

Vail Daily

Vail Natural Health: Health tips for breast cancer prevention

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Studies show that one in eight women will get breast cancer some time in their lives. We all have friends and family members who have been diagnosed with breast cancer. We focus so much on finding the cure that we forget about how many lives can be saved through prevention. Below are some health tips for preventing breast cancer.

- Exercise at least one hour five times a week.
- Increase your intake of various vegetables. According to the American Cancer Society, one third of all cancers are diet related. Ideally one should eat five to 12 different veggies (one salad or veggie soup a day) and two to three fruits a day.
- Increase omega 3 fats in your diet such as organic flax seed oil and Norwegian fish oil.
- Reduce saturated fats such as meat and high-fat dairy products.
- Limit your intake of grilled, broiled and fried meat, chicken and fish.
- Avoid tobacco. Smoking has been shown to increase one third of all cancers.
- Limit your exposure to chemicals by not using pesticides and herbicides in or around your home. Use organic skin care products. Studies show that the parabens and other preservatives in skin care products can cause skin cancer and breast cancer www.breastcancerfund.org.
- Use filtered water only; preferably a carbon filter. According to the EPA, high amounts estrogens are found in our water supply. This is due to synthetic hormones given to cattle, women throwing hormones down the drain and women urinating out hormones from birth control pills and estrogen replacement therapy. Bottled water is not necessary filtered water.
- Regularly working the night shift may put women at a slightly increased risk of breast cancer – possibly because it disturbs natural sleep/wake cycles and biological functions.
- Do self breast exams monthly, preferably one week after your period. And if you do find a lump, get a mammogram. Mammograms only detect about 60 percent of all breast cancers so if you are unhappy or unsure about a mammogram report, get a second opinion or another screening test such as a ultrasound, digital mammogram, thermography or MRI. Schedule your mammogram 10 days after your period when your breasts are not as lumpy. A biopsy is needed to diagnosis cancer.
- Hormones should be used only if necessary to control unbearable symptoms. If necessary, hormones should be used in small dosages for the shortest amount of time. Studies show that synthetic estrogens can increase our risk for breast cancer.

A little prevention can go a long way and we hope you stay healthy. These health tips were compiled by Dr. Deborah Wiancek of the Riverwalk Natural Health Clinic. Call 970-926-7606, or e-mail wiancek@healthref.com or visit www.healthref.com.

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