Overnight exposure of women to elevated levels of EMR increased estrogen levels, a known risk factor for breast cancer. In men, EMR exposure reduced levels of testosterone — a hormone drop that has been linked to testicular and prostate cancers.*

**The Effect Of EMR Doses Is Stronger At Lower Levels** — Sleeping in a room in which we are surrounded by all our favorite devices like cordless or cell phones, digital clocks, CD/radio players, computers and televisions can disrupt our hormone balance and suppress our nightly melatonin production. Generally, 3-5 feet away from most household magnetic fields is a safe distance from their effects. Most new appliances like TVs, microwaves, and computers are shielded, which drops the strength of the fields even further. Older model toasters, cell phones or cordless phones may have a high level of electromagnetic radiation. If we sleep next to a cordless phone base station, and/or digital clock, or we have faulty electrical wiring, enough EMR exposures are emitted to suppress night time melatonin production. Cell phones should NEVER be carried next to the body.

**Some suggestions:**

- \* Make sure your room is quiet and dark.
- \* Sleep at least 3-5 feet away from outlets and unplug devices.
- \* If possible, complete work during the day; sleep at night.
- \* Get up and go to bed at the same time every day.
- \* Avoid light at night as much as you can. If you need a night light to go to the bathroom use a red bulb which won't suppress melatonin.
- \* Exercise regularly. Exercise done early in the day may promote better quality sleep while vigorous exercise just before bedtime may delay sleep.
- \* Boost melatonin levels naturally by sleeping in complete darkness at night and getting exposure to bright light during the daytime, preferably in the morning, so your body gets a clear signal that it's daytime.

**Resources**

- www.thegreenguide.com
- www.sierraclub.org
- Guide to Safer Children's Products: www.healthobservatory.org

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# March

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Daylight Savings Begins Spring Forward 13	14	NYSBCSEN Advocacy Day 15	16	St. Patrick's Day 17	18	19
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# Non-Toxic Cleaning for the Home and Work Environment

Many chemicals used in conventional household and office products are endocrine disruptors and alter the body's functions and normal hormone levels. Exposure to the chemicals in these products—synthetic building materials, furnishings, pesticides, housekeeping supplies, office supplies—can occur through direct contact or through contaminated water, food, or air. Environmentally friendly products use renewable resource

cleaners like vegetable, coconut or corn oil rather than harmful chlorine bleach or petroleum-based ingredients. As an informed consumer you can choose not to purchase products containing harmful chemicals and can open your windows and doors for about 10 minutes each day—with the heat or air conditioning turned off to help circulate away any remaining indoor pollutants.

## BASIC INGREDIENTS FOR NON-TOXIC CLEANER RECIPES

- Baking Soda** – Cleans and deodorizes. Softens water to increase sudsing and cleaning power of soap. Good scouring powder.
- Borax** – Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
- Soap**– Biodegrades safely and completely and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
- Washing Soda** – Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as “sodium carbonate.”
- White Vinegar or Lemon Juice** - Cuts grease and freshens.

<b>HOUSEHOLD CLEANERS</b>	Mix Together 1 tsp. liquid soap (castile, peppermint) Squeeze of lemon, 1 tsp. borax, 1 qt. warm water <b>OR</b> ¼ c. baking soda, ½ c. vinegar, ½ c. borax, 1 gallon water
<b>WINDOW CLEANERS</b>	2 tsp. vinegar & 1 qt. warm water <b>OR</b> 2 tsp. borax & 3 c. water <i>Rub dry with newspaper to avoid streaking</i>
<b>OVEN CLEANERS</b>	Mix together: ¼ c. baking soda & 2 tbsp. salt. Add hot water, as needed to make a paste. Let paste sit for 5 minutes. <b>OR</b> 2 tbsp. liquid soap (castile, peppermint), 2 tsp. borax, 1 qt. warm water <i>Caution: Keep off wires/heating elements. Spray on oven; wait 20 minutes, then clean. For tough stains, scrub with very fine steel wool and baking soda.</i>
<b>DRAIN CLEANER</b>	Pour together: ½ c. borax in drain followed by 2 c. water <b>OR</b> Use a plumber's "snake" and boiling water <b>OR</b> ¼ cup baking soda down the drain, followed by ½ cup vinegar. Cover drain & let sit for 15 minutes. Follow with 2 qts. boiling water.
<b>TOILET BOWLS</b>	Pour: ¼ c. baking soda into bowl and drizzle with vinegar. Let sit for ½ hour. Scrub and flush. Add borax for stains.
<b>AIR FRESHENERS</b>	<ul style="list-style-type: none"> <li>• <b>Simmer:</b> Cinnamon sticks; Orange peel, cloves; Water</li> <li>• <b>To absorb odor:</b> place 2 to 4 tbsp. baking soda or vinegar in small bowls in refrigerator and around the house. Pour ½ cup baking soda in the bottom of trash cans.</li> <li>• <b>Houseplants</b> can remove toxins from the air, such as formaldehyde, benzene etc. The best plants for removing toxins are spider plants, philodendrons, aloe vera, English ivy, Boston fern.</li> </ul>

### Solutions/Alternatives

- Buy chlorine-free products. Natural bleaches are available in the health food store, and contain hydrogen peroxide.
- Avoid pesticide use on your skin, in your homes or in your gardens. Use nontoxic alternatives.
- Avoid antibacterial agents. Many health food stores carry nontoxic cleaners without triclosan or make your own.
- Avoid non-stick cookware. Use cast iron, stainless steel, enamel coated cookware.
- Use low or no VOC (volatile organic compound) Paint. Available from Sherman Williams and others.
- Air out furniture and rugs. Ask the company to unwrap and air out the item in the warehouse for at least a week before delivery.
- Buy nontoxic office and art supplies: Use soy-based inks, unbleached paper, water or gelbased pens, nontoxic glues, correction tapes and markers.
- Air out new televisions, computers and laminate or particleboard furniture before you bring them inside.
- Don't buy vinyl shower curtains or products with that new, plastic smell. The stronger the smell, the higher the leaching rate. Look for products that say PVC-free or buy cloth shower.



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- [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)

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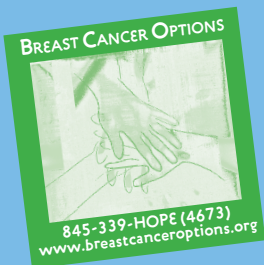
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Mother's Day 8	9	10	11	12	13	14
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# How Lifestyle Choices Impact Breast Cancer Risk

**L**ifestyles that include a high-fat/high processed food diet and little or no exercise leading to obesity have long been known to increase a person's risk of developing heart disease and type 2 diabetes. There is evidence that these lifestyle factors can also play a role in cancer development. The good news is that you can do something about your lifestyle. Studies have shown that 70% of all cancers might be prevented if we exercised regularly, controlled our weight, ate diets rich in fruits and vegetables and stopped using tobacco and alcohol.

*Cancer experts state that several lifestyle factors are undoubtedly linked to breast cancer. Women who drink more than one alcoholic beverage each day have about a 20% higher risk; a similar degree of risk applies to obese women and/or women who lead a sedentary life style.*

Cancer is ultimately a disease of malfunctioning genes. Lifestyle factors can generate growth-promoting signals to cells already primed to become cancerous by changes in their genes. Only about 10% of cancers occur in people who have genetic defects by heredity. Most people are born with normal genes, but, during the course of a lifetime, genes may become damaged (mutated) in various cells and lead to cancer.

**What is the relationship between diet and cancer risk?**

Studies show a connection between the Western diet, high in processed carbohydrates, sugars, animal fats and cancer risk.

**How does obesity increase cancer risk?**

Though the process is not yet fully understood, it's been shown that obesity leads to high levels of insulin-like growth factor (IGF-1) in the circulation. This IGF-1 may protect early-stage cancer cells that would otherwise die from the normal action of cell suicide.

Obesity can also lead to inflammation and that may also explain the link between obesity and cancer. Inflammation is a normal body process designed to get rid of infection and to heal tissue following injury. Cells of the immune system orchestrate inflammation. Some of the weapons they deploy are chemical signals called cytokines. When there is an injury or a bacterial infection, inflammation aids in repairing the wound or eliminating the bacteria and then subsides.

However, if the condition does not heal rapidly, the inflammation can become chronic, with growth-promoting cytokines telling stem cells in the tissue to continue multiplying to replace cells that have been injured and destroyed. Excess inflammatory signals, which are released from fat cells, can stimulate the growth of cancer cells. The more overweight a person is, the greater the level of inflammatory signals.

**What are the risks related to weight?**

Breast cancer risk begins to increase when adult weight gain (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.

**Can exercise help?**

Regular moderate exercise lowers the levels of both IGF-1 and cytokines in our blood. It can do this even if the exercise does not lead to a healthy weight. It is possible that the lowered levels of these cancer promoters are one explanation for the protective effect of regular exercise. Women's blood-estrogen levels are also lowered by regular exercise, which may be another way that regular exercise reduces the risk of getting breast cancer.

**How much physical activity is needed to lower breast cancer risk? What kinds of activities count?**

Physical activity affects breast cancer in 2 distinct ways: directly, by influencing circulating hormones, and indirectly, by helping to control weight. Studies show that for both young and older women, exercising two to three hours per week can reduce risk by 30 percent, four or more hours by 50 percent. Unfortunately, a survey by the Centers for Disease Control and Prevention recently found that just one in four U.S. adults is getting enough exercise for optimal health.

Activities considered moderate are those that make you breathe as hard as you would during a brisk walk. These include things like walking, biking, and even housework and gardening. Vigorous activities generally engage large muscle groups and cause a noticeable increase in heart rate, sweating and breathing depth and frequency.

**What about alcohol consumption?**

Regular consumption of more than one alcoholic drink per day is associated with an increased risk of breast cancer, particularly in women who do not consume enough of the vitamin folate. Therefore, for women who do drink, reducing or eliminating alcohol may be an important way to reduce breast cancer risk. All women, but especially those who drink, should consume folate-rich foods: leafy greens, legumes, and enriched whole-grain products are good sources.

**Contact Breast Cancer Options. We can help.**

June

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Father's Day 19	20	21	22	23	24	25
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# Seafood Selector: Best and Worst Choices

**F**ish is a high-protein, low-fat food that provides a range of health benefits. White-fleshed fish, in particular, is lower in fat than any other source of animal protein, and oilier fish contain substantial quantities of omega-3s, or the “good” fats in the human diet. Omega-3 fatty acids help maintain cardiovascular health, are important for prenatal and postnatal neurological development and help reduce inflammation. Despite their valuable qualities, fish can pose considerable health risks when contaminated with substances such as metals (e.g., mercury and lead), industrial chemicals (e.g., PCBs) and pesticides (e.g., DDT and dieldrin). The chart below can help you choose fish that is low in environmental contaminants and safe to eat.

Alternative sources of the shorter omega-3 fatty acid ALA include flax-seed, walnuts, wheat germ and plant-based omega-3 supplements. However, since humans do not readily convert ALA to the more beneficial EPA and DHA, the omega 3s in terrestrial plants probably do not provide as great a health benefit as the longer omega-3 fatty acids found in marine products..

### Fish Facts:

- \* Wild salmon have a 20% higher protein content and a 20% lower fat content than farm-raised salmon.
- ⊗ = Indicates fish high in mercury or PCBs
- ♥ = Indicates fish high in omega-3 fatty acids, low in environmental contaminants

Courtesy of Environmental Defense's Oceans Alive campaign

### Eco-Best

- Abalone (farmed)
- Catfish (U.S.)
- Caviar/Sturgeon (farmed)
- ♥ Char, Arctic (farmed)
- Clams (farmed), Clams, softshell
- Cod, Pacific (bottom longline)
- Crab, Dungeness Crab, stone
- Crawfish (U.S.)
- Halibut, Pacific
- Lobster, spiny (Australia, Baja, U.S.)
- ♥ Mackerel, Atlantic
- Mussels (farmed)
- ♥ Oysters (farmed)
- Pollock, Alaska
- ♥ Sablefish/Black Cod (Alaska, Canada)
- ♥ Salmon, (Alaska wild)
- ♥ Salmon, canned pink/sockeye
- ♥ Sardines (U.S.)
- Shrimp, pink (Oregon) - Shrimp (U.S. farmed)
- Squid, longfin (U.S.)
- Striped bass (farmed)
- Tilapia (U.S.)
- Trout, rainbow (farmed)
- ♥ Tuna, albacore (Canada, U.S.)
- ♥ Tuna, skipjack (pole/troll) - Tuna, yellowfin (U.S. pole)

### Eco-OK Fish

- Basa/Swai/Tra/Vietnamese catfish
- Clams (wild)
- Cod, Pacific (trawl)
- ⊗ Crab, blue
- Crab, king (U.S.)
- Crab, snow/tanner
- Flounder/sole (Pacific)
- Haddock (hook and line)
- Herring, Atlantic
- Lobster, American/Maine
- Mahimahi (U.S. longline)
- ⊗ Oysters (wild)
- Sablefish/Black Cod (CA, or WA)
- ⊗ Salmon (Washington, wild)
- Scallop, sea (Canada, U.S.)
- Shrimp (U.S. wild)
- Shrimp, northern (Canada, U.S.)
- Squid (except U.S. longfin)
- ⊗ Swordfish (U.S.)
- Tilapia (Latin America)
- Tuna, yellowfin (U.S. longline)
- Tuna, canned light
- ⊗ Tuna, canned white/albacore

### Eco-Worst

- Caviar/sturgeon (imported wild)
- ⊗ Chilean sea bass
- Cod, Atlantic
- Crab, king (imported)
- Crawfish (China)
- Flounder/Sole (Atlantic)
- ⊗ Grouper
- Haddock (trawl)
- Halibut, Atlantic
- Mahimahi (imported longline)
- Monkfish
- ⊗ Orange roughy
- Rockfish (Pacific trawl)
- ⊗ Salmon, farmed or Atlantic
- ⊗ Shark
- Shrimp/prawns (imported)
- Skate
- Snapper, red or imported
- ⊗ Swordfish (imported)
- Tilapia (Asia)
- ⊗ Tuna, bigeye (longline)
- ⊗ Tuna, yellowfin
- ⊗ Tuna, bluefin

### Resources

- [www.lowimpactliving.com](http://www.lowimpactliving.com)
- [www.ewg.org](http://www.ewg.org)
- [www.care2.com/greenliving](http://www.care2.com/greenliving)

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[hope@BreastCancerOptions.org](mailto:hope@BreastCancerOptions.org)

# July

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# Vitamins, Herbs and Supplements

Eating a well balanced diet provides a wide variety of antioxidants, vitamins and enzymes, but many health professionals agree that supplements are now necessary to counteract exposures to toxic chemicals in our air and water, pesticides and herbicides in our food, soil depletion, and the depletion of nutrients caused by stress. Supplements should be tailored to an individual's specific needs which can be determined by testing. We recommend that you consult with a nutritionally knowledgeable practitioner to determine your specific needs.

### Basic supplementation may include:

- \* A quality multivitamin/mineral supplement (no added iron or copper unless you are deficient).
- \* Pro-biotics such as acidophilus and bifidus.
- \* Omega 3 fatty acids: fish oil, nitrogen packed flaxmeal, or freshly ground flax seed.
- \* Fiber.

The following can be included for added protection:

**Curcumin** — Helps repair DNA that has been damaged by radiation. Has several cancer-fighting properties. Anti-inflammatory.

**AHCC** — Shows a protective effect on the liver and other areas of the body against chemotherapy drugs damage. Helps in counteracting free radical damage to the cell DNA and in preventing cell oxidation, both thought to cause cell mutations.

**Calcium d- glucarate** — Helps the body eliminate many harmful substances like abnormally high levels of steroid hormones including estrogen, testosterone, and progesterone.

**Silymarin (Milk thistle)** — Anti-inflammatory. Liver protective.

**CLA (Conjugated linoleic acid)** — CLA compounds possess antiestrogenic properties and exhibit antitumor activity on breast cancer cells.

**Iodine** — Iodine, a trace mineral concentrated in thyroid and breast tissue, helps to normalize the impact of estrogens on the breast and turns off the estrogen receptor sites. Consumption of Iodine has dropped 50% since the 1970's. An iodine loading test should be done to assess levels. Supplement-ation comes in the form of Ioderal tablets or Lugol's Iodine Solution and can improve fibrocystic disease. Seaweed is rich in iodine.

**Medicinal mushrooms** — Reduce cell proliferation and have aromatase-blocking activity.

**Organic green tea** — May decrease risk of recurrence for early stage cancer patients who drink 3 or more cups per day.

**CoQ10** — Helps protect the heart from the damage from doxorubicin (adriamycin) chemotherapy.

**Natural Aromatase Inhibitors** — Aromatase inhibitors are used to stop the production of estrogen in post-menopausal women who have estrogen receptor positive breast cancer. The three aromatase inhibitors commonly used are Arimidex, Aromasin and Femara. Many women suffer side effects from these medications and are unable to continue taking them. Natural aromatase inhibitors include flavones, resveratrol (found in red wine) and oleuropein (olive leaf). One of the most potent flavonoids that blocks aromatase is Chrysin, found in Passiflora incarnate (passion flower). Red wine, alcohol-free red wine, green tea and black tea (200microL/mL) also decreased aromatase activity. Recent studies have found that Ellagic acid found in pomegranates inhibits aromatase. Its metabolite, Urolithin B, significantly inhibited cell growth and has the potential to prevent estrogen-responsive breast cancers. There are ongoing small studies.

**Vitamin D** — Studies have shown that higher levels of vitamin D are associated with reduced incidence rates of breast cancer worldwide. Vitamin D (calcitriol) is a hormone — Vitamin D promotes normal cell growth and differentiation throughout the body and helps to maintain hormonal balance and a healthy immune system. Breast cancer mortality rates in the U.S. vary according to the geographic region; the highest rates are in the northeast and urban areas, and lowest rates in the south and rural areas. This is likely due to the variation in sunlight and the subsequent vitamin D production. Testing your vitamin D level is recommended. The 25-hydroxy vitamin D test can be done at many labs.

The best way to raise vitamin D levels is to allow limited exposure of your skin to the sun. Sunblock with an SPF of 15 or higher will block 100% of vitamin D production. Most people can generally supplement with 2000 IU vitamin D3 daily.

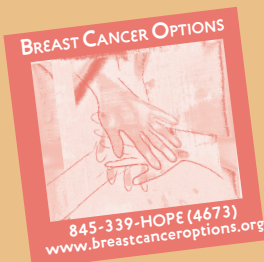
**DIM (3,3'-diindolylmethane)** — DIM is a phytonutrient found in cruciferous vegetables including cabbage, broccoli, brussels sprouts, kale, cauliflower, and turnips. H. Leon Bradlow, Ph.D., a renowned breast cancer investigator, discovered women with breast cancer made too little of the 2-hydroxy or "good" metabolite of estrogen and too much of the 16-hydroxy or "bad" variety. This dangerous form of estrogen dominance can result from inheritance, diet, and exposure to environmental chemicals. DIM supports a healthy estrogen balance by increasing beneficial 2-hydroxy estrogens and reducing the unwanted 16-hydroxy variety.

**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 great efficacy in reducing treatment side effects, supports healthy cell metabolic regulation and induces cell apoptosis. There are ongoing clinical trials and studies being done..

**If you are being treated for breast cancer, it is important to let your doctor know what you are taking.** Some doctors believe that some anti-oxidants, vitamins and herbs can interfere with chemotherapy or radiation and more studies need to be done.

# August

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# Plastics: The Connection between Plastic and Breast Cancer

**P**lastics are widely used in consumer products and packaging of all kinds. There are, however, serious risks to human health and the environment from the widespread use of plastics. Endocrine disrupting chemicals, can leach from plastic and disrupt hormones in the body. They disturb or mimic normal biological processes such as the actions of hormones including estrogens and thyroid. Chemicals that mimic estrogen are of particular concern because excessive exposure over time increases the risk of breast cancer. Plastics that have been shown to leach toxic chemicals are polycarbonate (leaches bisphenol A), and PVC (leaches phthalates).

**BISPHENOL A (BPA):** An artificial estrogen that creates the plastic called polycarbonate as well as resins. BPA is an unstable polymer and also lipophilic (fat-seeking). It can leach into infant formula and other food products, especially when heated.

**SOURCE:** Consumers use plastic products containing BPA on a daily basis and it is "Bisphenol-A (BPA)" one of the most pervasive chemicals in modern life. Used to line cans, drinking water bottles, plastic food containers, including some baby bottles, microwave ovenware, eating utensils and some dental composites.

**WHAT IT DOES:** Associated with a number of diseases on the rise in the U.S. including breast and prostate cancer and infertility. Brief exposures to environmentally-relevant doses of BPA around the time of birth create changes in mammary tissue predictive of later development of tumors.

**PHthalates** (dibutyl phthalate—also called "butyl ester" or "plasticizer") are plasticizers and in cosmetics add texture and luster to products. **People are exposed to phthalates from almost everything around them.** They make lotions and moisturizers appear to do a better job, make our skin feel or look smoother, make hair sprays and nail polishes flexible, and disperse fragrance. Heat makes them move faster. Microwave a baby bottle or leftovers in plastic and you've consumed a dose of phthalates.

**SOURCES:** They are found in many consumer products- Cookware, Cleansers, Cars, Carpeting, Computers, Air fresheners, Shampoo, Perfume, Furniture, Toys, IV bags, Children's bath and teething toys. Used to soften plastics, especially PVC. Many nail polishes and fragrances contain phthalates and they do not have to be labeled by law. (See the Breast Cancer Options website for a list of phthalate-free products.)

**WHAT IT DOES:** Environmental contaminants that exhibit hormone-like behavior by acting as endocrine disruptors in humans and animals. Phthalates mimic the female hormone estrogen, and increase the risk of early puberty in girls (and therefore, breast cancer). They are linked to reduced testosterone levels, lowered sperm counts, genital defects in baby boys and testicular cancer in young men.

**POLYVINYL CHLORIDE:** Known as vinyl or PVC, poses risks to the environment and human health. PVC contains phthalates, softeners need to make the plastic bend and they have been found to interfere with hormonal development. Many children's school supplies, such as lunchboxes, backpacks and binders, are made out of PVC—a toxic plastic that is dangerous to our health and the environment: from production, to use, to disposal.

**PLASTIC BOTTLES: THE GREEN GUIDE**

Plastics are classified by recycling codes that indicate the resin used in their manufacture.

**Plastics to avoid**

- \* **#3 Polyvinyl Chloride (PVC)** contains di-2-ethylhexyl phthalate (DEHP), endocrine disruptor and probable human carcinogen.
- \* **#6 Polystyrene (PS)** may leach styrene, a possible endocrine disruptor and human carcinogen, into water and food.
- \* **#7 Polycarbonate** contains the hormone disruptor bisphenol-A, which can leach out as bottles age, are heated or exposed to acidic solutions. #7 is used in most baby bottles, five-gallon water jugs and many reusable sports bottles.

**SAFER CHOICES FOR FOODS AND BEVERAGES**


With your food, use 4, 5, 1 and 2. 3 and 6 are not good for you.

### What you can do to protect yourself

- \* Use glass, Corning Ware, ceramic or lightweight stainless steel containers and baby bottles.
- \* Avoid using plastic containers in the microwave. Chemicals are released from plastic when heated. Instead, use glass or ceramic containers, free of metallic paint. Note that "microwave safe" does not mean that there is no leaching of chemicals.
- \* Avoid dental sealants, which may contain the hormone-disrupting chemical bisphenol-A, for children's baby teeth
- \* Use phthalate-free baby products: Arco Toys, Chicco, Disney, Evenflo, The First Years, Gerber, Hasbro (Play-scool), Little Tikes, Mattel (Fisher-Price), Safety 1st, Sassy, Shelcore Toys and Tyco Preschool.
- \* Avoid polycarbonate (labeled #7 PC) plastic water bottles; choose bottles made of stainless steel, glass or safer plastics (co-polyester or polyethylene)
- \* Use alternatives to polycarbonate plastic baby bottles and "sippy" cups. Many plastic baby bottles and "sippy" cups are still made of polycarbonate. Use alternatives: bottles made of glass, polyethylene, polypropylene or polyamide; "sippy" cups made of stainless steel or safer plastics.

### Resources

LowBlueLights.com  
www.nih.gov

845-339-HOPE  
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# September

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4	Labor Day	5	6	7	8	9
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## Compliments of

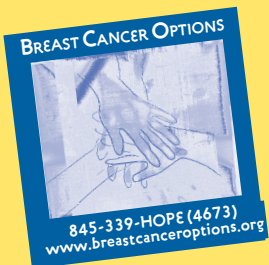
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Vivian L. Milstein Associate  
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## Detection and Follow-up

It is important to understand that recommended monitoring for women who have never been diagnosed with breast cancer and are not at high risk of developing the disease is different from the monitoring recommended for women who have had a breast cancer diagnosis or are at high risk. The term “screening” applies when there has never been a diagnosis of breast cancer. Detection methods, mostly mammograms, are used to detect emerging cancer as early as possible. Other techniques may be used when women are at high risk. After diagnosis and treatment of breast cancer, many of the same techniques are used to detect any recurrence.

**A**fter 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 along with a detailed medical history.

A good physical exam includes:

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

These physical exams and updated medical history should be given every three to six months for the first three years after the primary treatment, 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. Knowing the landscape of their body and noticing slight changes can send women to the doctor for a mammogram. Breast Self Exams can help detect breast cancers that mammograms miss.

**Clinical Breast Exam:** Women in their 20’s and 30’s should have a clinical breast exam every 3 years, especially if they are from a high risk family. After age 40, women should have a breast exam by a health professional every year, or more frequently if there is a strong family history of breast cancer.

**Digital vs. Analog Mammograms:** Digital mammography is significantly better than film mammography in screening women under age 50, or women of any age who have very dense breasts. For women over 50 no significant differences in accuracy were found between the two methods.

### THE SCREENING CONTROVERSY

While mammography is considered the best tool for early diagnosis in most women, there are harms and benefits as well as controversy about when healthy women should begin. The radiation exposure associated with mammography is a potential risk. Because radiation is cumulative overtime, the risk is greater in younger women and high risk women. Mammograms are also less accurate in pre-menopausal women because their breast tissue is dense so other forms of screening may be preferable for these women. Women who carry BRCA mutations are believed to be more vulnerable to the harmful effects of radiation in comparison with women who do not carry the mutation.

Studies show that screening leads to a 15% reduction in breast cancer mortality, but to 30% over-diagnosis and overtreatment of all kinds, including lumpectomies and mastectomies.

For every 1000 women screened by mammography aged 40-49, 84.3 will require repeat or other imaging; 9.3 will require biopsy. Only 1.8 of those 1000 women will end up with screening-detected invasive cancer. For the 50-59 group, 75.9 women will require repeat or other imaging; 10.8 women will undergo biopsy to ultimately catch 3.4 out of the original 1000 women with screening-detected invasive cancer.

Although mammography is still considered the best tool for early diagnosis in **most** women, the decision whether and when to start screening is a personal one. It should be based on a patient’s health, family history and values and be decided by her and her doctor.

**The Timing of Mammograms:** Mammography is the most accurate 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, other imaging or physical exam. MRI offers better sensitivity for detection of breast cancers for women who carry a BRCA-1 or BRCA-2 mutation,

**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)..

**Detection is Not Prevention:** Never rely on any technology as your sole method of surveillance. Knowing what is normal for you. Do regular self-exams and get regular professional exams. Early detection of a recurrence can almost double survival chances.

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### Resources

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www.riverradiology.com

AdvancedBC.org  
www.advancedbc.org

Society of Breast Imaging  
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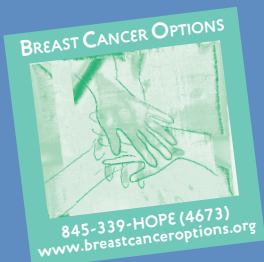
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# October

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2	3	4	5	6	7	8 Yom Kippur begins at sundown
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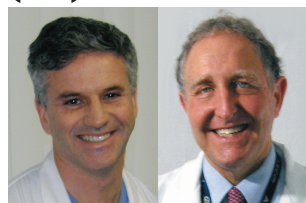


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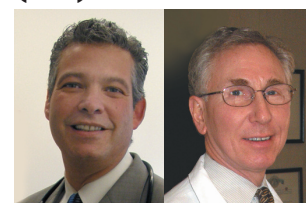
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**Dr. John Peralo**  
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**Dr. Elliot Mayefsky**  
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# Diet: What To Eat And Why

It is thought that dietary factors account for up to 30% of all cancers; diet is second only to tobacco as a preventable cause of cancer. **Recent studies point to the importance of a healthy diet combined with exercise for cancer risk reduction.**

**Tips For A Healthy Diet**

**Eat Complex Carbohydrates:** These are found in vegetables, fruits, whole grains and legumes (beans and peas) and provide lots of fiber that breaks down more slowly in your system. Choosing whole foods and complex carbohydrates instead of refined foods will improve your blood sugar levels, your digestion, and decrease your risk of diabetes, heart disease and cancer. Whole foods contain all the factors that promote health, including antioxidants, vitamins, minerals, and enzymes. Refined foods, such as white flour and white sugar are devoid of these nutrients, and studies suggest that these simple carbohydrates may increase cancer risk by increasing glucose and insulin levels. High insulin levels have been linked to a higher incidence of certain cancers, as well as diabetes, heart disease and hormonal imbalances.

**Consume Healthy Fats:** Fats are the building blocks of cell membranes and hormones, and control the balance of inflammatory and anti-inflammatory compounds in the body. Omega 3 fats help to decrease inflammation, which decreases your risk of cancer, heart disease, diabetes, arthritis and neurological diseases. Deep sea fish, fish oils, free range/organic poultry, grass fed meats, wild game and flax seeds are high in Omega 3 fatty acids. The type of fats you eat are very important. Avoid all hydrogenated oils and

trans-fatty acids. Use unrefined, organic, healthy oils like olive, flax, coconut and nut oils, and moderate amounts of organic butter.

Again, we stress using organic oils because fat is where pesticides and herbicides are stored. Heating vegetable oils at high temperatures can change fatty acids and make them carcinogenic. Peanut oil, coconut oil, ghee (clarified butter) and extra virgin olive oil stand up best to cooking.

**Eat Some Protein:** It is helpful to eat some protein with every meal. Organic is preferred because of the hormones and antibiotics fed to animals that accumulate in the fat. Good protein examples: Grass fed organic meat, Seafood\*, Organic eggs, Organic dairy, Grain + beans. (\*Seafood can be high in heavy metals and toxins like PCB's. Safer seafood is wild salmon, oysters, shrimp, farm-raised channel catfish, farm-raised rainbow trout, flounder, perch, tilapia, clams, scallops and red swamp crayfish. These have the lowest level of mercury and can be eaten more than once a week. Seafood selector; best & worst choices: [www.oceansalive.org](http://www.oceansalive.org))

**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 both women and men. Organic food is grown without chemicals, hormones or antibiotics and has also been found to be much higher in important 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 and stored in their fat. *Avoid genetically modified foods as the long term risks are unknown.*

**Top Anti-cancer Foods**

Cruciferous vegetables and brightly colored fruits and vegetables are highest in bioflavonoids, antioxidants and cancer fighting phytochemicals. Eat 400 to 800 grams (15 - 30 ounces) or five or more portions (servings) a day.

**Fermented foods** such as yogurt, miso, and tempeh and sea vegetables are also recommended.

**VEGETABLES:**

Cruciferous vegetables  
Broccoli,  
Cauliflower,  
Brussel sprouts  
Cabbage  
Kale  
Onions  
Garlic

Sprouts  
Carrots  
Eggplant  
Green beans  
Radishes  
Squash  
Sweet potatoes  
Tomatoes  
Yams

**FRUITS:**

All berries  
Apricots  
Grapefruit  
Grapes  
Lemons  
Mangoes  
Oranges  
Papayas  
Peaches

Persimmons  
Strawberries  
(organic only!)  
Tangerines

**HIGH IN PESTICIDES:**

*Avoid these foods unless they are organic and you avoid 80-90% of pesticide exposure:*

Strawberries  
Bell peppers  
Spinach  
Cherries  
Peaches  
Cantaloupe  
Celery  
Apples  
Apricot  
Green Beans

**LOW IN PESTICIDES:**

*Environmental Working Group analysis of government tests shows that the following fruits and vegetables have the least pesticide contamination among conventionally-grown foods:*

Pineapples	Avocado
Plantains	Cauliflower
Mangoes	Brussels Sprouts
Bananas	Asparagus
Watermelon	Radishes
Plums	Broccoli
Kiwi Fruit	Onions
Blueberries	Okra
Papaya	Cabbage
Grapefruit	Eggplant

# November

S	M	T	W	T	F	S
		1	2	3	4	5
6 <small>Daylight Savings Ends fall back</small>	7	8	9	10	11 <small>Veteran's Day</small>	12
13	14	15	16	17	18	19
20	21	22	23	24 <small>Thanksgiving Day</small>	25	26
27	28	29	30			



## Breast Cancer Advocacy

A Breast Cancer Options Program

### CAMP LIGHTHEART

A free sleepover camp where the children of breast cancer survivors can develop coping skills.

Held in August

For more information: Breast Cancer Options

#### Resources

New York State Breast Cancer Support and Education Network  
www.nysbcscen.org

National Breast Cancer Coalition  
www.natlbcc.org

Breast Cancer Action  
www.bcaction.org

The Breast Cancer Fund  
www.breastcancerfund.org

Decades ago, the 'War on Cancer' was declared a national priority. Despite billions of dollars spent on research and some meaningful advances, including earlier detection and new targeted therapies with fewer side effects, there is still no definitive answer to the cause or causes of breast cancer, nor how to cure it. Breast Cancer is not just a health issue, a woman's issue or a family issue. It is a social issue, an economic issue and a political issue. Once a disease only whispered about behind closed doors, breast cancer has become a subject of wide-ranging debate on matters not only of treatment and medical research, but also of race, gender and economic disparities; environmental concerns; corporate dominance and political interests. Standards of care remain imperfect. Globally, corporations control most of the research agenda. Secrecy and self-interest dominate. Research focuses primarily on detection and treatment with very little attention to primary prevention. Less than 5% of research dollars nationally is devoted to looking for the cause or causes of breast cancer with a goal of prevention.

Breast cancer is now a *cause célèbre*, with a lot of flare and often little substance. Pink ribbons are everywhere, especially during the month of October when a staggering array of Pink Ribbon promotional campaigns and company tie-ins is generated, targeting every conceivable consumer item "for the Cure". Many of these companies use potentially harmful ingredients in their products. Yet, billions of dollars are raised each year and enormous profits are made from the sales and publicity. Corporate America must be transparent and responsible for the money raised in the name of breast cancer. It must support the research and/or services most wanted or needed by breast cancer patients. **Early detection and better treatments are not enough.** Satisfaction with breast cancer as a treatable chronic disease is unacceptable. The end goal must be **prevention.**

Advocates have been pushing back in many ways, challenging corporations; the pharmaceutical industry; local, state and federal legislators; academia; 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, the Environmental Working Group and Silent Spring Institute, among others, have waged many effective awareness campaigns, such as "Think Before You Pink", and been instrumental in changes in corporate business practices and the introduction and/or passage of local and national legislation to protect the public from toxic exposures and inequities in medical care. Some examples are: the banning in New York State of endocrine disrupting Bisphenol-A (BPA) in many infant and baby feeding products, the removal of the artificial hormone, rGBH, from Yoplait by General Mills, The Safe Chemicals Act 2010 and the Toxic Chemicals Safety Act 2010 in Congress, the regulations of certain insurance practices and legal challenge to the patenting of genes by pharmaceutical companies.

**You can join the Advocacy Movement.** Start by advocating for yourself or a loved one and gather information based on evidence to aid in informed decision making. Help your family and friends reduce their risk of breast cancer through healthy behavioral and lifestyle changes.

**Join with others through local organizations,** such as Breast Cancer Options; state organizations or national organizations to work with community leaders and elected officials at all levels to advocate for regulations and laws that benefit cancer patients.

#### JOIN US!

Attend **Breast Cancer Advocacy Day** on March 15, 2011 in Albany, NY with *Breast Cancer Options* and the *New York State Breast Cancer Network*. You will learn more about advocacy and what you can do to help. Please check [www.breastcanceroptions.org](http://www.breastcanceroptions.org) for details.

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

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# December

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



## If you have breasts or know someone who does...

### Please show your support.

Breast Cancer Options is the only grassroots breast cancer non profit organization serving the Hudson Valley. As a result of the current fiscal crisis we have lost 1/3 of our budget and have had to cut some programs.

### We rely more than ever upon individual contributions 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 by calling  
845-339-HOPE (4673)

...or on our web site  
[www.breastcanceroptions.org](http://www.breastcanceroptions.org).

*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.

# About Breast Cancer Options

**B**reast 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 can make a difference.
- \* How complementary medicine can be integrated in treatment.

### Support

- \* **Companion/Advocate Program**—Trained, knowledgeable and sympathetic breast cancer survivors, upon request, 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 time.
- \* **Telephone and e-mail consultations**—We offer a reliable resource, answering questions and suggesting good sources for more information.
- \* **Peer-to-Peer Mentoring**—Talk to someone who has gone through the same experience.
- \* **Camp Lightheart**—A free sleepover camp for the children of breast cancer survivors.

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Hope Nemiroff

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### Education/Information

- \* **Annual Healthy Lifestyles Calendar**
- \* **Breast Cancer Forums:** Informational seminars on breast cancer held throughout the Mid-Hudson Valley supported by local legislators, hospitals, libraries and other interested groups.
- \* **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.

All of our services are free.

[www.BreastCancerOptions.org](http://www.BreastCancerOptions.org)

## 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 percent 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. 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.
- 5. Avoid fried, char-broiled, or barbecued** as forms of cooking. The Char contains PAHs polycyclic aromatic hydrocarbons that cause mammary tumors in animals. Can't give it up? Take an aspirin with your char-broiled meal, as studies suggest that aspirin may negate the potentially harmful effects of flame-broiled foods.
- 6. Avoid bleached products,** i.e. coffee filters, paper, napkins, toilet tissue, tampons and sanitary napkins. 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 using chlorine bleach** for household cleaning or laundry. The chlorine in your dishwashing detergent mixes with steam to create a gas. When the dishwasher is opened, this toxic gas is released. Hydrogen peroxide bleaches are a safe alternative; they break down into water and oxygen.
- 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. 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, so keep an eye out for nontoxic toys.
- 11. Use personal care products without chemicals** like parabens or phthalates. They disrupt normal hormone function and are found in many personal care products.
- 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. 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.
- 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.