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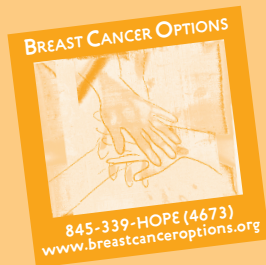
Changes and choices YOU can make — little by little, bit by bit, day by day, to create a healthier environment, bolster your immune system and reduce the risk of breast cancer.

Healthy Lifestyles

2014 Calendar

by Breast Cancer Options

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



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The Importance of the Precautionary Principle

Today the precautionary principle is pervasive in just about every sphere of life, from business and politics to parenting and health and it is increasingly organized around the notion that it is *better to be safe than sorry*. While it is difficult to know the exact role toxins play in determining our health, their impact on our health becomes clearer every day. The precautionary principle is a tool to help us make better health and environmental decisions. It aims to prevent harm from the outset rather than manage it after the fact. New technologies can bring great benefits, but they can also cause accidental harm. Advocates of the Precautionary Principle want to have standards that protect people and the environment from potential harm.

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

Research in ‘The Fight Against Breast Cancer’, however, mostly focuses on treatment and cure and while both are important, they are generally detached from prevention or risk reduction and both are “after the fact.” 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.

It is unlikely that we will ever get rid of all chemical carcinogens in our environment. There are over 85,000 synthetic chemicals approved for market use today, from preservatives in our lipstick to flame retardants in our sofas, from plasticizers in our water bottles to pesticides on our fruit & vegetables. Less than 10% of these chemicals have been tested

for their effects on human health. Some chemicals have hormonal effects in addition to toxic and carcinogenic effects and these are called xenoestrogens. We know that the average American carries at least 100 chemicals in his or her body, yet scientists can tell us next to nothing about the lifetime effects of living with this toxic ‘cocktail.’

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

Facts to 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 carcinogenic and other toxic effects, xenoestrogens, act like estrogens and may promote breast cancer.*

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;
- * 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.

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

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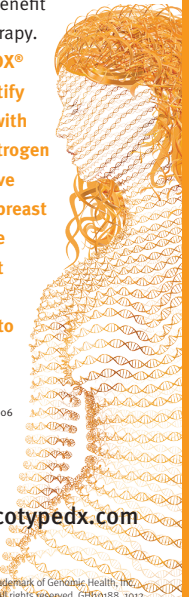
If so, you may be interested to know
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chemotherapy to
their hormonal
treatment.*

* Paik et al. / J Clin Oncol. 2006

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January

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19	Martin Luther King 20	21	22	23	24	25
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Cancer Causes and Risk Factors

Lifestyle Risk factors: There is evidence that lifestyle factors play a role in cancer development. 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, stopped using tobacco and alcohol and limited harmful environmental exposures.

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.

These are the most common risk factors for cancer:

Age: The older you become, the more likely that you will develop a cancer. This is probably due to an accumulation of damage to cells over time. Most cancers develop in older people.

Tobacco. If you smoke, you are more likely to develop cancer of the lung, mouth, throat, esophagus, bladder and pancreas. Smoking is thought to cause about 1 in 4 of all cancers. If you stop smoking, your risk goes down considerably.

Environment: The environment around you may contain harmful chemicals that can increase your risk of cancer. Chemicals in your home or your personal care products and in the workplace also are associated with an increased risk of cancer.

Family history: Only a small portion of cancers are due to an inherited condition. If cancer is common in your family, it's possible that mutations are being passed from one generation to the next.

Alcohol Use: Having more than two drinks each day may increase the chance of developing cancers of the mouth, throat, esophagus, larynx, liver, and breast. The risk increases with the amount of alcohol that a person drinks. For most of these cancers, the risk is higher for a drinker who uses tobacco. Regular consumption of more than one alcoholic drink per day is associated with an increased risk of breast cancer.

Diet: People who have a diet high in processed carbohydrates, sugars, animal fats, do not have enough physical activity, or are overweight, may be at increased risk of several types of cancer. Eating lots of fruit

and vegetables reduces the risk of developing certain cancers. The exact way in which they protect against cancer is not fully understood. We should eat at least 5 portions of fruit and vegetables per day. Organic is preferred.

Lack of Exercise and/or Being Overweight: Lack of physical activity and being overweight are risk factors for Breast, Colon, Uterus, Esophagus and Kidney cancers. 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. Physical activity affects breast cancer in 2 distinct ways: directly, by influencing circulating hormones, and indirectly, by helping to control weight. Obesity often leads to inflammation which may also explain the link between obesity and cancer. Exercising two to three hours per week can reduce risk by 30%, four or more hours by 50%. Women's blood-estrogen levels are also lowered by regular exercise.

Ionizing Radiation: This can cause cell damage that leads to cancer. This kind of radiation comes from rays that enter the Earth's atmosphere from outer space, radioactive fallout, radon gas, x-rays, and other sources.

Hormones: Stress, toxicity, exposure to many toxins in the environment, products we use on a daily basis, poor quality food choices, lack of sleep, light at night and many pharmaceutical medications are all known hormone disruptors. The use of menopausal hormone therapy can increase the risk of breast cancer, heart attack, stroke, or blood clots.

Stress: Stress impacts our immune systems and decreases the body's ability to fight disease. The immune system loses the ability to kill cancer cells and could be the unifying theme in cancer spread. Psychological stress is linked to breast cancer aggressiveness.

Light at Night and Electro-magnetic Radiation: Light at night and electro-magnetic radiation from cell phones, computers and other electronics disrupts the natural sleep/wake pattern and lowers levels of the tumor-fighting hormone melatonin.

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February

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16	President's Day	17	18	19	20	21	22
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Inflammation and Cancer

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

While inflammation is a protector of our health when it's an acute response, chronic inflammation is a different story. Chronic inflammation underlies cancer development, promotion, and angiogenesis. Chronic, low-grade systemic inflammation—fueled by excessive belly fat, poor diet, lack of exercise, disrupted hormones, smoking, and gum disease—may explain why lifestyle-linked diseases have reached epidemic levels in Western countries, while remaining rare in the developing world. It orchestrates the microenvironment around tumors, contributing to proliferation, survival and migration.

High cortisol and insulin ➔ obesity, inflammation ➔ poor outcomes for cancer survival

Inflammation Contributors

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

Sleep Deprivation. Lack of sleep increases inflammation in the body. Sleep is a time for the body to recover and repair both mentally and physically. That's why sleep experts recommend getting 7–9 hours nightly to

function optimally. Studies indicate that this time period is critical for biochemical balance in substances like GH and cortisol.

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

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

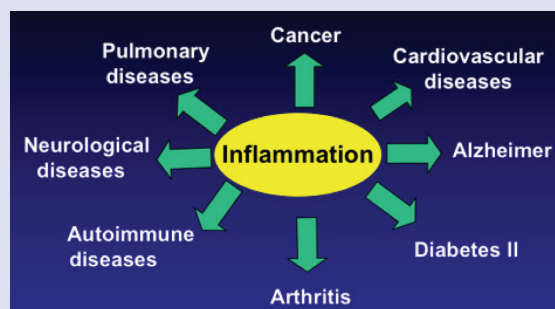
Cooling Down Inflammation

The best ways to fight chronic inflammation is to create an active lifestyle with increased exercise, adequate sleep and sound nutrition.

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

Anti-inflammatory foods: Vegetables, fruits, nuts, seeds and healthy oils like olive oil or coconut oil. Avoid processed foods, dairy, wheat and sugar. Good examples of foods to include are apples, berries, broccoli, mushrooms, papaya, pineapple, and spinach. Drink water or herbal tea.

Anti-inflammatory supplements: Curcumin, Fish oil, Vitamin D, Spirulina, Boswellia, SAME, Ginger, Bromelain and Bioflavonoids



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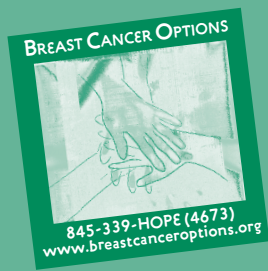
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March

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Daylight Savings Begins Spring Forward	9	10	11	12	13	14
16	St. Patrick's Day	17	18	19	20	21
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Making Informed Medical Decisions – I've Been Diagnosed With Cancer...What Do I Do?

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

Making decisions can be difficult because:

- * There is more than one choice.
- * Each choice has good points and bad points.
- * There is no "correct" choice.
- * What you choose depends on what is important to you.

Breast cancer feels urgent but most people diagnosed with breast cancer can safely take time to: First of all...Breathe. Give yourself time and space to explore how best to proceed. It's natural to want to deal with it immediately, but breast cancer is usually not an emergency. Most tumors have been growing for years when they are discovered. A few days or weeks is not significant to the tumor growth, but can make all the difference in finding the treatments that are best for you.

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 and your healthcare team 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 what other tests are planned. When your doctor tells you your treatment options, ask if these are your only choices.

Get second opinions: After you get a pathology second opinion, get second opinions about your treatment options. That will give you more information and help you choose a course of care. New developments in cancer treatment are happening so fast that it's practically impossible for every doctor to be aware of all the most up-to-date ways to deal with the disease. The best doctor to see is one who is a specialist and 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.

You can get second opinions from a:

- * breast surgeon
- * pathologist
- * medical oncologist
- * radiation oncologist

Second opinions can help by confirming a diagnosis and providing reassurance that the patient is making a reasonable choice.

When you go for a second opinion take all your records and all related test results, tissue slides, x-rays and/or other imaging with you so they will not need to be redone. The doctor should review your medical records and re-evaluate your diagnosis to make sure that it's an accurate second opinion. If your second opinion mirrors your first opinion you can move forward with treatment, confident that you are doing the right thing.

If the second opinion does not concur with the first, you can opt for a third opinion, or return to your original doctor and request that he or she engage in a constructive dialogue with the doctor who rendered the conflicting opinion. It's possible that after they share the reasons for their opposing opinions, they will find common ground and agree on the best course of action for you. The important thing is that you must be able to trust and believe in the persons charged with your care, so that you can focus your energies on getting better and moving ahead with your life.

Explore the different treatment options: If all the doctors you've consulted with agree on a particular course of treatment, and you feel comfortable with it, your decision should be fairly easy. Sometimes you may be presented with more than one appropriate treatment plan. For example, there may be a nearly equal chance of recovery with a mastectomy or with a lumpectomy plus radiation or chemotherapy. In a case like this, your doctor can give you a discussion of the pros and cons of each alternative and an informed opinion, but only you can make the final decision about which treatment feels right to you.

Get the support you need and ask for help: This can range from support groups or private counseling, to assistance with keeping your life functioning smoothly. While family members and friends can be a tremendous help, sometimes people who are not emotionally involved can offer a different type of support. Give yourself a break, and give someone else, a friend, relative, co-worker or neighbor an opportunity to give of themselves. You would do it for them!

If you need evidence-based information call an advocacy organization like *Breast Cancer Options*.

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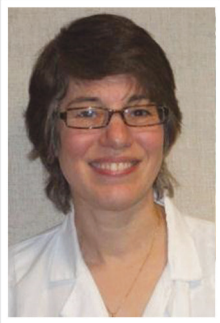
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April

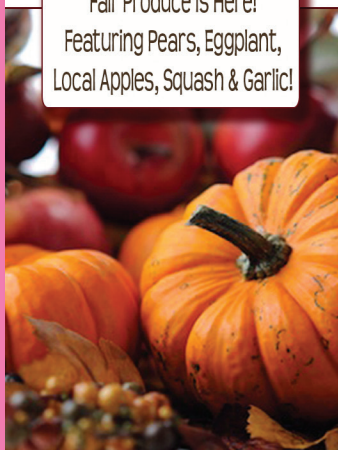
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Easter Sunday 13	14	Passover 15	16	17	Good Friday 18	19
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Breast Cancer Options Complementary Medicine Conference 27	28	29	30			



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Let Food Be Your Medicine

Nutrigenomics looks at how foods and nutritional supplements influence gene expression. Personalized nutrition can be used to mitigate disease. To keep gene expression healthy, it is important to control metabolic syndrome, inflammation, hormonal imbalance, and

Compounds which inhibit cancer cell proliferation include: turmeric and curcumin, EGCG, bee propolis, genistein, resveratrol, selenium, and vitamin E. Compounds that act by indirect means to inhibit cancer progression include: vitamin C, anthocyanidins, proanthocyanidins.

Compounds from food which stimulate the immune system include: maitake or shitake mushrooms, ginseng, glutamine, melatonin, intake of dietary fiber, high consumption of fruit, vegetables and fish (low in environmental contaminants)

Foods that Quench Inflammation

- Spices: curry, ginger, garlic, parsley, paprika, hot pepper
- Wild, cold-water fish (Omega-3) & seaweeds
- Grass-fed (pastured) meat, free range dairy, eggs
- Onions, garlic, hot peppers
- Olive oil, fish oil
- Green tea
- Leafy green & cruciferous vegetables
- Berries (blueberries, cherries, raspberries)
- Apples, pineapple, pomegranate, kiwi

Diet can modulate estrogen synthesis, receptor activity, detoxification and metabolism of estrogens

Nutritional Approaches to Improving Hormone Balance

- Increase phytoestrogens consumption (flax, 1-2 cups of cruciferous vegetables daily)
- Eat organic foods to minimize intake of xenoestrogens, hormone, and antibiotics
- Use filtered water (reverse osmosis) to eliminate xenoestrogens
- Use garlic for sulfur and to help with detoxification
- Consume a high-fiber diet (25-50 g a day, including legumes, whole grains, nuts and seeds, vegetables, fruit)
- Increase intake of omega-3 fatty acids (small, non-predatory cold-water fish: wild salmon, sardines, herring) and flax seeds
- Balance glucose metabolism through a low glycemic load, high phyto-nutrient index

methylation. Studies have demonstrated a link between breast cancer prevention and increased consumption of cruciferous vegetables and antioxidant-rich foods, intake of dietary fiber and fish.

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

Dietary Guidelines

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

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

Foods That Cause Hormonal Imbalance

- Saturated and trans fatty acids
- Refined sugars and carbohydrates
- Processed foods and artificial sweeteners
- Dairy products
- Alcohol consumption
- Exposure to environmental toxins
- Xenobiotics, antibiotics, and hormones (in commercially raised livestock (meat & dairy))

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25	Memorial Day	26	27	28	29	30	31



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United Breast Cancer Foundation
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Stress Reduction

Stress is a part of our lives and how we handle that stress can have an impact on our health. It is thought that stress may fuel cancer by triggering a 'master switch' gene which allows the disease to spread, according to new research, so behavioral factors and responses to stress must be considered along with genetic factors in attempting to understand why some individuals develop cancer, or what the clinical course will be. Research has shown that stress can lower the body's ability to prevent cancer from developing. Typically, our immune system recognizes those abnormal cells and kills them before they produce a tumor. There are 3 important things that can happen to prevent cancer from developing — the immune system can prevent the agents from invading in the first place, DNA can repair the abnormal cells or killer T-cells can kill off cancer cells.

Learning to cope with stress is not an easy task. Most of us never forget the day we were diagnosed with cancer. As that date approaches each year, our fears can increase. Follow-up appointments and any imaginary or real new symptoms can have the same effect. Sometimes, just walking through the hospital doors can be scary. Levels of cortisol, the stress hormone, rise with increased stress. High levels of cortisol suppress immune response by reducing natural killer cell activity. Studies suggest that imbalances in cortisol levels can cause tumors to grow faster. That is one reason we need to learn how to cope with everyday stress, including the fear of recurrent cancer. We may not have control over cancer recurrence, but we can have control over the worry. None of us know how long we will live and we need to enjoy whatever time we have.

Some helpful stress reduction techniques are:

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

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

Many complementary therapies enhance healing and reduce stress by focusing on the connections between the mind, body, and spirit. Three main types of therapy are psychological, such as support groups; physical, such

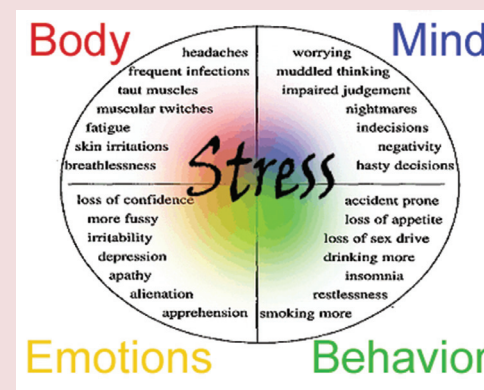
as deep relaxation and exercise; religious and spiritual, such as prayer and meditation. It is important to be aware that there is no evidence that these therapies will actually cure cancer. Nonetheless, these methods have been proven extremely helpful to people with cancer in a number of ways.

They can:

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

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

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



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June



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Chemicals And Breast Cancer

The average adult is exposed to 126 chemicals every day—just in their personal care product use alone. The average household and workplace products contain another 62 toxic chemicals that are also used on a daily basis. Brands using these chemicals are sold by many of the same companies that raise money for breast cancer awareness. We are exposed to phthalates in synthetic fragrances, noxious fumes in oven cleaners, BPA in plastics and register receipts and parabens in personal care products. These chemicals get into our bodies through inhalation, ingestion and absorption. The risk of cancer is increased if there are heavy exposures before the age of 25.

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

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

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

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

FRAGRANCE: Fragrance can contain dozens of chemicals—including hormone-disrupting phthalates and synthetic musks. Used in almost all cleaning, laundry, and personal-care products, fabric softeners, perfumes, scented detergents, etc. The chemicals go directly into the bloodstream when applied to our skin and are absorbed into the skin from our clothing.
Solution: Buy fragrance-free products; purchase natural essential oils.

PARABENS (Methyl, Propyl, Ethyl, Butyl) Hormone disruptor linked to early puberty. Found in cosmetics, lotions, creams, sunscreens, shaving/styling gels, toothpaste, shampoo, conditioners.
Solution: Read labels to avoid products containing parabens.

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

When it comes to breast cancer, the greater concern is exposure to “endocrine disrupters.” These are chemicals and byproducts that can either mimic the effects of estrogen in the body or cause estrogen to act in a way that isn't normal. Using these products in combination with the hundreds of other chemicals that we regularly come in contact with on a daily basis may increase the risk of several cancers. Our exposures comes from chemicals in household products, personal care products, food, plastics, air and water, and health care exposures like ionizing radiation.

AVOID DRY CLEANING: Conventional dry cleaning uses perchloroethylene (PERC), formaldehyde, naphthalene, benzene. It has long-term health effects including cancer. Short term exposures can cause skin irritation, dizziness and headaches.

Solution: Use dry cleaners that clean with the CO2 process. Or hand wash with unscented fabric detergent for delicates.

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

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

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

The ultimate solution: Become an informed consumer. Look around your environment. Read product labels and don't purchase a product containing chemicals that can harm you or your family.

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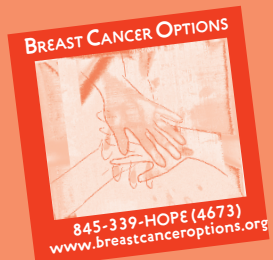


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Vitamins, Herbs and Supplements

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 needs which can be determined by testing. We recommend that you consult with a knowledgeable practitioner to determine your specific needs.

The following are popular supplements:

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. These medications can produce problematic side effects.

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

Curcumin - Exerts its biological influence through epigenetic modulation. Helps repair DNA that has been damaged by radiation. Has several cancer-fighting properties. Anti-inflammatory. Curcuma longa is a promising anticancer agents. Epidemiological evidence demonstrates that people who incorporate high doses of this spice in their diets have a lower incidence of cancer.

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

Green Tea- Chemicals in green tea called polyphenols appear to inhibit two proteins that promote tumor cell growth and migration — namely, the vascular endothelial growth factor (VEGF) and the hepatocyte growth factor (HGF). Exhibits pro-oxidant abilities and can induce apoptosis (programmed cell death) in cancer cells.

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

Vitamin D - Higher levels of vitamin D are associated with reduced incidence rates of breast cancer worldwide. Vitamin D (calcitriol) is a hormone that promotes normal cell growth and cell differentiation, calcium absorption and helps to maintain hormonal balance and a healthy immune system. Vitamin D3 deficiency can lead to elevated levels of inflammatory markers such as hsCRP, IL-2, IL-6, and insulin resistance. Testing your vitamin D3 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 supplement with 2000 IU vitamin D3 daily.

DIM (3,3'-diindolylmethane) - A phytonutrient found in cruciferous vegetables including cabbage, broccoli, brussels sprouts, kale, cauliflower, and turnips. Women with breast cancer make 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, or 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 immune 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.

Medicinal Mushrooms - Mushrooms have been shown to reduce cell proliferation and also have aromatase-blocking activity. They can stimulate components of cellular immunity such as T cells, B cells, macrophages and natural killer (NK) cells, demonstrate anti-tumor activity and may restrict tumor metastasis.

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.

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.

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The Benefits Of Exercise

There are both physical and psychological healing benefits to exercise. Exercise can chase the blues, help fight stress and raise energy levels. Exercise oxygenates the body and stimulates lymphatic circulation which helps to clear the body of toxins. *Aerobic exercise reduces the risk of developing breast cancer by altering the way that estrogen is broken down and metabolized. It increases the ratio of 'good' to 'bad' estrogen metabolites.*

According to a study published by the Journal of Clinical Oncology, women with breast cancer who walked on a regular basis had a 45% greater chance of surviving than those who lived a sedentary lifestyle. Exercise may also reduce the risk of cancer by normalizing body weight and composition. Lack of regular exercise promotes repair deficit inflammation, while regular exercise reduces inflammation. Exercise is an effective intervention to improve quality of life, cardiorespiratory fitness, physical functioning and fatigue in breast cancer patients and survivors.

Techniques	Recommendations	Benefits of Exercise
AEROBIC EXERCISE - Brisk walking - Strength training - Swimming - Tai Chi - Yoga	3 to 5 days a week at moderate intensity for 20 to 60 minutes.	- Aerobic exercise increases the ratio of "good" to "bad" metabolites of estrogen and reduces chronic inflammation. - Exercise decreases insulin resistance. - Physical exercise can blunt some of the negative side effects of breast cancer treatment, including reduced physical functioning and treatment fatigue. - Walking 3 to 5 hours a week lowers the risk of dying from breast cancer by 50%. - Elevates mood, improves concentration and the ability to focus. - Oxygenates the body; helps it to detoxify.
STRENGTH/RESISTANCE - Machine, free weights - Exercise balls - Hand weights or bands - Pilates or calisthenics)	Two times per week for every major muscle group.	- Studies suggest that exercise after breast cancer surgery and treatment can lower the risk of recurrence. - Strength training lowers the risk of lymphedema, caused by the removal of underarm lymph nodes, by 35%
FLEXIBILITY - Yoga - Tai chi - Ballet	Stretching can be performed daily, or several times a day	- Strength or resistance exercises help to maintain strong bones, increase metabolism, and help to achieve or maintain a higher level of function - Flexibility helps to maintain pain-free range-of-motion - Helps to maintain body weight. A Body Mass Index of over 25 for women is considered overweight.

How to Get Started

- A varied exercise regime is more interesting, and easier to stick to. Half of all people who begin a vigorous training regime drop out within a year.
- Start slowly to build your endurance.
- Start small—10 minutes of exercise three times a week can build a good base for novices. Gradually build up the length of these every-other-day sessions to 30 minutes or more.
- The key to maintaining an exercise program is to find activities that are exciting, challenging and satisfying.
- Even if you're short on time, you can work out for only 15-20 minutes and still build up a sweat, feel energized and go on with your day!

Lack of physical activity is known to be a modifiable risk factor for breast cancer recurrence and mortality, and one which is solely within the control of the person with the disease.

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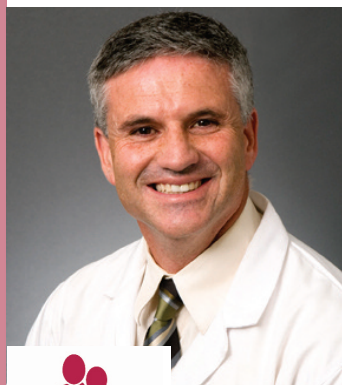
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Screening, Detection and Follow-up

SCREENING

While mammography is still considered the best tool for early diagnosis in **most** women, there are harms and benefits. The new guidelines state that the decision to perform screening for women 40 to 49 years of age should consider the individual patient risk, values and comfort level of the patient. For women with a lifetime breast cancer risk of more than 20% or who have a BRCA mutation, screening of some kind should begin at 25 years of age or at the age that is 5 to 10 years younger than the earliest age that breast cancer was diagnosed in the family.

The recommended screening for women who have never been diagnosed with breast cancer and are not at *high risk* of developing the disease is **different** from the recommended screening for women who have never had a breast cancer diagnosis but are considered at high risk.

Detection methods, mostly mammograms, are used to detect cancer as early as possible. Techniques other than mammography may be used when women are considered at high risk.

There are four different categories of breast cancer found during screening tests.

- * Slow-growing cancers that would be found and successfully treated with or without screening.
- * Aggressive cancers, so-called *bad cancers* that are deadly whether they are found early by screening, or late because of a lump or other symptoms. **Screening does not help women with these aggressive cancers.**
- * Innocuous cancers that would never have amounted to anything, but they still are treated once they show up on a mammogram. Women with these cancers are over diagnosed, are treated unnecessarily, and therefore harmed by screening.
- * A fraction of cancers that are deadly but, when found at just the right moment, can have their courses changed by treatment. Women with these cancers are helped by mammograms. Clinical trial data states that *1 woman per 1,000 healthy women screened over 10 years falls into this category.*

TECHNOLOGY

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).

Digital vs. Analog Mammograms: Digital mammography is significantly better than analog mammography in screening women under age 50, or women of any age who have very dense breasts. The radiation dose from digital mammography is 22% lower than conventional film mammography.

Timing of Mammograms: For pre-menopausal women mammography is the most accurate on 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.)

FOLLOW-UP

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'. Studies have shown that if you do not have any symptoms the most effective way to detect recurrence and/or metastatic breast cancer is to have a periodic clinical exam 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

Physical exams and an 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.

KNOW YOUR BODY

Breast Self Exams (BSE): 40% of breast cancers are discovered by women or their partners not necessarily from using BSE techniques. Knowing the landscape of their body and noticing slight changes can send women to the doctor for a mammogram. Checking one's breast can help detect breast cancers that mammograms miss.

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

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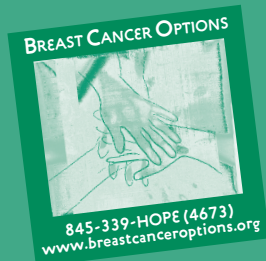
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Sleep, Darkness, Hormones And Breast Cancer

Our modern lifestyle poses many threats to optimal hormone function and balance. Stress, toxicity, exposure to toxins, poor quality food choices, lack of sleep, and many medications are known hormone disruptors. The most overlooked hormone disruptors are exposure to light at night and the electromagnetic energy fields generated from cell phones and many electrical devices.

Sleep is a required activity, not an option. 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.

The importance of the hormone melatonin. Changing natural body rhythms as we do in modern-day life, subjects us to deleterious health effects from too little sleep, but more importantly, chronically decreases melatonin production. Melatonin is produced by the brain in darkness, during sleep from the pineal gland. Light at night and electromagnetic radiation disrupt melatonin production making the cell's DNA more prone to cancer-causing mutations. Melatonin increases the level of naturally occurring antioxidants in breast cancer cells; may reduce the number of estrogen receptors on breast cancer cells; modulates immune function; decreases the invasive capabilities of breast cancer cells; inhibits the growth of breast cancer cells by interacting with estrogen-responsive pathways. Sleep problems are also linked to the risk of aggressive breast cancer and recurrence.

Studies show that night shift workers have an increased risk of developing breast cancer. Researchers hypothesize that the increased risk in night shift workers is due to an increase in estrogenic stimulation when melatonin production is disrupted. Studies of blind women whose circadian rhythm are undisturbed by artificial light have a 50% reduced risk of breast cancer compared with their sighted peers. Women with breast cancer tend to have lower levels of melatonin than those without the disease.

Electromagnetic radiation (EMR) disrupts melatonin—Overnight exposure of women to elevated levels of EMR disrupts melatonin production and increases estrogen levels. At night, continual cell phone use, watching TV, sitting in front of computer screens, reading with artificial light into the wee hours, or sleeping with a light on, all contribute to melatonin deficiency. These devices emit blue light, which tricks your brain into thinking it's still daytime. Normally your brain starts secreting melatonin between 9 and 10 pm, and light from these devices stops that process. Sleeping in a room surrounded by these devices suppresses our nightly melatonin production. Although exposure to electromagnetic fields cannot be totally eradicated we can learn to use

They disrupt our sleep and a good night's sleep is a potent weapon in the fight against cancer. The normal sleep-wake cycle, called circadian rhythm, is important for the production of the hormone melatonin. It is an internal biological clock regulating body temperature, endocrine functions, and many disease processes including heart attack, asthma and cancer.

wireless technology and use protective methods to minimize the loss of melatonin. The longer you stay in the dark the more melatonin your body produces.

Women with metastatic breast cancer who had failed to respond to Tamoxifen alone received melatonin supplements (20 mg every evening), and demonstrated an improved response to the drug. Melatonin may also enhance the effects and reduce the toxicity of some chemotherapy drugs used to treat breast cancer. Research is ongoing.

Melatonin is a potent hormone. People who are considering taking melatonin supplements should consult a knowledgeable health-care provider who can help construct a comprehensive integrative treatment.

Some Suggestions To Preserve Your Melatonin Levels and Normal Circadian Protective Rhythms

- Make sure your room is quiet and dark.
- Sleep at least 3-5 feet away from outlets and unplug devices. EMFs can disrupt your pineal gland and its melatonin production.
- 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.
- 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. Get outside for 15 minutes each morning to allow your body to get a clear signal that it's daytime.
- Exercise regularly. Exercise done early in the day may promote better quality sleep. Vigorous exercise just before bedtime may delay sleep.

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November

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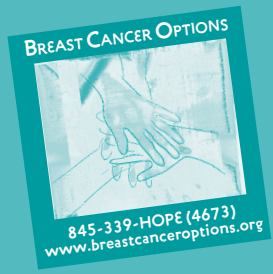
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Melissa also teaches "Painting Outside the Lines"™ art-making workshops in Hurley, NY. She is known for her *Spirit Essence Portraits*.

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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

Breast Cancer Advocacy: Making a Difference

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

As the discoveries of basic science have been translated to better clinical treatment, a new sense of hope has emerged. Quality of life now shares the spotlight with quantity of life as breast cancer has shifted from an acute to a chronic condition and as the numbers of long-term survivors has increased. Advocates express concerns about issues affecting their lives beyond treatment. These include, accurate diagnosis, the complexity of treatment decisions, access to quality cancer care, informed consent, privacy issues, availability of supportive care treatments, effective doctor-patient communication skills and the long term side effects of treatments. Survivors are also concerned about the impact of their disease on spouses and family, on fertility and sexuality, on employability and on their long-term survival. The identification of these issues has given rise to a movement that has shifted away from powerless victim to empowered survivor.

Political advocacy has helped breast cancer patients in numerous ways. Women now have more access to screening, earlier diagnosis and better treatments. Breast cancer advocates have been instrumental in increasing federal funding for breast cancer research and have helped to pass laws that provide cancer treatment coverage to low-income, uninsured women. Advocates work with their Legislators on the gaps in patient care, the needs of underserved populations and what research should be funded because Legislators need to understand the issues patients are facing. Sometimes they need prodding from concerned citizens.

Advocacy can also include caring and support at the individual level. Bring a meal, do an errand, help with chores, or drive a cancer patient to an appointment or as someone who has "been there," provide personal emotional support and knowledge for those newly diagnosed.

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, target every conceivable consumer item "for the Cure". When these companies use known or suspected cancer causing ingredients in their products, which

Advocates have become educated in the science of breast cancer and now have a seat at the table with scientists when decisions are made about research and policy. They have a unique contribution to make to cancer research and play an important role in the cancer care setting giving a "face" to the disease reminding researchers of the human element. They provide input that strengthens research projects, assist in clinical trial design, help develop patient materials and facilitate community outreach and education.

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 looking at breast cancer with a goal of prevention.*

You can make a difference! Ask questions before you buy products with pink ribbons. 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 learn what causes breast cancer in the first place.

Advocates have changed the conversation, challenging corporations; the pharmaceutical industry; local, state and federal legislators; healthcare institutions and providers; health agencies and the media. Advocacy organizations such as The New York State Breast Cancer Network, Breast Cancer Action, Breast Cancer Fund, the National Breast Cancer Coalition, and Silent Spring Institute, among others, have waged many effective awareness campaigns and have been instrumental in changing business practices and helped the passage of legislation to protect the public from toxic exposures and inequities in medical care. Some examples: the banning in New York State of endocrine disrupting Bisphenol-A (BPA) in infant and baby toys, bottles and feeding products.

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

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December

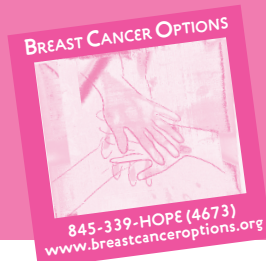


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If you have breasts or know someone who does...

Please show your support.

Breast Cancer Options is a grassroots, nonprofit organization and the largest provider of peer support, advocacy and education services in the Hudson Valley. The current fiscal crisis has affected our budget and we need your help.

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
 Online on our web site
www.breastcanceroptions.org

...or call us at
845-339-HOPE (4673)

Thank you

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

All donations are tax-deductible and truly appreciated!

All of our services are free.

About Breast Cancer Options

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

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

Support

- * **Companion/Advocate Program**—Trained, knowledgeable and sympathetic breast cancer survivors, 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 Lighthouse**—A free sleepover camp for the children of breast cancer survivors.
- * **Acupuncture Clinics for women in treatment**—5 free treatment. Funded by a grant from The Miles of Hope Breast Cancer Foundation.

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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

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16 Steps To A Healthier Life For You And Your Family

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

- 1. Exercise!** Breast cancer patients will be 50 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 dish-washing 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.

BREAST CANCER OPTIONS, INC.
101 Hurley Avenue
Suite 10
Kingston, NY 12401

Save the Date!
Breast Cancer Options
13th Annual
**COMPLEMENTARY
MEDICINE
CONFERENCE**
Sunday, April 27, 2014
SUNY New Paltz