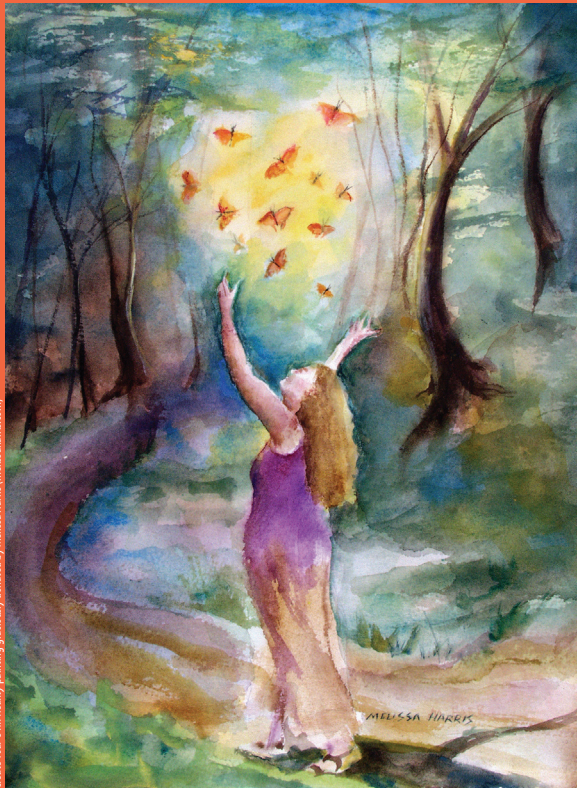


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Save the Date!
Breast Cancer Options
Ninth Annual
**COMPLEMENTARY
MEDICINE
CONFERENCE**
Sunday, April 22, 2012
SUNY New Paltz



Gifts for Our Health 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

2012 Calendar

by Breast Cancer Options

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

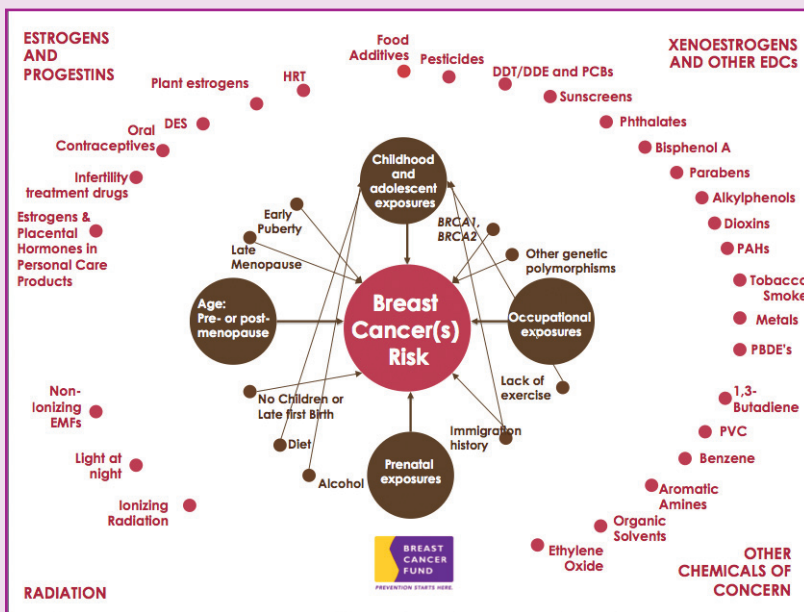


The Importance of the Precautionary Principle: - *First Do No Harm*

“While it is difficult to know the exact role toxins play in determining our health, the depth of 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 replace the risk paradigm with standards that protect people and the environment from potential harm.

Some facts you should remember: Un-studied or understudied chemicals are used in everything from preservatives in our personal care products to flame retardants in our household furnishings—from plasticizers in our water bottles to pesticides on our fruit and vegetables— from household cleaning products to children’s toys, as well as electro-magnetic radiation from cell phones, computers and other devices. In addition to general carcinogenic and other toxic effects, some chemicals, called xenoestrogens, act like estrogens and may promote breast cancer.

There is a possibility that environmental estrogens play a role in diseases such as cancers of the breast, uterus and ovaries: endometriosis; and uterine fibroids. Environmental estrogens are a variety of synthetic chemicals and natural plant compounds that are thought to mimic the female hormone estrogen. They may act like estrogens or may block the natural hormone. The body’s estrogen controls the growth of cells by attaching to proteins called estrogen receptors throughout the body. Many environmental estrogens attach to these same proteins, fooling the body of tissues by giving them an inappropriate “estrogen” signal. These compounds are found all around us.



We eat them, drink them. breathe them and use them at work, at home and in the garden. They include pesticides such as the now-banned DDT; polychlorinated biphenyls (PCBs), Bisphenol-A, natural plant products in our diet, and a host of other chemicals.

The average American carries at least 116 chemicals in his or her body. Only about 10% of breast cancers are due to hereditary factors and only a total of 25-40% are due to any known risk factors. Reasons for the other 60-75% remain unclear but are likely due to preventable factors that should be studied. The precautionary principle holds that safety tests should be held in laboratories, not in our bodies.

- What you can do:**
- * Become an informed consumer. Look around your environment. Read product labels and don’t purchase a product that can harm you or your family;
 - * Select alternatives least harmful to the environment and human health; be particularly vigilant with products for children including toys, food and clothing
 - * Place the burden of proof on proponents of an activity rather than on the victims or potential victims; work toward goals that protect health and the environment;

* Help lower your risk of harm by making responsible health choices: eat a healthy diet, learn how to deal with stress; integrate exercise into your life, identify and lower your exposure as much as possible to environmental risk factors and advocate for what you believe.

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

PREVENTION IS THE CURE

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

- Resources**
- www.environmentaloncology.org
 - www.environmentalhealthtrust.org
 - www.preventionisthecure.org
 - toxitriggercharts.html

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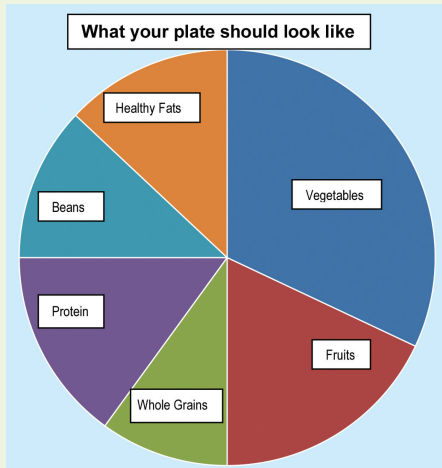
January

S	M	T	W	T	F	S
New Year's Day 1	2	3	4	5	6	7
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22	30	31	25	26	27	28
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Food As Medicine

The concept that your lifestyle and diet can change and influence the way your genes express themselves is called epigenetics. Nutrigenomics looks at how foods and nutritional supplements influence gene expression. Different foods may interact with specific genes to increase or decrease the risk of common diseases such as type 2 diabetes, obesity, heart disease, stroke and certain cancers by modifying gene expression. To keep gene expression healthy, it is important to control Metabolic syndrome, inflammation, hormonal imbalance, and methylation. 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.



A healthy diet consists of natural, whole foods, including lots of vegetables, fruits, clean protein, whole grains, healthy fats and plenty of fluids. Specific food compounds found in food that inhibit negative epigenetic effects and can help reverse or help prevent cancers include all cruciferous vegetables, such as cauliflower, broccoli, brussel sprouts, bok choy, 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 and cause hormonal imbalances in both women and men. Organic food is grown without chemicals, hormones or antibiotics. Organic foods are 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 and stored in their fat. Avoid genetically modified foods as the long term risks are unknown.

DIET CAN MODULATE ESTROGEN SYNTHESIS, RECEPTOR ACTIVITY, DETOXIFICATION AND METABOLISM OF ESTROGENS.

Foods That Cause Hormonal Imbalance

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

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, hormones, 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 phytonutrient index

Foods to 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
- Olive oil, fish oil
- Green tea
- Leafy green & cruciferous vegetables
- Berries (blueberries, cherries, raspberries)
- Apples, pineapple, pomegranate, kiwi

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Resources

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February

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			1	2	3	4
5	6	7	8	9	10	11
12	13	Valentine's Day 14	15	16	17	18
19	President's Day 20	21	22	23	24	25
26	27	28	29			



Plastics: The Connection between Plastic and Breast Cancer

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

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

SOURCE: Consumers use plastic products containing BPA on a daily basis and it is one of the most pervasive chemicals in modern life. Used to line cans, drinking water bottles, plastic food containers, including some baby bottles, microwave ovenware, eating utensils and some dental composites. It is now found in register receipts.

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

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

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

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



Melissa Harris, MFA, is an internationally known artist, author, and psychic. Her images grace the covers of books, CDs, magazines, and calendars worldwide.

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

www.melissaharris.com

PLASTIC BOTTLES: THE GREEN GUIDE

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

Plastics to avoid

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

SAFER CHOICES FOR FOODS AND BEVERAGES

2
HDPE

4
LDPE

5
PP

3
V

6
PS

7
OTHER

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

What you can do to protect yourself

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

Resources

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

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www.BreastCancerOptions.org
hope@BreastCancerOptions.org

March

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

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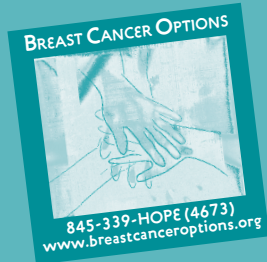
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 Amy Novatt, MD
 Helen Crisman-Janssen, CNM

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845 339-2071



How Lifestyle Choices Impact Breast Cancer Risk

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

Women who drink more than one alcoholic beverage each day have about a 20% higher risk of developing breast cancer; a similar degree of risk applies to obese women and/or women who lead a sedentary life style.

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

What is the relationship between diet and cancer risk?

Many studies have shown a connection between the Western diet - high in processed carbohydrates, sugars and animal fats - and cancer risk.

How does obesity increase cancer risk?

Though the process is not yet fully understood, it's been shown that obesity leads to high levels of insulin-like growth factor (IGF-1) in the circulation. This IGF-1 may prevent early-stage cancer cells from dying normally.

Obesity can also lead to inflammation which may explain the link between obesity and cancer. Inflammation is an immune system response designed to get rid of infection and to heal tissue following injury. When there is an injury or a bacterial infection, inflammation aids in repairing the wound or eliminating the bacteria and then subsides.

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

Also, the more overweight a person is, the more fat tissue they have. This has a hormonal effect, especially in women, and can increase circulating estrogen levels.

What about alcohol consumption?

While exact knowledge about the relationship between alcohol consumption and breast cancer is still emerging, clear links have been established

for even moderate amounts of drinking. The increase in risk of developing breast cancer from moderate drinking (no more than one drink a day) is about 1%. However, the risk increases by about 6% for each additional alcoholic drink consumed on a daily basis. 3 or more drinks a day on a regular basis raises the risk by 30% compared to those who don't drink. In absolute terms, this means that the lifetime risk of getting breast cancer for women at average risk increases from one in eight women to one in six. (See sidebar.) A "drink" is the equivalent of 12oz of 5% beer, 5oz of 12% wine or 1.5oz of 80 proof liquor. It has been shown that alcohol increases circulating estrogen levels promoting tumor growth. In addition, alcohol metabolism has been found to cause DNA damage, triggering a breast cancer-related DNA damage response.

What are the risks related to weight?

Breast cancer risk begins to increase when adult weight gain (weight gain since age 18) is more than 20 pounds. Studies show that women who gained 21-30 pounds since age 18 were 40% more likely to develop breast cancer than women who had not gained more than 5 pounds, and women who gained 70 pounds doubled their risk.

Can exercise help?

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

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

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

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

Age-Specific Probability of Developing Breast Cancer		
If current age is...	Probability of developing breast cancer in next 10 years is:	Or 1 in:
30	0.43%	233
40	1.45%	69
50	2.38%	42
60	3.45%	29
70	4.31%	27
Lifetime risk	12.15%	8

American Cancer Society, Surveillance Research, 2011

Resources

Omega Institute
www.eomega.org

United Breast Cancer Foundation
www.ubcf.info

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April

S	M	T	W	T	F	S
1	2	3	4	5	6 Good Friday	7
8 Easter Sunday	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Breast Cancer Options Complementary Medicine Conference	23	24	25	26	27	28
29	30					



Personal Care Products: Chemicals to Avoid

A growing body of evidence links synthetic chemicals to the rising incidence of breast cancer. Parabens, phthalates and other hormone disrupting chemicals are found in cosmetics, beauty products and in women's bodies. Brands using these chemicals are sold by many of the same companies that raise money for breast cancer awareness. It makes absolutely no sense to have your ovaries surgically removed for prophylactic purposes, take an estrogen blocking drug like Tamoxifen, an estrogen reducer like Femara, avoid products high in soy content and then use a product containing parabens, phthalates or chemicals that mimic the function of the hormone estrogen. The average person uses 9 personal care products and is exposed to 126

chemicals daily. Remember: Anything absorbed by the skin goes directly into the body. Most substances are absorbed through the skin 10 times more than orally.

Remember:

- * The average adult is exposed to 126 chemicals every day — just in their personal care products alone.
- * What you put on your skin gets absorbed into the blood stream.
- * You have a right to know if the products you use contain compounds that may increase your risk of disease, including cancer.

Chemical	What It Does	Source
<p>Parabens (Methyl, Propyl, Ethyl, Butyl) Used as an antifungal agent, preservative and antimicrobial</p>	They are absorbed through the skin and have been identified in biopsy samples from breast tumors. Estrogen mimickers. They can bind to the cellular estrogen receptor	Shampoos, soaps, shaving gels, underarm deodorants, cleansing gels, bubble bath, toothpaste, cosmetics, moisturizers, hand and body lotions, beauty creams, skin and hair conditioners, mascara
<p>Phthalates Companies are not required to list Phthalates in the ingredients. Used to render plastics soft and flexible; solvents. Check BreastCancerOptions.org for a phthalate-free List.</p>	Endocrine-disrupting chemicals. Accumulate in organs; Linked to early puberty in girls, a risk factor for later-life breast cancer. Weak estrogens. Absorbed through the skin, inhaled as fumes, ingested when children put toys in their mouth.	Hair spray, deodorant, nail polish, hair gel, mousse, lotions, children's toys, perfumes, fragrances, plastics, cosmetics, register receipts, flooring, adhesives, wallpaper, furniture, raincoats, shower curtains
<p>Placenta and Estrogen Products advertised to promote growth and thickness of hair.</p>	Linked to early puberty, a risk factor for breast cancer later in life. May be contributing to the increased incidence of breast cancer. Increase women's total lifetime exposure to estrogen.	Shampoos, styling gels, cosmetics and cream rinses marketed to African-American women and girls.
<p>Triclosan A synthetic antimicrobial chemical designed to kill germs. It doesn't kill viruses, which are the causes of colds and the flu.</p>	Linked to hormone disruption and increased risk of breast cancer. Found in blood and in breast milk. Women are passing this chemical on to their developing babies.	Antibacterial hand & dish soaps, Disinfectant products, Tartar-control toothpastes, Some deodorants, Some fragrances

Solutions/Alternatives

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, 1–3%.

- Use brands without harmful chemicals such as Aubrey Organics, Dr. Hauschka, Suki's Naturals, Weleda.
- Choose natural ingredients made from vegetable dyes such as henna, annatto, beta carotene, chlorophyll.
- Use pure essential oils instead of perfume.
- Choose products with safer preservatives: grapefruit seed extract; phenoxyethanol, potassium sorbate, sorbic acid, vitamin E (tocopherol), vitamin A (retinyl), vitamin C (ascorbic acid)
- Use Mineral based cosmetics and hair dyes with natural vegetable colors.
- Avoid use of paraben-containing preservatives, especially for those breast cancer survivors who are strongly Estrogen Receptor positive.
- Avoid all scented products

Resources

- www.thinkbeforeyoupink.org
- www.safecosmetics.org
- www.nottoopretty.org
- www.allnaturalcosmetics.com

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S	M	T	W	T	F	S
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6	7	8	9	10	11	12
Mother's Day 13	14	15	16	17	18	19
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27	Memorial Day 28	29	30	31		

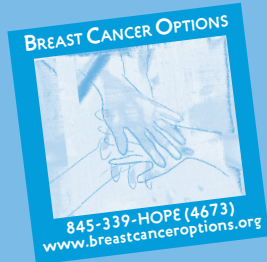
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Vitamins, Herbs and Supplements

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

Basic supplementation may include:

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

The following can be included for added protection:

Curcumin (a component of Turmeric) — Helps repair DNA that has been damaged by radiation. Has several cancer-fighting properties. Anti-inflammatory.

AHCC (Active hexose correlated compound) — Found in mushrooms. Shows a protective effect on the liver against chemotherapy drugs damage. Helps in counteracting free radical damage to the cell DNA and in preventing cell oxidation, both thought to cause cell mutations.

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

CLA (Conjugated linoleic acid) — CLA compounds possess anti-estrogenic properties and exhibit antitumor activity on breast cancer cells.

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

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

Ave ULTRA — A wheat germ extract that helps to promote immune system balance by promoting optimal NK cell targeting ability and the coordinated response of macrophages, B-cells and T-Cells. It shows great efficacy in reducing treatment side effects, supports healthy cell metabolic regulation and induces cell apoptosis. There are ongoing clinical trials and studies being done.

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. Some women suffer side effects from these medications and are unable to continue taking them. Natural aromatase inhibitors include flavones, resveratrol (found in red wine) and oleuropein (olive leaf). One of the most potent flavonoids that blocks aromatase is Chrysin. Red wine, alcohol-free red wine, green tea and black tea (200microL/mL) also decreased aromatase activity. Recent studies have found that Ellagic acid found in pomegranates inhibits aromatase. Its metabolite, Urolithin B, significantly inhibited cell growth and has the potential to prevent estrogen-responsive breast cancers. Quercetin, naringenin, resveratrol, apigenin, genistein, and oleuropein are all powerful flavonoids from whole foods that inhibit aromatase while at the same time offering a treasure chest of other health benefits. There are ongoing studies.

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

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

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

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

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

Resources

- www.lifesciencepharmacy.com
- www.americanbiosciences.com
- www.sunflownatural.com
- www.vitahealthrx.com

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www.BreastCancerOptions.org
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June

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Father's Day	17	18	19	20	21	22
24	25	26	27	28	29	30



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Non-Toxic Cleaning for the Home and Work Environment

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

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

BASIC INGREDIENTS FOR NON-TOXIC CLEANER RECIPES

- Borax** - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
- Soap** - Biodegrades safely and completely and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
- Washing Soda** - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate."
- White Vinegar** - Cuts grease and freshens. Put it in a spray bottle to clean windows, glass and chrome.

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

Solutions/Alternatives

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

Resources

www.erbc.vassar.edu
www.ewg.org
www.care2.com/greenliving

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www.BreastCancerOptions.org
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Dr. Sheldon Feldman

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Chief, Division of Breast Surgery
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Vivian L. Milstein Associate
Professor of Clinical Surgery

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July

S	M	T	W	T	F	S
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Ramadan	21
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Using Complementary Therapies With Conventional Treatments

The terms “complementary medicine” and “alternative medicine” often are used interchangeably. However, though they sometimes refer to the same modalities, the two are very different.

Complementary medicine is used together with traditional Western medicine. Alternative medicine is used in place of conventional medicine. Many patients use both conventional treatments and complementary therapies. There is no scientific evidence that any complementary therapy can cure cancer but they can help with side effects and optimize immune function. Complementary therapies work best as part of your total treatment plan, combined with conventional medical treatments. They focus on areas often neglected by conventional medicine that may improve overall health and survival.

Before using any Complementary therapy, patients should talk with their doctors to make sure that all aspects of their cancer care work together. Be aware that some dietary supplements can interfere with standard cancer treatments.

Complementary Therapies Can:

- Help you feel better and improve your quality of life
- Improve your general health & immunity
- Give you a sense of control over what is happening
- Reduce stress, tension, sleeplessness, anxiety and depression, and make you feel more relaxed
- Help reduce the symptoms of cancer, such as pain, feeling sick, breathlessness, constipation, diarrhea, tiredness and poor appetite
- Help reduce the side effects of cancer treatment such as nausea, joint pain, fatigue, ‘chemo brain’, sexual side effects
- Improve conventional treatment efficacy

Questions To Ask:

- What do you expect to gain from a complementary therapy?
- How do you choose a complementary therapy?
- How do you know if a therapy is working for you?
- Can the therapy interfere with conventional treatment?
- Is the therapy covered by insurance?
- Is the therapy safe or can it cause harm or interfere with conventional treatments?
- Are there side effects?
- Are there established standards for the therapy? Is the therapist qualified?
- Has research been done about the effectiveness of the therapy?
- Are there medical records or clinical trials offering scientific support of treatment?

Complementary Therapies Include:

- Medical systems (Traditional Chinese Medicine, Ayurveda, homeopathy, naturopathy)
- Mind-body interventions (biofeedback, hypnosis, mindfulness meditation, yoga, guided imagery)
- Biologically based therapies (supplements, herbals, vitamins, detoxification, elimination)
- Manipulation and body-based methods (massage, chiropractic, osteopathy, Feldenkrais, Stress reduction/relaxation, Alexander Technique)
- Energy therapies (acupuncture, Reiki, magnets, therapeutic touch)

As Well As:

- Dietary modification
- Exercise (3-4 hours per week)
- Sleep (at least 7-8 hours per night in darkness)
- Elimination of hormone disrupting and toxic chemicals
- Art or Music Therapy
- Support groups/Counseling/Therapy

How To Determine If A Complementary Therapy Is Working For You: Subjective Responses Vs. Objective Data

Subjective responses include improved energy, appetite and well-being. Do you feel any different? Are you less stressed?

Objective data would include testing to see if there is a change. Have you done before and after testing to see if there has been a change?

For example, has your estrogen metabolite ratio improved? Has your vitamin D3 level increased?

Some Of The Things You Can Test For And Modulate Using Complementary Interventions

- Hormone balance
- Immune profile
- Chemical exposures
- Vitamin/Nutritional status

Resources

Ultra Wellness Center
www.ultrawellnesscenter.com
Schachter Center for
Complementary Medicine
www.mbschachter.com

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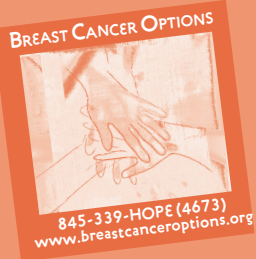
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Light at Night and Electromagnetic Radiation

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

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

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

It Is Important To Remain In Darkness For The Entire Night: Watching TV, sitting in front of computer screens, reading with artificial light into the wee hours, or sleeping with a light on can contribute to melatonin deficiency.

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

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

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

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

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

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

In addition, while many official reports cite the safety of cell phones, there are sufficient studies linking cell phone usage to cancer to promote a precautionary approach.

The Effect Of EMR Doses Is Stronger At Lower Levels — Sleeping in a room with cordless or cell phones, digital clocks, CD/radio players, computers and televisions can disrupt our hormone balance and suppress our nightly melatonin production. Generally, 3-5 feet away from most household magnetic fields is a safe distance from their effects. Most new appliances like TVs, microwaves, and computers are shielded, which drops the strength of the fields even further. Older model toasters, cell phones or cordless phones may have a high level of electromagnetic radiation. If we sleep next to a cordless phone base station, and/or digital clock, or we have faulty electrical wiring, enough EMR exposures are emitted to suppress night time melatonin production.

Some suggestions:

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



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September

S	M	T	W	T	F	S
						1
2	Labor Day	3	4	5	6	7
8		9	10	11	12	13
14		15	16	17	18	19
20	Rosh Hashanah begins at sundown	21	22	23	24	25
26		27	28	29	30	
			Yom Kippur begins at sundown			

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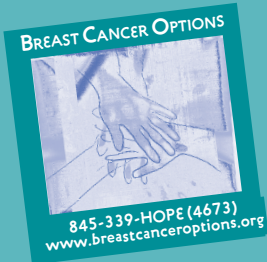
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Detection and Follow-up: To screen or not to screen

It is important to understand that 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. The term “screening” applies when there has never been a diagnosis of breast cancer. Detection methods, mostly mammograms, are used to detect emerging cancer as early as possible. Other techniques may be used when women are at high risk. After diagnosis and treatment of breast cancer, many of the same techniques are used to detect any recurrence.

One of the most persuasive messages promoting screening mammography come from women who argue that the test “saved my life.” However, most women with screen-detected breast cancer have not had their life saved by screening. They are instead either diagnosed early (with no effect on their mortality) or overdiagnosed.

Think of four different categories of breast cancer found during screening tests. First, there are slow-growing cancers that would be found and successfully treated with or without screening. Then there are 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. Women with cancers in either of these groups are not helped by screening. Then there are innocuous cancers that would never amount to anything, but they still are treated once they show up on a mammogram. Women with these cancers are subject to overdiagnosis. They are treated unnecessarily and therefore harmed by screening. Finally, there is 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

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

The Timing of Mammograms: For pre-menopausal women mammography is the most accurate days 1-9 of the menstrual cycle. This is a low-estrogen, low-progesterone phase and breast tissue tends to be less dense, so mammograms are more apt to spot small, hard-to-see tumors.

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).

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’. Many breast cancer patients believe that if they get a full battery of tests including a complete blood chemistry, tumor markers, bone scans, liver ultrasound, chest X-ray and CT or MRI of the chest, abdomen, and pelvis and PET scans they will get a better outcome.

However, If you do not have any symptoms, studies have shown that the most effective way to detect recurrence and/or metastatic breast cancer is to have a periodic clinical exam and a detailed medical history.

A good physical exam includes:

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

These physical exams and updated medical history should be given every three to six months for the first three years after the primary treatment, then once or twice yearly for the next two years and annually thereafter depending on your cancer.

Breast Self Exams (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.

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

Digital vs. Analog Mammograms: Digital mammography is significantly better than film mammography in screening women under age 50, or women of any age who have very dense breasts. The radiation dose associated with digital mammography is significantly lower (averaging 22 percent lower) than that of conventional film mammography

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

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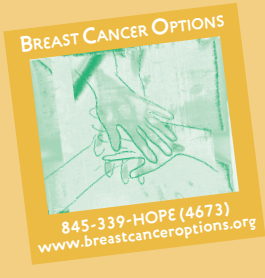
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October

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	1	2	3	4	5	6
7	Columbus Day	8	9	10	11	12
13						
14	15	16	17	18	19	20
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28	29	30	31			



Seafood Selector: Best and Worst Choices

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

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

Fish Facts:

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

Courtesy of Environmental Defense’s Oceans Alive campaign

- Eco-Best**
- Abalone (farmed)
 - Catfish (U.S.)
 - Caviar/Sturgeon (farmed)
 - ♥ Char, Arctic (farmed)
 - Clams (farmed), Clams, softshell
 - Cod, Pacific (bottom longline)
 - Crab, Dungeness Crab, stone
 - Halibut, Pacific (Alaska & Canada)
 - Lobster, Caribbean spiny (Australia, Baja, U.S.)
 - Mussels (farmed)
 - ♥ Oysters (farmed)
 - Pollock, Atlantic from Norway (gillnet or purse seine)
 - ♥ Salmon, canned (Alaska wild)
 - ♥ Scallops, bay (farmed)
 - Tilapia (U.S.)
 - ♥ Tuna, albacore (Canada, U.S.)
 - ♥ Tuna, Yellowfin (U.S. Atlantic, troll/pole)

- Eco-OK Fish**
- Catfish, Basa/Swai/Tra
 - Caviar (farmed) Wild white sturgeon caviar from Oregon & Washington
 - Clams (wild)
 - Cod (U.S. Pacific caught by trawl)
 - Clams (wild)
 - ⊗ Crab (blue, Jonah, King from U.S., Snow, Southern tanner)
 - Flounder/sole (Pacific),
 - ⊗ Flounder, summer
 - Turbot (Greenland) Halibut (California, hook & line or trawl)
 - Lobster (American/Maine)
 - ⊗ Oysters (wild)
 - Pollock (U.S. & Canada, Atlantic) (Iceland by gillnet, Norway by Danish seine or trawl)
 - ⊗ Salmon (Wild from Washington, California, Oregon)
 - Sea Scallops from U.S. and Canada
 - Tilapia from Latin America
 - Tuna (Blackfin from Atlantic, troll/pole)
 - Tuna, canned light tuna (white albacore)
 - ⊗ Tuna, imported bigeye/yellowfin troll/pole

- Eco-OK Worst**
- Caviar (imported wild, wild padlefish)
 - Cod Atlantic
 - King Crab, imported
 - Flounder/Sole (Atlantic except summer flounder)
 - Halibut (Atlantic, California caught by set gillnet)
 - Lobster, spiny (imported Caribbean)
 - Pollock (Iceland by Danish seine or trawl)
 - Shrimp and Prawns (imported)
 - Tilapia (Asia)
 - Tuna (Blackfin, Atlantic by longline or purse seine)
 - ⊗ Bluefin (imported bigeye/yellowfin caught by longline)

Resources

Environmental Defense Fund
<http://apps.edf.org/oceans>

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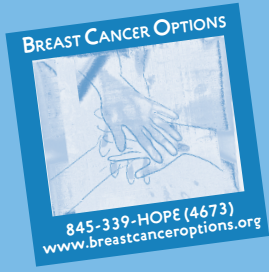
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November

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						3
Daylight Savings Ends fall back	4	5	6	7	8	9
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	11	12	13	14	15	16
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	18	19	20	21	Thanksgiving Day 22	23
						24
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Breast Cancer Advocacy: Moving Beyond Awareness

Most people are now aware of breast cancer and the message “early detection saves lives”, especially during the month of October when a staggering array of Pink Ribbon promotional campaigns and company tie-ins is generated, targeting every conceivable consumer item “for the Cure”. This is called “cause marketing”. When these companies use known or suspected cancer causing ingredients in their products, which many - if not most - do, the practice becomes “pink-washing”. These companies need to be made accountable. They must decide if they want to be part of the problem or part of the solution. Globally, corporations control most of the research agenda. Secrecy and self-interest dominate. Research focuses primarily on detection and treatment with very little attention to primary prevention. Less than 5% of research dollars nationally is devoted to looking for the cause or causes of breast cancer with a goal of prevention.

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

Corporate America must be transparent and responsible for the money raised in the name of breast cancer. It must support the research and/or services most wanted or needed by breast cancer patients.

You can make a difference. You can ask questions before you buy products with pink ribbons and demand corporate accountability with letter writing and phone calls. Advocacy is a tool for change.

Early detection and better treatments are not enough. Despite doing everything that we now can, about 25 percent of the women who are diagnosed with and treated for early-stage breast cancer will later learn that they have metastatic disease. We cannot be satisfied with managing breast cancer as a chronic disease. Our goal has to be to find the cause or causes of breast cancer and to keep it from starting in the first place.

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

Join with others through local organizations, like 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.

A Breast Cancer Options Program

CAMP LIGHTHEART

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

Held in August

For more information: Breast Cancer Options

Resources

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

National Breast Cancer Coalition
www.natlbcc.org

Breast Cancer Action
www.bcaction.org

The Breast Cancer Fund
www.breastcancerfund.org

JOIN US!

Attend **Breast Cancer Advocacy Day** on March 20, 2012 in Albany, NY with Breast Cancer Options and the New York State Breast Cancer Network. You will meet other advocates, learn more about advocacy and find out what you can do to help. Please check www.breastcanceroptions.org for details.

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

December

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About Breast Cancer Options

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

Please show your support.

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

We rely more than ever upon individual contributions to accomplish our work.

Please send a check payable to **Breast Cancer Options**
101 Hurley Avenue, Suite 10
Kingston, NY 12401

...or make a credit card donation by calling
845-339-HOPE (4673)

...or on our web site
www.breastcanceroptions.org.

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.

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 Lightheart**—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 dishwashing detergent mixes with steam to create a gas. When the dishwasher is opened, this toxic gas is released. Hydrogen peroxide bleaches are a safe alternative; they break down into water and oxygen.
- 8. Drink filtered or bottled water,** not city water that contains chlorine and fluoride. A simple water filter can now serve as a valuable safeguard against toxic substances and cancer.
- 9. Do not use pesticides or herbicides** on your lawn or garden. They are endocrine disruptors and mimic estrogen. Certain estrogens are 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.
- 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.