

October 2010

A Note from WellNet Interactive:

As you may be aware, October is Breast Cancer Awareness month. The article below provides information on how to reduce risk by maintaining a healthy lifestyle. We hope you enjoy the healthy recipe as well!

To Your Good Health,

The WellNet Interactive Team

7 Ways to Stay Breast Cancer Free

Last year, almost 213,000 American women were diagnosed with breast cancer. Good news: There are ways to lower your odds.

Breast health is tricky. "The first thing to remember is that reducing the risk of breast cancer is not like reducing the risk of heart disease or diabetes," says Dr. Susan Love, physician and author of *Dr. Susan Love's Breast Book*. "We don't have a list of rules that, if you follow them, can guarantee you won't get breast cancer." Rules, perhaps not. But strong suggestions, very much so. Here are seven of the most important:

Keep Moving-Exercise isn't just good for your waistline -- it's good for your breasts as well. In fact, more than 35 studies show a link between regular exercise and reduced breast cancer risk. How much do you need? "Three or four hours of activity a week," says Leslie Bernstein, a breast cancer prevention expert at the University of Southern California's Keck School of Medicine. The more vigorous the exercise, the better.

Drink Less-Recent studies show that drinking even one glass of [wine](#) or beer a day can increase breast cancer risk by about 10 percent. The greater the alcohol consumption, the greater the risk.

Replace Hormones Carefully-In 2002, researchers found that women who took hormone replacement therapy containing both estrogen and progestin increased their breast cancer risk by 24 percent. That led to a precipitous drop in HRT use which, in turn, led to a precipitous drop in rates of estrogen-sensitive breast cancer. Virtually all doctors now agree that long-term HRT use is unsafe, but many think short-term use is probably justified in women with severe menopausal symptoms, says Dr. Wendy Chen, an oncologist and epidemiologist at Boston's Dana-Farber Cancer Institute. "But minimize the time you're on it. Ideally, that should be less than a year or two," she says.

Watch Your Weight-Weight gain is linked to higher breast cancer rates. If losing weight proves too difficult, Chen suggests a still-worthy goal: "Try not to gain weight after menopause," she says, when your risk of breast cancer is highest.

October 2010

Test Your Genes- A small percentage of women are at extremely high risk of developing breast or ovarian cancer as a result of two genetic mutations, called BRCA-1 and BRCA-2. If you have a strong family history of breast or ovarian cancer, ask your doctor about genetic counseling and testing. The information can clarify your risk and help you evaluate your options.

Get a Mammogram - Annual mammograms are important for women 40 and older and can help catch the disease early, when it's easier to treat. Federal law requires that you receive your mammogram report in the mail, written in terms a layperson can understand. "If you don't get one from the center, call," says Love.

Make a Change - "If we're going to prevent breast cancer and not just treat it," says Love, "we're going to have to start demanding research that looks into prevention." One way to do that is to visit the Web site of the National Breast Cancer Coalition, stopbreastcancer.org, and click on "Join Our Email List." You'll receive regular alerts that can help you become involved in the cause. Or find a breast cancer action group near you by contacting a local hospital.



Facts about Breast Cancer:

- In 2010, an estimated 207,090 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S, along with 54,010 new cases of non-invasive (in situ) breast cancer.
- About 39,840 women in the U.S. are expected to die in 2010 from breast cancer, though death rates have been decreasing since 1991. These decreases are thought to be the result of treatment advances, earlier detection through screening, and increased awareness.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among U.S. women. More than 1 in 4 cancers in women (about 28%) are breast cancer.
- Compared to African American women, white women are slightly more likely to develop breast cancer, but less likely to die of it. One possible reason is that African American women tend to have more aggressive tumors, although why this is the case is not known. Women of other ethnic backgrounds - Asian, Hispanic, and Native American - have a lower risk of developing and dying from breast cancer than white women and African American women.
- In 2010, there are more than 2.5 million breast cancer survivors in the U.S.
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 20-30% of women diagnosed with breast cancer have a family history of breast cancer.
- About 5-10% of breast cancers can be linked to gene mutations (abnormal changes) inherited from one's mother or father. Mutations of the BRCA1 and BRCA2 genes are the most common. Women with these mutations have up to an 80% risk of developing breast cancer during their lifetime, and they are more likely to be diagnosed at a younger age (before menopause). An increased ovarian cancer risk is also associated with these genetic mutations. In men, about 1 in 10 breast cancers are believed to be due to BRCA2 mutations and even fewer cases to BRCA1 mutations.

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- About 70-80% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic abnormalities that happen as a result of the aging process and life in general, rather than inherited mutations.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).

Apple Turnovers

Take a bite out of your breast cancer risk by chomping on an apple! Cornell researchers have published six studies in just the last year showing that eating apples can lower your risk of breast cancer.



Serves 8

INGREDIENTS

- Vegetable oil cooking spray
- 2 medium Granny Smith apples, cored and thinly sliced
- 3 tablespoons apple juice concentrate
- 2 teaspoons whole-wheat flour
- 1/4 teaspoon cinnamon (plus extra for sprinkling)
- 4 sheets phyllo dough, thawed
- 1 tablespoon confectioners' sugar (optional)

PREPARATION

1. Heat oven to 375°. Coat a cookie sheet with cooking spray. Toss apples, concentrate, flour and cinnamon in a bowl. Stack 2 phyllo sheets at a time and cut them in half lengthwise. Place 3/4 cup of apple mixture across the end of one half. Roll up and place on cookie sheet. Repeat until you've used up all apples. Brush top of each roll with juice from apple mixture. Sprinkle with cinnamon. Bake until browned, 15 to 20 minutes. Let cool. Sprinkle with sugar, if desired. Cut each roll in half.

THE SKINNY

50 calories per turnover, 0.7 g fat (0 g saturated), 10.5 g carbs, 0.8 g fiber, 0.7 g protein