



# Breast Health

## “Natural Health Care”

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# Breast Anatomy

Each of your breasts contains 15 to 20 lobes of glandular tissue, arranged like the petals of a daisy. The lobes are further divided into smaller lobules that produce milk during pregnancy and breast-feeding. Small ducts conduct the milk to a reservoir that lies just beneath your nipple. Supporting this network is a deeper layer of connective tissue called stroma.

# Breast Cancer and Light

Light at night and working the graveyard shift linked to increased risk of breast cancer

SEATTLE - Oct. 16, 2001 - Women who work the graveyard shift may face an up to 60 percent increased risk of breast cancer, according to a Fred Hutchinson Cancer Research Center study.

Results of the study, the first population-based investigation of the relationship between breast-cancer risk and exposure to light at night as determined by sleep habits, bedroom lighting and graveyard-shift work, will be published tomorrow in the Journal of the National Cancer Institute. The NCI funded the study.

# Bras and Breast Cancer

## ***Breast Massage Reduces Breast Cancer Risk***

By Beverly Smith

A recent study\* of 4,700 women found that women who wore bras had an increased chance of acquiring breast cancer. It is very possible that the constant pressure that the bra puts on the breast is limiting the flow of toxins that need to be released, resulting in the increased cancer rate.

Any more than a gentle amount of pressure can flatten the lymphatic vessel and stop the toxic flow from the breast.



# Bras and Breast Cancer

- \* Those who wore a bra all day-long (defined in the study as any period more than 12 hours) had statistically 21 times greater risk of breast cancer than those who only wore a bra for only part of the day (defined in the study as any period up to 12 hours).
- \* Women who wore their bras all day and night (essentially 24 hours per day) had a 5 times greater chance of developing breast cancer than those who wore it all day-long.
- \* Singer, Sydney Ross. *Dressed to Kill: The Link Between Breast Cancer and Bras*, Garden City Park, NY: Avery Pub. Group, 1995.



# Bras and Breast Cancer

The study conjectured that wearing a bra may constrict the flow of lymph fluid in the breast, which then causes the higher risk of breast cancer. Lymph fluid is the natural watery fluid which surrounds and bathes cells in body tissues. Lymph fluid carries disease-fighting cells and helps remove accumulated toxins, some of which may be carcinogenic (cancer-causing).

The impaired flow of lymph fluid is thought to allow toxins to build up, thus causing breast tissue cells to be exposed to higher concentrations of cancer-causing toxins for longer periods of time. The study suggested that women wear their bras for fewer hours, thus giving their breasts time to "recover" and also not wearing bras that feel constrictive or tight.



# **Breast Cancer and Anti-perspirants**

## **Potential Link Between Aluminum Salts In Deodorants And Breast Cancer Warrants Further Research**

Chemicals that mimic the body's natural hormone oestrogen are known to affect a woman's risk of breast cancer. Evidence is mounting that the aluminium-based compound, which often makes up quarter of the volume of some antiperspirant agents, can break through the skin and that once in the body it could mimic oestrogen. A review just published in the Journal of Applied Toxicology calls for further research to evaluate the potential that this could increase the risk of getting breast cancer.

# Breast Cancer and Anti-perspirants

Over recent years scientists have found that many compounds in the environment mimic or interfere with estrogen. These compounds are normally complex molecules and are found in many plants, and used in materials like detergents, pesticides and plastics. Now scientists are realising that a variety of simple metal ions, including aluminium and cadmium can also bind to the body's estrogen-receptors and influence their action.

*Aluminium salts in antiperspirants are a major source of exposure to aluminium in humans.* It is often sprayed into armpits, inadvertently concentrating exposure near to the breast. In addition, it is often applied immediately after shaving, when the skin is likely to be damaged and less able to keep the aluminium out. "It is reasonable to question whether this aluminium could then influence breast cancer," says Darbre.

# Breast Cancer and Hormones

Hormones - There is a strong suspicion among many people, that taking estrogen, either in the form of birth control pills or as estrogen replacement therapy after menopause, may increase the risk of developing breast cancer. One recent study of 23,000 women in Sweden found the women who were given progesterone along with the estrogen to have a four times higher incidence of breast cancer.

# Breast Cancer and Hormones

## *Stopping HRT Linked to Fewer Cases of Estrogen-Fueled Breast Cancer*

The greatest decline in new breast cancer cases in the U.S. occurred in 2003; this drop appears to be the result of a 50 percent decrease in the use of hormone replacement therapy (HRT).

New cases of breast cancer fell by seven percent overall, and for women over 50 years old -- the group most likely to use HRT -- new cases fell by 12 percent. Breast cancers are divided into estrogen-receptor positive and estrogen-receptor negative hormone status. This study found that estrogen-receptor positive tumors (70 percent of all breast cancer) dropped the most during 2003.

# Breast Cancer and Mammograms

***“Clinical exams, biopsies and mammograms won't prevent breast cancer.”***

***All biopsies and mammograms actually increase the risk of getting cancer.***

***The best prevention for breast cancer is to improve the health of the breasts***

# Breast Cancer and Diet

**Dietary fat** - There seems to be an increasingly stronger correlation between a high intake of dietary fat and breast cancer. The United States, the Netherlands, and Great Britain, which all have very rich diets, also have the world's highest rates of breast cancer. Japan and Romania, both having lean diets, have one-sixth to one-half the rate of the United States.

**Weight** - Excess body weight and caloric intake definitely predispose to breast cancer.

**Alcohol** - Alcohol consumption of more than one drink of beer, wine, or liquor a day has been associated with a 40% increase or risk of breast cancer.

**Caffeine** - Many women find their breast cysts to go away when they remove caffeine from their diets, however there is no evidence yet that women who have high caffeine intakes are more likely to develop breast cancer. But breast cysts leads to more mammograms and breast biopsies

# Breast Cancer and Diet

1. Red meat
2. High fat, High protein
3. Eggs
4. Milk, non-fermented dairy
5. Non-organic foods
6. Alcohol consumption
7. Caffeine consumption
8. Diet sodas, drinks, (aspartame)

# Breast Cancer and Red Meat

## ***Breast Cancer Risk Linked To Red Meat, Study Finds***

By Rob Stein

Washington Post Staff Writer

Tuesday, November 14, 2006; Page A01

Younger women who regularly eat red meat appear to face an increased risk for a common form of breast cancer, according to a large, well-known Harvard study of women's health.

The study of more than 90,000 women found that the more red meat the women consumed in their 20s, 30s and 40s, the greater their risk for developing breast cancer fueled by hormones in the next 12 years. Those who consumed the most red meat had nearly twice the risk of those who ate red meat infrequently.

## Breast Cancer and Diet 3

- Emphasize olive oil. When it comes to protecting you from cancer, all oils are not created equal. Oleic acid, the main component of olive oil, appears both to suppress the action of the most important oncogene in breast cancer.
- Flaxseed. Phytoestrogens are naturally occurring compounds that lower circulating estrogens in your body. Flaxseed is particularly high in one phytoestrogen, lignan, which appears to decrease estrogen production and which may inhibit the growth of breast cancer tumors.

## Breast Cancer and Diet 4

- Eat plenty of fruits and vegetables. Fruits and vegetables contain vitamins, minerals and antioxidants that can help protect you from cancer. The American Cancer Society recommends five or more servings of fruits and vegetables every day.