

OCTOBER 5, 2012

THUMBS Up HEALTH

West Jefferson Medical Center • Budget Saver • West Jeff Fitness Center

WHAT IS BREAST CANCER?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people continue a normal life.

FACTS ABOUT BREAST CANCER IN THE UNITED STATES

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year

A GLOBAL BURDEN

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

GOOD NEWS ABOUT BREAST CANCER TRENDS

In recent years, perhaps coinciding with the decline in prescriptive hormone therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part to better due to screening and detection, increased awareness, and continually improving treatment options.

CAUSES OF BREAST CANCER: HOW DID THIS HAPPEN?

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease. But no one knows the exact causes of breast cancer. Doctors seldom know why one woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.



KNOWN RISK FACTORS

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) can't be avoided. Having a risk factor does not mean that a woman will get breast cancer. Many women who have risk factors never develop breast cancer.

WHAT DO SCIENTISTS ACTUALLY KNOW ABOUT THE CAUSE OF BREAST CANCER?

Cancer grows when a cell's DNA is damaged, but why or how that DNA becomes damaged is still unknown. It could be genetic or environmental, or in most cases, a combination of the two. But most patients will never know exactly what caused their cancer. However, there are certain established risk factors that are associated with breast cancer.

GENETIC FACTORS

- **Gender:** Breast cancer occurs nearly 100 times more often in women than in men.
- **Age:** Two out of three women with invasive cancer are diagnosed after age 55.
- **Race:** Breast cancer is diagnosed more often in caucasian women than women of other races.
- **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.
- **Personal Health History:** If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future. Also, your risk increases if abnormal breast cells have been detected before (such as atypical hyperplasia, lobular carcinoma in situ (LCIS) or ductal carcinoma in situ (DCIS)).
- **Menstrual and Reproductive History:** Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer.
- **Certain Genome Changes:** Mutations in certain genes, such as BRCA1 and BRCA2, can increase your risk for breast cancer. This is determined through a genetic test, which you may consider taking if you have a family history of breast cancer. Individuals with these gene mutations can pass the gene mutation onto their children.
- **Dense Breast Tissue:** Having dense breast tissue can increase your risk for breast cancer and make lumps harder to detect. Currently, four states (Connecticut, Texas, Virginia and New York) have passed laws requiring physicians to disclose to women if their mammogram indicates that they have dense breasts so that they are aware of this risk. Be sure to ask your physician if you have dense breasts and what the implications of having dense breasts are.

ENVIRONMENTAL AND LIFESTYLE RISK FACTORS

- **Lack of Physical Activity:** A sedentary lifestyle with little physical activity can increase your risk for breast cancer.
- **Poor Diet:** A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.
- **Being Overweight or Obese:** Being overweight or obese can increase your risk for breast cancer. Your risk is increased if you have already gone through menopause.
- **Drinking Alcohol:** Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater the risk.

- **Radiation to the Chest:** Having radiation therapy to the chest before the age of 30 can increase your risk for breast cancer.
- **Combined Hormone Replacement Therapy (HRT):** Taking combined hormone replacement therapy, as prescribed for menopause, can increase your risk for breast cancer and increases the risk that the cancer will be detected at a more advanced stage.

WHAT ARE THE STATS?

60-70% of people with breast cancer have no connection to these risk factors at all, and other people with risk factors will never develop cancer.

THESE DO NOT CAUSE BREAST CANCER

- Breast cancer is not contagious; you can't contract cancer from a person who has the disease.
- Breast cancer is not caused by wearing underwire bras, implants, deodorants, antiperspirants, mammograms, caffeine, plastic food serving items, microwaves, or cell phones, as myths often suggest.



RECIPE OF THE WEEK

Fire-and-Ice Cream Cheese Spread

Description

Easy but elegant, this cream cheese spread is spiced with hot red pepper and cooled with the sweet taste of apricots. Serve with low-fat cracked-pepper crackers and fresh pear slices.

Ingredients

- 1/4 cup fat-free whipped cream cheese (in tub)
- 1/4 cup fat-free or light sour cream
- 1/4 cup all-fruit apricot spread
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons finely chopped red bell pepper

Cooking Instructions

In a small mixing bowl, using an electric mixer, beat the cream cheese and sour cream until well blended.

Line a 6-ounce ramekin or small bowl with plastic wrap. Spoon the cream cheese mixture into the container. Press the mixture lightly to get rid of any air pockets. Smooth the surface with a rubber scraper. Cover and refrigerate for at least 30 minutes to firm slightly.

Meanwhile, in a small saucepan, cook the fruit spread and red pepper flakes over medium heat for 3 minutes, or until the spread just begins to melt, stirring occasionally. Remove from the heat.

Stir in the bell pepper. Let cool to room temperature.

To serve, if using a ramekin, top the cream cheese mixture

NUTRITION ANALYSIS

(per serving)

Calories: 0	Total Fat: 0 g
Saturated Fat: 0 g	Trans Fat: 0 g
Polyunsaturated Fat: 0 g	Monounsaturated Fat: 0 g
Cholesterol: 5 mg	Sodium: 115 mg
Carbohydrates: 10 g	Fiber: 1 g
Sugar: 7 g	Protein: 4 g

DIETARY EXCHANGES

1/2 Other Carbohydrates
with the Apricot Mixture