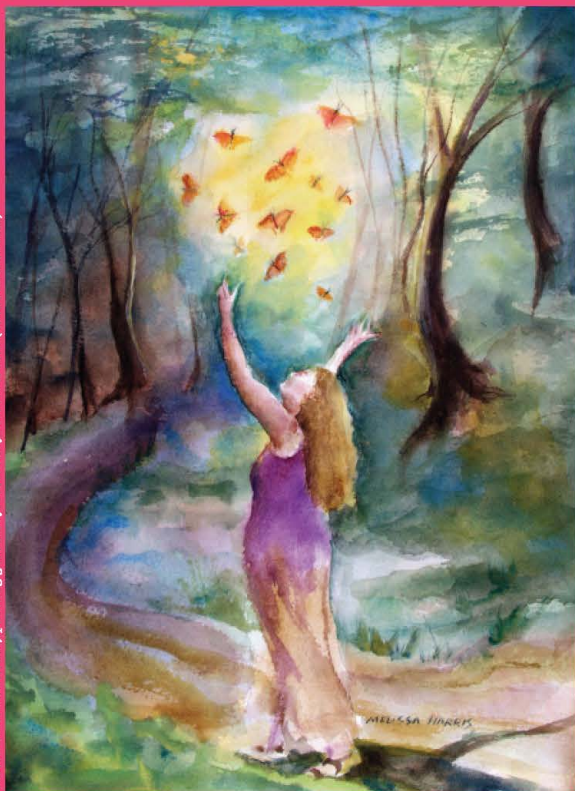


BREAST CANCER OPTIONS, INC.
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Kingston, NY 12401



Create Your Own Reality painting graciously donated by Melissa Harris (melissaharris.com)

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

Healthy Lifestyles

2021 Calendar

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



Cancer Care Close to Home

- Fern Feldman Anolick Breast Health Center
- Infusion Therapy
- Medical Oncology
- Radiation Oncology
- Surgical Oncology

To book an appointment, call 845.334.4248

Reuner Cancer Support House Services

- Breast Education and Outreach Program
- Linda Young Ovarian Cancer Support Program
- Support Groups and Counseling

To learn more, call 845.339.2071



The Precautionary Principle

The precautionary principle is organized around the notion that it is better to be safe than sorry. It 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. Advocates of the Precautionary Principle want to have standards that protect people and the environment from potential harm.

How climate change and toxic chemicals are connected

Climate change is increasing cancer risk through increased exposure to carcinogens after extreme weather events like hurricanes and wildfires. In addition, it is also impacting cancer survival. Extreme weather events can impede patients' access to cancer care and the ability of cancer treatment facilities to deliver care. Warmer temperatures increase our exposure to toxic chemicals and affect how chemicals behave. Higher temperatures allow certain chemicals to vaporize and enter the air we breathe. Warmer temperatures on Earth can also encourage the breakdown of some chemicals into toxic byproducts.

Impacts of extreme weather events include concentrated releases of chemicals – Catastrophic weather-related events, ie. hurricanes, fires, etc. can result in the release of toxic chemicals into the air when homes burn, or factories are damaged or destroyed. These events will continue to expose people and the planet to highly concentrated chemical doses. Climate change can exacerbate the health impacts of air pollution.

Toxic chemicals can hinder the body's ability to stay healthy – Studies have shown that many toxic chemicals are endocrine disruptors. They can alter metabolism and hinder our ability to adapt to changing temperatures. These effects occur in humans, particularly in communities without access to heating or air conditioning.

Most of us are exposed to a cocktail of environmental toxins on an ongoing daily basis and at a relatively low level of exposure. Adopting a better-safe-than-sorry approach is the only way to reduce contact with known and suspected carcinogens that are present in everything from fire-resistant couches to endocrine disruptors in the shampoo and other personal care products you use every day. Protecting yourself comes down to a simple philosophy – control what you can control, limit your exposure where you can, and then be active in your community when other environmental dangers come to light.

Facts to remember: There are 85,000 chemicals in use today and only 7% of them have been tested for safety. Combinations of these chemicals have not been tested at all. Precaution is overdue. 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 being carcinogenic and having other toxic effects, xenoestrogens, act like estrogens and may promote breast and other cancers.**

We have learned 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. 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.

WHAT WE CAN DO!

1. Phase out chemicals known to cause cancer and genetic harm.
2. Educate the public about the health effects of radiation.
3. Measure the chemical body burden and health outcomes.
4. Hold Corporations accountable for hazardous Practices.
5. Enforce existing environmental protection laws.
6. Practice healthy purchasing.

- * 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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January

S	M	T	W	T	F	S
					New Year's Day 1	2
3	4	5	6	7	8	9
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17	18 Martin Luther King	19	20	21	22	23
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31	25	26	27	28	29	30

Living With Uncertainty

Living with uncertainty was once a topic we thought was of interest just for people with cancer and their caregivers. But now, because of the COVID-19 pandemic, uncertainty has become everybody's new normal. Cancer survivors are uniquely prepared to deal with the emotional turmoil of Coronavirus because they have already had practice and faced many of the issues that society is now grappling with:

- **Fear of an unknown (and often invisible threat)**
- **Feeling overwhelmed, disoriented, and anxious**
- **Hypervigilance about viruses and germs**
- **The loss of your sense of safety and predictability in the world**
- **Isolation and the contraction of your social life**
- **Uncertainty about the future**



Focus on the present. Don't try to predict what might happen...
pay attention to what's happening now!
Be fully connected to the present and you will interrupt the
negative assumptions and predictions running through your mind.

In reality we have control over many things but we can't control everything that happens to us. To cope with all this uncertainty, many of us use worrying as a tool for trying to predict the future and avoid nasty surprises. Worrying makes it seem like you have some control over uncertain circumstances. Unfortunately, it doesn't really give you control over uncontrollable events. It just robs you of enjoyment in the present, saps your energy and keeps you up at night.

Life can change in a moment and it is filled with unexpected events and surprises – but that's not always a bad thing. Opportunity often arises from the unexpected and having to face uncertainty in life can also help you learn to adapt, overcome challenges, and increase your resiliency. It can help you to grow as a person.

Strategies to manage stress and anxiety and find inner calm

- **Control your exposure to the news.** Set a limited time each day for checking the news. It may be impossible to avoid some negative news every day, but you can restrict your sources to objective news outlets that don't sensationalize what's happening.
- **Get moving:** Exercise is an effective stress-reliever and anti-anxiety treatment. Try adding a mindfulness element and focusing on how your body feels as you move. Pay attention to the sensation of your feet hitting the ground as you walk, run, or dance, or the feeling of the sun or wind on your skin.
- **Make time for relaxation:** Choose techniques such as meditation, yoga, or deep breathing exercises. Try to set aside time each day for practice.
- **Get plenty of sleep:** Excessive worry and uncertainty can disturb your sleep – just as a lack of quality sleep can fuel anxiety and stress. Improving your daytime habits and taking time to relax and unwind before bed can help you to sleep better at night.
- **Eat a healthy diet.** Eating healthy meals can help maintain your energy levels and prevent mood swings. Avoid sugary, processed foods; add more omega-3 fats – from salmon, walnuts, soybeans, and flaxseeds – to give your overall mood a boost.
- **Stay connected.** Visit people when you can maintain a safe social distance, make phone calls, or schedule Zoom visits. Even short interactions can lower your stress and provide comfort.
- **Emotions are contagious.** Be kind to yourself. Talk to people who can help you feel calm. Avoid folks who only reinforce your fears. Support yourself the same way you'd care for a friend.
- **Keep a daily journal:** Writing down the events of the day helps you to process them.

So...you're washing your hands like crazy. Staying 6 feet away from people. Wearing a mask. You don't know if it's safe to hug your friends or family, or go to work or what. You don't even know if you'll be alive in a year. It's scary. It's surreal. And for cancer patients, it's ... a Tuesday.

Be kind to yourself. UNCERTAINTY is one of the hardest parts of a cancer diagnosis - and Coronavirus, too!



Every woman diagnosed with breast cancer deserves a unique treatment strategy.

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February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 President's Day	16	17	18	19	20
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Maintaining Your Health in the Age of COVID-19

Are people with cancer at a higher risk? YES. People who have breast cancer and are getting cancer treatment often have a higher risk of getting an infection. Some breast cancer treatments – including chemotherapy, targeted therapies, and immunotherapy — can weaken the immune system. Hormonal therapy doesn't affect the immune system, but chemotherapy decreases the number of white blood cells, and affects immunity. Immunotherapy, some targeted therapies, and radiation can also affect the immune system. Patients who are not receiving active cancer treatment also need to be cautious as the effects of prior therapy can be long-lasting.

The most important way to protect yourself is to avoid being exposed to COVID-19. Stay at home as much as possible and avoid areas where people gather. Avoid unnecessary travel.

What extra precautions should breast cancer patients take? Breast cancer patients should take extra precautions to minimize the risk of getting COVID-19. In addition to the general preventive measures listed above, patients should:

- Stock up on medications and supplies that can last for a few weeks
- Avoid crowds and non-essential travel
- Stay at home as much as possible.

Wash your hands often with soap and water for at least 20 seconds, about the amount of time it would take to hum the Happy Birthday song from beginning to end twice. If soap and water is not available, use hand sanitizer that contains at least 60% alcohol. The best way to clean your hands is by using soap and water.

In addition to washing your hands frequently, it's important to:

- Avoid touching your eyes, nose, and mouth. **Why?** Contaminated hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue. **Why?** Droplets spread virus. Follow good respiratory hygiene to protect the people around you from viruses such as cold, flu including COVID-19.
- Maintain social distancing of 6 feet between you and anyone else, especially anyone coughing or sneezing. **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus.
- Clean frequently touched objects and surfaces with cleaning spray or wipes... ie. doorknobs, counters, toilets, keyboards, tablets, phones, etc. **Why?** Coronaviruses remain on surfaces. a person can get sick by touching something that has the virus on it and then touching their mouth, nose, or eyes

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention. **Always wear a mask when out in public.**

Basic protective measures against the new coronavirus. Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others.

Your oncologist may recommend stretching out the length of time between cancer treatments using medications, such as chemotherapy or immunotherapy. Or they may recommend delaying starting these treatments, based on your cancer diagnosis and the treatment goals. It's important to remember that your oncologist will only do this after weighing the risks and benefits for your situation. Telemedicine has made it possible for physicians to consult and treat patients whenever needed and wherever the patient is, by using a computer or smartphone

Cancer screening tests, such as mammograms or colonoscopies, and other tests, such as bone density tests, may also be delayed to reduce your risk of exposure to the virus. For people who are at high risk of cancer, such as those with a hereditary cancer syndrome like a BRCA mutation, your doctor may recommend delaying some screening tests or cancer risk-reducing procedures. In general, it is safe to have these delayed for some amount of time. If you have concerns about your particular risk, have a discussion with your doctor about the risks and benefits of delaying procedures.

Boosting the immune system by keeping stress levels low, getting adequate sleep, moderate physical exercise, and good nutrition can be helpful.

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March

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Savings Begins Spring Forward 14	15	16	St. Patrick's Day 17	18	19	20
21	22	23	24	25	26	Passover 27
28	29	30	31			

PRESCRIPTION DISCOUNT CARDS

Best Overall: GoodRx - The website and mobile app lets you search by drug name for the lowest prices in your local area.

Best for Local Pharmacy: Optum Perks- Accepted at 64,000 pharmacies both chains and local pharmacies,

Best for Future Savings: SingleCare- Register for their Bonus Savings program and money towards future prescriptions.

Best On-the-Go: ScriptSave WellRx - Discounts on prescriptions, including some pet medications. Save 60-80%.

Best for Home Delivery: Blink Health - You can pick up your medication from one of the 35,000 pharmacies in their network; offers free home delivery.

Best for Chronic Illness: RxSaver - Offers the Rx Advocacy Program for a monthly fee of \$50 per month for people who have chronic medical conditions.



How to Research Information & Make Informed Decisions

Evaluating Cancer Information

FIRST GET YOUR DIAGNOSIS ... THEN GET A SECOND OPINION

You want a second opinion for your diagnosis if:

- the cancer grows or spreads
- no treatment is suggested
- you are not getting relief for side effects
- treatment stops working and a new treatment is suggested
- for reassurance
- you want to find better access to clinical trials for breast cancer
- you want to see a specialist with knowledge of new approaches to breast cancer
- you are unsatisfied with your care, treatment or answers you are getting from your doctors

When you go for a second opinion, take a list of questions to help you get the information you need. A second opinion can ensure that you have explored your options and are getting individualized care.

The Value of a Second Opinion for Breast Cancer Patients Referred to a National Cancer Institute Designated Cancer Center with a Multidisciplinary Breast Tumor Board. Getting a second opinion for diagnosis, treatments and pathology will help you choose a course of care. New developments in treatments are happening so fast that it's impossible for every doctor to be aware of all the most up-to-date ways to deal with the disease. See a specialist who has lots of experience in treating your type of cancer. Studies have shown that after patients had another complete workup, new cancers were identified in 22.8% patients; 20% of the patients had a change in pathology interpretation; 42.8% of the patients had a change in diagnosis.

HOW TO FIND CREDIBLE INFORMATION

Questions to ask about online information

- **Who runs the website?** If you cannot identify the source and purpose of the information, look elsewhere.
- **Who is responsible for the website's content?** Reliable websites give you contact info for who runs the website.
- **Who funds the website?** Some websites present information as scientific fact while promoting a product for profit.
- **Does the website maintain your privacy?** A website may ask you to give private information: name; mailing address; diagnosis. They often sell your information.

Credible websites include those ending with ".gov" (gov't agency) ".org" (a professional and/or nonprofit organization), and ".edu" (an educational institution). Beware of sites ending in ".com" as it indicates a for-profit commercial site.

HELPFUL WEBSITES

- ✓ **Understanding Evidence-based Healthcare:** A Foundation for Action. <https://courseplus.jhu.edu/core/index.cfm/go/course.home/cid/1739>. Register on the website. Created by the US Cochrane Center; developed by Kay Dickersin and Musa Mayer to help consumer advocates understand the fundamentals of evidence-based healthcare concepts and skills.
- ✓ **CLINICAL TRIALS:** www.ClinicalTrials.gov: Database of privately and publicly funded clinical studies conducted around the world. Provided by the U.S. National Library of Medicine. Listing a study does not mean it has been evaluated by the U.S. Federal Government.
- ✓ **Cochrane Review Organization** - www.cochrane.org. Systematic reviews of therapies. Includes searches of multiple databases. Up to date research.
- ✓ **PUBMED OVERVIEW:** PubMed: www.Pubmed.gov - A biomedical database of abstracts. Peer-reviewed biomedical literature; MEDLINE- www.nlm.nih.gov/bsd/medline.html - Citations from journals selected for MEDLINE; PubMed Central. www.ncbi.nlm.nih.gov. Full-text articles from reviewed journals.
- ✓ **National Center for Complementary and Integrative Health** - www.nccih.nih.gov. Conduct and support research. Credible information about complementary health products and practices.

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April

S	M	T	W	T	F	S
				1	Good Friday 2	3
Easter 4	5	6	7	8	9	10
11	Ramadan 12	13	14	15	16	17
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Interactions of Medications, Food and Supplements

QUESTIONS YOU NEED TO ASK ABOUT SUPPLEMENTS, MEDICATIONS, FOOD AND DRINK

- Does my chemotherapy interact with any of my other medications?
- Does my chemotherapy interact with any foods or beverages, such as grapefruit, grapefruit juice, milk or soda?
- What herbal supplements, vitamins or over-the-counter medications can I take safely and which should I avoid with this medicine?

FOOD AND DRINK TO AVOID DURING CANCER TREATMENT

CYP enzymes: A group of enzymes called cytochrome P (CYP) are an important part of the process of how drugs are broken down in the body after they've been absorbed into the blood. Certain ones affect how cancer drugs are broken down in the body.

Foods that affect CYP enzymes:

- Grapefruit and Seville oranges. This includes juice and products made from these, ie. marmalade. Grapefruit has the potential to interact with many common drugs, from chemotherapy to heart medicines. At least ten chemotherapy drugs can interact with grapefruit. So, avoid it until chemotherapy is completed.
- Don't drink grapefruit juice if you're taking: Chemotherapy, Statins, antihistamines, blood pressure drugs, Valium, HIV drugs

INTERACTIONS OF DIETARY SUPPLEMENTS & FOOD WITH MEDICATIONS

Black Cohosh: Increase absorption and toxicity of Tamoxifen; May lower blood lipids

Echinacea: May interfere with immune system-based anticancer therapies

Essaic: Affects the liver's metabolic processes, possibly inhibiting the effectiveness of chemotherapy.

Garlic: May increase bleeding when used with blood thinners. (aspirin, warfarin)

Ginko Biloba: May increase bleeding when used with blood thinners. (aspirin, warfarin)

St John's Wort: May cause toxicity with antidepressants; May reduce absorption of anticancer drugs

Beer & Wine: Use of alcohol-containing beverages can increase the risk of hepatotoxicity.

Curcumin, Valerian root, and Allium are examples of supplements that disrupt the toxicity-efficacy balance of chemotherapy.

ANTIDEPRESSANT INTERACTIONS

Antidepressants have caused a number of troubling interactions for chemotherapy patients. 1 in 8 Americans take an antidepressant, which is also the same percentage of women in the US who will develop invasive breast cancer over the course of her lifetime.

- Studies have shown that women on Tamoxifen® who also take certain antidepressants have a much higher risk of death – 91%, according to one study – than Tamoxifen patients not taking high-risk antidepressants.
- Women stay on Tamoxifen 5-10 years. It is possible that, somewhere along the line, another doctor might prescribe an antidepressant.

INTERACTION CHECKER WEBSITES

- ✓ **Drugs.com** – Check Drug-drug interactions and Drug-food/beverage interactions. www.drugs.com/drug_interactions.html
- ✓ **WebMD** – Enter two or more drugs, OTC's, or herbal supplements to check for interactions. www.webmd.com/interaction-checker
- ✓ **Memorial Sloan Kettering Cancer Center.** Detailed information for over 200 herbs, including many uncommon supplements often used by cancer patients. Click on "Herb-Drug Interactions. www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs/search
- ✓ **Natural Medicines Comprehensive Database** – Provides a large number of evidence-based reviews, adverse reactions, interactions, and dosage. (paid website) www.naturalmedicinesdatabase.com.

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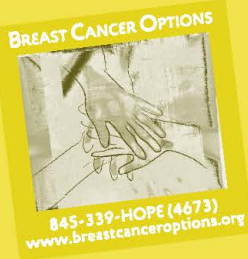
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May

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9 Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					
30	31 Memorial Day	25	26	27	28	29



Diet and Cancer Prevention

There is no one food that can cure cancer, however, research has shown that plant-based foods reduce the risk of cancer and strengthen the chance of survival after diagnosis. The evidence is compelling: (1) limit or avoid dairy products to reduce the risk of breast and prostate cancer; (2) limit or avoid alcohol to reduce the risk of cancers of the mouth, esophagus, colon, breast; (3) avoid red and processed meat to reduce the risk of cancers of the colon and rectum; (4) avoid grilled, fried, and broiled meats to reduce the risk of cancers of the colon, breast, prostate, kidney, and pancreas (5) consume non-processed soy products during adolescence to reduce breast cancer risk in adulthood and reduce recurrence and mortality risk for women previously treated for breast cancer; (6) emphasize consumption of vegetables and fruits to reduce risk of several common of cancer.

Fruits, Vegetables & Whole Grains contain phytochemicals with antioxidant, antiestrogen and chemopreventive properties that help prevent cancer.

Recommended: 5 or more servings of vegetables and fruits daily.

Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, brussel sprouts).

Fruits (grapes, strawberries, red raspberries, black raspberries)

Unprocessed whole grains high in complex carbohydrates, fiber, vitamins, minerals and phytochemicals. High fiber intake has a positive benefit, altering hormonal actions of breast cancer and other hormonal-dependent cancers. Daily fiber intake should be 25-30 grams of insoluble and soluble fiber.

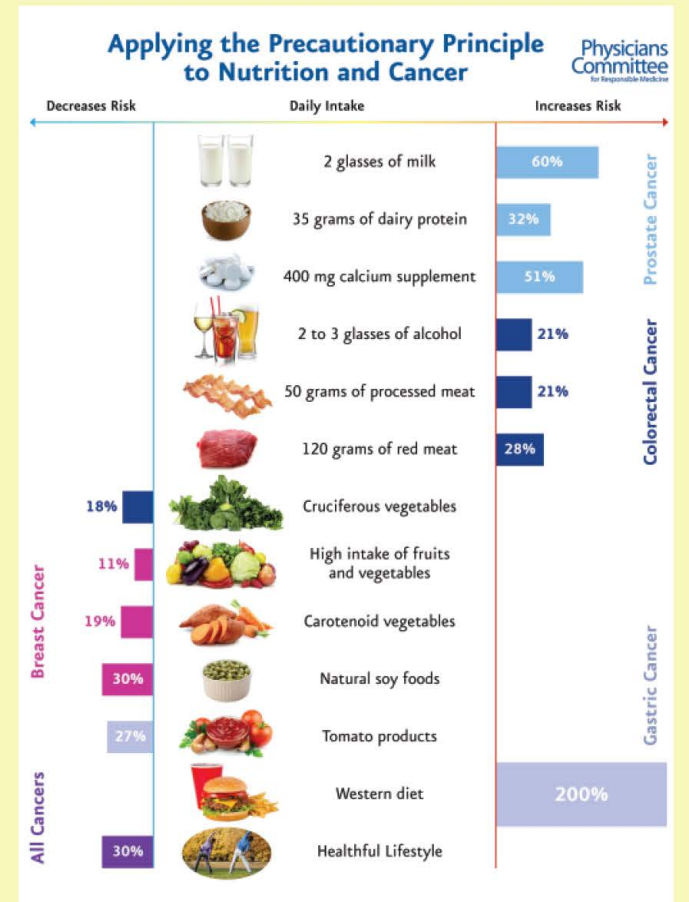
Consume Healthy Fats: Fats are the building blocks of cell membranes and hormones. They control the balance of inflammatory and anti-inflammatory compounds in the body. Omega 3 fats help to decrease inflammation, which decreases your risk of cancer, heart disease, diabetes, arthritis and neurological 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. 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.

Why you should eat organic: Many pesticides and herbicides sprayed on fruits, vegetables and grains are "estrogen mimics". They stimulate the growth of breast tumors causing hormonal imbalances in both women and men. Organic food is grown without chemicals, hormones or antibiotics and has 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.

HIGH IN PESTICIDES: Avoid these foods unless they are organic and you avoid up to 80- 90% of pesticide exposure: Spinach, Apples, Celery, Strawberries, Apricots, Peaches, Cherries, Peppers, Grapes

Foods That Can Cause Hormonal Imbalance

- Processed foods
- Artificial sweeteners
- Dairy products
- Fatty Foods
- Environmental toxins on food
- Refined sugars & carbohydrates
- Xenobiotics, antibiotics & hormones in meat & dairy



How to remove chemicals from your food: Mix one teaspoon of baking soda to 2 cups water for 5-15 minutes (the longer you soak, the more organic & non-organic chemicals you get rid of) Rinse before eating.

THE ULTRAWELLNESS CENTER

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

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

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June

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20 Father's Day	21	22	23	24	25	26
27	28	29	30			



Cancer Treatment Side Effects

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

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

Most Common Ailments Treated with Medical Marijuana: Appetite; Nausea; Wasting syndrome (cachexia); Pain. Several studies show the therapeutic advantages for combining CBD and THC – particularly for treating peripheral neuropathy.

Chemotherapy Induced Peripheral Neuropathy (CIPN) affects up to 40% of cancer patients. Causes pain, numbness, tingling and sensitivity to cold in the nerves of the hands and feet. Vitamin E was found effective in a study in "Neurology." Patients on cisplatin were given oral vitamin E alpha-tocopherol, before starting chemotherapy and for three months after. The incidence and severity of neuropathy was significantly lower in the vitamin E group than in the placebo control group.

CHEMOBRAIN- Affects 35% of breast cancer patients. Post-treatment, the mental "fogginess" can prevent them from staying organized and completing everyday activities. Breast cancer survivors participated in a 5-week group training program to help with memory and concentration and were compared to survivors who received delayed treatment. The early intervention group reported improved memory compared with those in the delayed intervention group and showed continued improvement.

Intermittent Fasting: Consider a simple form of intermittent fasting. Limit the hours of the day when you eat, and for best effect, make it earlier in the day (between 7 am to 3 pm, or even 10 am to 6 pm, but definitely not in the evening before bed). Preclinical evidence shows that short term fasting can decrease toxicity and increase efficacy of a wide variety of chemotherapeutic agents as well as enhance the effects of radiotherapy. May also reduce side effects and DNA damage in healthy cells in response to chemotherapy.

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

Hand-Foot Syndrome (HFS) is the result of chemotherapy/biologic drugs leaking into the capillaries of your outer extremities ie. palms of your hands or the soles of your feet. It causes irritating symptoms like redness, pain and tenderness. Dryness, cracking, numbness or tingling sensations may occur.

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

NAUSEA/VOMITING: *Fresh ginger root tea is most effective.* Add ¼ cup of grated or coarsely chopped fresh ginger root to 4 cups of water. Bring to a gentle boil for 3 minutes. Turn off heat source and steep for at least 5 minutes. Strain and serve. Add honey to taste.



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Sleep, Light, Hormones And Breast Cancer

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.

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.

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 which chronically decreases melatonin production. Melatonin is produced by the brain in darkness, during sleep from the pineal gland. Light and electromagnetic radiation at night 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 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 but 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 use protective methods to minimize the loss of melatonin. The longer you stay in the dark the more melatonin your body produces.

Circadian and Melatonin Disruption by Exposure to Light at Night Drives Resistance to Tamoxifen Therapy in Breast Cancer. Light exposure at night suppresses the nocturnal production of melatonin that inhibits breast cancer growth. Melatonin acted both as a tumor metabolic inhibitor and a circadian-regulated kinase inhibitor to reestablish the sensitivity of breast tumors to tamoxifen and tumor regression. *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. (Source- 2017 Critical Reviews in Oncology/Hematology)* Melatonin is a potent hormone. People who are considering taking melatonin supplements should consult a knowledgeable healthcare 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. Turn off WiFi when you go to sleep.
- Sleep at least 3-5 feet away from outlets and unplug devices. Electromagnetic frequencies (EMFs) can disrupt your pineal gland and its melatonin production.
- If it is possible, complete work during the day; sleep at night.
- Avoid computers, smart phones, tablets and TV one or two hours before 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. Go outside for 15-20 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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- Breast Cancer Risk Assessment Program
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- Ultrasound-guided, Vacuum-assisted Core Biopsy
- Ductograms

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

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August

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Lifestyle Factors that Can Reduce Cancer Risk

Only about 5-10% of breast cancers are due to heredity. Known risk factors bring the total to 25-40%. *The reasons for the other 60-75% are unclear and they may be due to environmental exposures and other preventable factors.* Most people are born with normal genes. So what causes cancer in a healthy person?

Most gene mutations occur after you're born and aren't inherited. Gene mutations can be caused by smoking, radiation, viruses, cancer-causing chemicals, obesity, hormones, chronic inflammation and lack of exercise. The 5-year survival rate for breast cancer is 90%. Lifestyle changes may reduce the risk of recurrence.

Be Physically Active: Exercise is as close to a silver bullet for good health as there is, and women who are physically active for at least 30 minutes a day have a lower risk of breast cancer. Regular exercise is also one of the best ways to help keep weight in check. It also lowers the levels of both IGF-1 and circulating estrogen levels in our blood (even if the exercise does not lead to a healthy weight). Studies show that exercising 2-3 hours per week can reduce breast cancer risk by 30%; 4 or more hours by 50%.

Keep Your Weight in Check: Maintaining a healthy weight is an important goal for everyone. Being overweight can increase the risk of many different cancers, including breast cancer, especially after menopause. Weight gain after age 18 is associated with a 45% increase in breast cancer risk and higher rates of breast cancer recurrence and mortality in both premenopausal and postmenopausal breast cancer patients. The more body fat a woman has, the more estrogen will be circulating. 80% of all breast cancers are fueled by estrogen.

Eat a Healthy Plant-Based Diet: Studies link a plant-based diet to a lower risk of breast cancer. Many vegetables contain cancer-fighting antioxidants and phytochemicals. Cruciferous vegetables, like broccoli, cabbage and cauliflower, contain sulforaphane, a substance that has been shown to reduce tumor size by more than 50%. Fruits contain antioxidants and other phytochemicals, which can help reduce cancer risk. Following a healthy plant-based diet, could prevent 30-50% of all cancers and strengthen the chance of survival after diagnosis.

Don't Smoke: Smokers and non-smokers alike know how unhealthy smoking is. It lowers quality of life and increases the risk of heart disease, stroke, and at least 15 different cancers – including breast cancer. It also causes, bad teeth and wrinkles.

Don't Drink Alcohol: Alcohol interferes with estrogen pathways influencing hormone levels and effects on the estrogen receptors and disrupting absorption of folic acid, a B vitamin needed for production and repair of DNA. It increases estrogen levels in the body and increases the risk of estrogen sensitive cancers. Beyond the estrogen connection, there is evidence that alcohol itself is carcinogenic. Having three or more drinks daily raised the risk of ER+/PR+ tumors by 51%. If you can, avoid drinking alcohol altogether.

Sleep: A required activity, not an option! Lack of sleep increases inflammation in the body. Sleep gives the body time to recover and repair mentally and physically. Try to get 7-9 hours nightly to function optimally. The normal sleep-wake cycle (circadian rhythm), is important for the production of melatonin, a tumor-fighting hormone, and requires a balance of daylight and darkness. Melatonin acts like an anti-estrogen, reducing the number of estrogen receptors on breast cancer cells. However, light at night disrupts melatonin production. Sleep disturbances reduce Natural Killer cell activity – part of the body's defense mechanism against viruses, bacteria, even cancer – and can impact the body's natural immunity. Melatonin interferes with the way that estrogen promotes cancer growth and inhibits it. It helps women who have failed to respond to Tamoxifen improve their response to the drug.

Lower Stress Levels: Studies show that stress contributes to an increase in cancer by modifying cell responses to environmental factors. It affects the immune system lowering Natural Killers Cells and T-lymphocytes – white blood cells that are key to immune response. Studies show that feelings of happiness and optimism can play a protective role against the disease and influence the interaction between the central nerve, endocrine, and immune systems. Learn to let go of what you cannot control and find the support you need.

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.

My wellness shopping list

- Professional quality supplements
- Custom compounding
- Powerful immune support
- CBD/Hemp Products
- Natural hormone balance
- Natural products for skin, body, and home
- Sports Nutrition
- Knowledgeable staff

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The most common risk factors for breast cancer are being a woman and getting older.

Every two minutes, one case of breast cancer is diagnosed in a woman in the U.S.

September

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THERMOGRAPHY

Most breast cancers are found in women age 50 or older, but breast cancer also affects younger women. 11% of all breast cancers occur in women younger than 45. These women are generally too young to begin screening unless they have a mutation, a genetic reason or have physical symptoms, such as a mass or other breast changes. Each year in the US, more than 250,000 women get breast cancer and 42,000 women die from the disease. More than half of the time, women detect breast cancers themselves. However, the signs of breast cancer are not the same for all women. Our bodies are unique, and so is what's normal for our breasts. It is important for each of us to be aware of how our breasts normally look and notice an unusual breast change.

When should I start having mammograms? How often should I have a mammogram? What are the benefits and harms of mammograms?
Women at increased risk are advised to consult with their doctors to develop individualized plans for surveillance and appropriate risk/reduction strategies.

Before beginning to answer these questions, it's important to understand that there are three basic purposes for the use of mammograms:
Screening – mammograms used routinely to detect cancer and/or other breast abnormalities before they can be discovered at more visible stages
Surveillance – to closely watch women at high risk of developing breast cancer
Diagnosis – mammograms used to analyze abnormalities that have already been detected.

Screening and Detection Choices

Mammograms – 2D or 3D: 3D Mammograms (Tomosynthesis): 3D mammography is an advanced technology that takes multiple X-rays of breast tissue to recreate a 3-dimensional picture of the breast. It is more accurate than a mammogram, even when screening women with dense breasts as it provides a clearer picture. 3D mammography makes it easier to catch breast cancer early and accurately see the cancer size than on a regular mammogram. It reduces the numbers of false positives. There are clearer images, the call-back rate for women who get 3D mammograms is significantly lower than for those who get 2D mammograms. Radiation exposure from mammography is a potential risk of screening and the exposure risk is greater in younger women.

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

Magnetic Resonance Imaging: MRI may be used if a breast problem is detected using mammography, other imaging or physical exam. There is a low sensitivity of mammography for BRCA-related cancers. MRI offers better sensitivity for breast cancer detection for women who carry a BRCA-1 or BRCA-2 and for women with dense breasts. Breast MRI exam is more expensive than a mammogram but insurers generally cover MRI exams for BRCA mutation carriers and others when recommended by your physician.

Ultrasound: About 40% of women, usually younger, have dense breast tissue and ultrasound can determine if a suspicious area is a non-cancerous cyst or solid tissue (dense mass).

Thermography: A non-invasive imaging test that uses an infrared camera to read heat from increased blood vessel flow and metabolic changes which indicate abnormality before a tumor is formed. Lifestyle changes can then be made that may possibly reverse these changes and prevent a tumor from forming. It is FDA approved as an adjunct to mammography. Thermography does not use radiation.

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

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

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October

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Non-Toxic Living at Home and Work

The average household and workplace uses about 62 toxic chemicals on a daily basis. We are exposed to phthalates in synthetic fragrances, noxious fumes in oven cleaners, BPA in plastics and register receipts and a host of chemicals in cleaning and personal care products. These ingredients have been linked to cancer, asthma, reproductive disorders, hormone disruption and neurotoxicity. They get into our bodies through inhalation, ingestion and absorption. Below are some common causes of many of the problems.

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.

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.

CANNED FOODS: The epoxy resin lining in most canned foods contains bisphenol A (BPA), which leaches into food and into us. Studies show 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 over canned foods.

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.

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: Use stainless steel, glass or ceramic. Buy PVC free shower curtains

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.

FRAGRANCE: Fragrance contains dozens of chemicals that mask countless carcinogens and hormone disrupting chemicals. Used in cleaning, laundry and personal-care products, fabric softeners, perfumes, scented detergents, etc. Chemicals go directly into the bloodstream when applied to our skin.
Solution: Don't use any product with synthetic fragrance. Buy fragrance-free products or purchase natural fragrances like essential oils.

HAIR CARE PRODUCTS: Many hair products contain endocrine-disrupting compounds and carcinogens like Parabens, Triclosan, Phthalates and Formaldehyde-releasing preservatives that may increase breast cancer risk. The National Institutes of Health links chemicals used in hair dyes and hair straighteners to an increased risk of breast cancer. It shows an 18.8% increased risk of breast cancer among hair dye users. Black women who used permanent dye had a 45% higher breast cancer risk, compared to white women with a 7% higher risk.

Solution: Use products without these chemicals. Herbal Essences Bio:Renew Sulfate Free Birch Bark Extract Shampoo and Bio:Renew Sulfate Free Honey & Vitamin B Shampoo.

AVOID DRY CLEANING: Conventional dry cleaning uses perchloroethylene (PERC), formaldehyde, naphthalene, benzene. Long-term health effects include cancer; short term effects cause skin irritation and headaches. If you do dry clean, air out your clothes for a few days before wearing.
Solution: Use dry cleaners that clean with the ecofriendly CO2 process. Or hand wash with unscented fabric detergent for delicates.

CHLORINATED PRODUCTS: 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 many city water supplies, paper products, coffee filters, tampons and swimming pools. Harmful effects are intensified when the fumes are heated 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.

RESOURCES:
Download the Think Dirty App. www.thinkdirtyapp.com. You can identify the potential risks associated with the personal care products you use every day.
Environmental Working Group Skin Deep Cosmetic Database www.ewg.org/skindeep. Consumer databases. Gives alternatives to use.

NONTOXIC HOUSEHOLD CLEANERS:

MIX: ¼ c. baking soda; ½ c. vinegar; ½ c. borax; 1 gallon water

WINDOW CLEANERS: MIX 2 tsp. vinegar; 1 qt. warm water

AIR CLEANER: Houseplants can remove toxins such as formaldehyde, benzene etc. from the air. The best plants for removing toxins are spider plants, aloe vera, philodendrons, English Ivy, Boston fern.

LEARN 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 usually contains 1–3%

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Breast Cancer Advocacy: For Yourself; For Your Peers; In Policy

Advocates have had major roles in the current US breast cancer culture as well as an impact with scientists about the causes and prevention of the disease. They have helped to ensure that the research done is relevant and that the findings are applied as soon as it is feasible.

Types of Advocacy: **Self-advocacy:** taking action to represent and advance your own interests; **Peer advocacy:** taking action to represent the rights and interests of someone other than yourself; **Systems advocacy:** taking action to influence social, political, and economic systems to bring about change.

SELF ADVOCACY: Patients and survivors are empowered to know as much as possible about their disease, its treatments and the potential effects of the disease and/or the treatment on their body. They are informed consumers, survivors, advocates and activists who are speaking up for themselves and others and speaking out on issues relevant to their treatment and the prevention of breast cancer. Being your own advocate helps to make sure you are receiving the best care possible. It will help you to work with your health-care providers. Advances in science and technology have increased options for treating breast cancer, and it is advocates that have changed the way people deal with this disease. Becoming an advocate helps individuals get through their breast cancer experiences, gain a feeling of control over their lives and make an impact for others. By being a pro-active educated cancer patient/survivor, you can share treatment decision making with your medical team, impact the health care you receive and improve the quality of your life.

PEER ADVOCACY: Many peer advocates are breast cancer survivors or are living with breast cancer. They come from both science and non-science backgrounds. Peer advocates developed the tools to advocate for critical breast cancer issues. They learned the legislative process to influence public policy and participate in legislative, scientific and policy decision making.

ADVOCACY IN RESEARCH: Participation in a clinical trial is an obvious way for patients and survivors to be involved in research. Yet only 3-5% of eligible patients and/or survivors participate in clinical trials. Doctors may not tell their patients about relevant clinical trials or perhaps the trials aren't focused on research patients care about. However, patients can look up trials at: <https://clinicaltrials.gov> and see if they are interested in participating.

SYSTEMS ADVOCACY-A TOOL FOR POLICY CHANGE: Political advocacy has helped breast cancer patients 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 have changed the conversation, challenging corporations; the pharmaceutical industry; local, state and federal legislators; healthcare institutions and providers; health agencies and the media. Tell your state and federal legislators about the gaps you see in patient care – sharing personal stories - because they need to understand the issues patients are facing in order to promote effective legislation. Advocacy organizations 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 and the reduction nationally of recombinant bovine growth hormone (rGBH) in dairy products.

RESOURCES: Patients and patient advocates have steadily increased their roles as partners in research, making a unique contribution by giving a "face" to the disease and reminding researchers of the human element. Their participation ensures relevance of research to patient primary concerns. Here are a few resources to learn how you can become engaged in research:

- National Breast Cancer Coalition (NBCC) Project LEAD www.stopbreastcancer.org;
- California Breast Cancer Research Program (CBCRP) www.cabreastcancer.org/about
- Patient Centered Outcomes Research Institute (PCORRI) www.pcori.org
- Silent Spring Institute <https://silentspring.org/>
- National Cancer Institute Office of Advocacy Relations (NCIOAR) www.cancer.gov/about-nci/organization/oar
- Research Advocacy Network (RAN) <https://researchadvocacy.org>
- Breast Cancer Prevention Partners www.bcpp.org
- Breast Cancer Options www.breastcanceroptions.org



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

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

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

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December

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Ten Highly Persistent Mistaken Beliefs About Breast Cancer

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

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



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

Breast Cancer Options is a grassroots, 501C3 nonprofit organization and the largest provider of peer support, advocacy and education services in the Hudson Valley.

We need contributions more than ever from individuals like you to accomplish our work during the pandemic.

You can send a check to:
Breast Cancer Options
101 Hurley Avenue, Suite 10
Kingston, NY 12401

Make a credit card donation on our web site.
www.breastcanceroptions.org

Shop online at Amazon smile
Choose Breast Cancer Options as your organization and buy the same products as Amazon.com. 05% of price will be donated to us. **Go to smile.amazon.com**

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

Thank you!

All donations are tax-deductible and truly appreciated!

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

Breast Cancer Options (BCO) is an organization of breast cancer survivors, advocates and healthcare professionals who understand that when you are diagnosed with breast cancer, you are suddenly faced with some of the most important decisions you will ever make about your own healthcare. All of our services are free.

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 Services

- Camp Lighthouse – A free sleepover camp for children who have a parent with breast cancer or have lost their parent to the disease. One of the only existing services for children in this situation.
- Retreat for Women with Metastatic Breast Cancer – This retreat is free for women with stage 4 breast cancer.
- Massage and Acupuncture Program: Free services for women with breast cancer in our catchment area.
- Companion/Advocate Program – Trained, knowledgeable and sympathetic breast cancer survivors accompany newly diagnosed patients to medical visits.
- Peer-led Support Groups – online or in person when feasible. See our web site or call for locations and times. Includes young survivor, metastatic and mixed groups
- Peer-to-Peer Mentoring –Talk to someone who has gone through the same experience.
- Telephone and E-mail Consultations – Questions are answered with information from reliable sources.

Education/Information

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

Advocacy

- **BCO** is an advocate for breast cancer patients at the regional, state and national levels.
- We can help with referrals for insurance and legal problems.