

2016 ARCHIVES *Click on link for article*

1. [Your Cells. Their Research. Your Permission?](#) NY Times The Opinion Pages
2. [Breast cancer detection rate using ultrasound is shown to be comparable to mammography](#)
3. [Breast-Conserving Therapy Yielded Better Outcomes Than Mastectomy for Early-Stage Patients](#)
4. [High Sugar Consumption Linked to Breast Cancer](#)
5. [Annual Hazard Rates of Recurrence for Breast Cancer During 24 Years of Follow-Up Breast cancer survivors could be vulnerable to common illnesses](#)
6. [Breast cancer survivors could be vulnerable to common illnesses](#)
7. [Bee pollen and honey for climacteric \(menopausal\) symptoms in breast cancer patients](#)
8. [Could Aspirin Treat Breast Cancer?](#)
9. [Too Much Imaging in Stage I and II Breast Cancer Patients](#)
10. [Rates of Prophylactic Mastectomy Have Tripled in Past Decade despite No Survival Benefit](#)
11. [Long night fasting may cut risk of breast cancer recurrence](#)
12. [The Association of Breast Arterial Calcification and Coronary Heart Disease](#)
13. [The 21-Gene Recurrence Score Influenced Breast Cancer Chemotherapy Decisions More Strongly Than Adjuvant! Online](#)
14. [Cancer Patients Should Avoid Fish, Fish Oil During Chemo, Researchers Warn](#)
15. [New Psychotherapy May Help Fight Chemobrain in Cancer Survivors](#)
16. [Low Fat Diet Helps Postmenopausal Women Avoid Deadly Breast Cancers](#)
17. [Cold Caps \(For Chemotherapy Hair Loss\)](#)
18. [Women May Be Able to Reduce Breast Cancer Risk Predicted By Their Genes](#)
19. [Stress: A Cause of Cancer?](#)
20. [SLEEP, DARKNESS, HORMONES AND BREAST CANCER](#)
21. [LOCAL & NATIONAL INSURANCE, FINANCIAL & LEGAL RESOURCES FOR CANCER PATIENTS-](#)
Local resources are for the Hudson Valley NY
22. [INFLAMMATION AND CANCER-](#) *From the Breast Cancer Options 2016 Healthy Lifestyles Calendar*
23. [Chemotherapy and Exercise: The Right Dose of Workout Helps Side Effects](#)
24. [PERSONAL CARE PRODUCTS: CHEMICALS TO AVOID](#)
25. [How Lifestyle Choices Impact Breast Cancer Risk](#) (Lifestyle Factors Can Alter Gene Expression) From Breast Cancer Options Healthy Lifestyles Calendars
26. [INFORMATION WEBSITES FOR CANCER PATIENTS](#)-From the Breast Cancer Options website-
www.breastcanceroptions.org
27. [DEALING WITH THE SIDE EFFECTS OF CANCER TREATMENTS](#)-*Breast Cancer Options 2017 Healthy Lifestyles Calendar*

28. [Breast Cancer Study Encourages Reconsideration of DCIS \(Ductal Carcinoma In Situ\) and its Treatment](#)
29. [Exercise found to reduce fatigue and improve physical fitness in women undergoing breast cancer treatments](#)
30. [Nutritionism in Cancer Culture](#)
31. [Why more women are 'going flat' after breast cancer](#)
32. [Methylation Predicts Outcome in Metastatic Breast Cancer](#)
33. [16 Steps To A Healthier Life For You And Your Family](#)-From the Breast Cancer Options 2017 Healthy Lifestyles Calendar. Ask for a copy!