

Breast Cancer – Are you at risk?

Cancer is currently the second leading cause of death in the U.S. The American Cancer Society's most recent estimates for breast cancer in the United States for 2010 are as follows :

- About 207,090 new cases of invasive breast cancer in women.
- About 54,010 new cases of carcinoma in situ (CIS) will be found (CIS is non-invasive and is the earliest form of breast cancer).
- About 39,840 deaths from breast cancer (women).

Recent clinical studies have noted dietary supplements as beneficial in improving chemotherapy side effects, survival, and the quality of life of cancer patients. Early detection and treatment can significantly increase survival rate. Hence, recommendations for women in their twenties and thirties include the intake of a balanced diet, adequate anti-cancer nutrients, and regular exercise.

Getting Acquainted with Women's Beauty Enemy ~ Breast Cancer and Fibrocystic Disease

	Breast Cancer	Fibrocystic Disease
High Risk Group	1. Personal or Family history of breast cancer 2. No full-term pregnancy or first pregnancy after age 30 3. Early menstruation, late menopause. 4. Overweight or high fat intake. 5. Long term use of hormone replacement therapy. 6. Smoking.	1. Family history. 2. High fat or caffeine intake. 3. Related to estrogen hormone. 4. Common in women 30~50 years of age.
Symptoms	1. Lump in the breast 2. Change in symmetry or size of the breast 3. Nipple turning inward 4. Lump in the underarm 5. Abnormal breast discharge 6. Change in breast skin – redness, scaly.	1. Lump during self-examination 2. Tenderness or pain in the breast

Nutrition vs. Breast Cancer

	Nutrients included	Potential function of Nutrients
B-Strong	Vitamin B complex	* Inadequate vitamin B-complex, especially folic acid, may reduce P53 mediated DNA repair responses and lead to the increase of breast cancer risk. Gastroenterology. 2008 Sep;135(3):770-80. Epub 2008 Jun 12.
Prime Shield	Multiple Antioxidants (Vitamin A, C, E, Lycopene \ Grape seed extract \ Cruciferous vegetables, etc)	* Antioxidants can quench excess free radicals and protect cellular functions. * Multiple antioxidants with their synergistic effects can maximize their anti-oxidative function. Breast cancer risk may increase with low antioxidant level. Life Sci. 2010 Apr 24;86(17-18):668-75. Epub 2010 Feb 25.
OmegaRich	Fish oil (Contains DHA+EPA)	* Supports the immune cell's ability to recognize cancer cells and its ability to suppress cell mutation. PLoS One. 2010 Apr 22;5(4):e10296.
ImuGuard	Organic Germanium	* Germanium can protect NKC (Natural Killer Cell) and macrophage activities and support normal immune functions. * Germanium can help support normal interferon production, anti-virus function, and induce apoptosis of cancer cells. Dis Colon Rectum. 1990 Feb;33(2):99-104.
SelMax	Selenium Yeast (organic)	* The non-toxic selenium yeast may help support lymphocyte's immune function. * Selenium yeast has been found to induce cancer cell apoptosis and suppress cancer cell growth. * Selenium yeast's anti-oxidative properties can help protect normal nerve function during chemotherapy. Cancer Epidemiol Biomarkers Prev. 2009 Nov;18(11):2923-8. Epub 2009 Oct 20.
Oxy Rich	Coenzyme Q10 (Co Q10)	* Coenzyme Q10 possesses anti-oxidative properties to protect macrophage immune function and maintain normal IgG level and breast cell function. Biochem Biophys Res Commun. 1994 Mar 30;199(3):1504-8