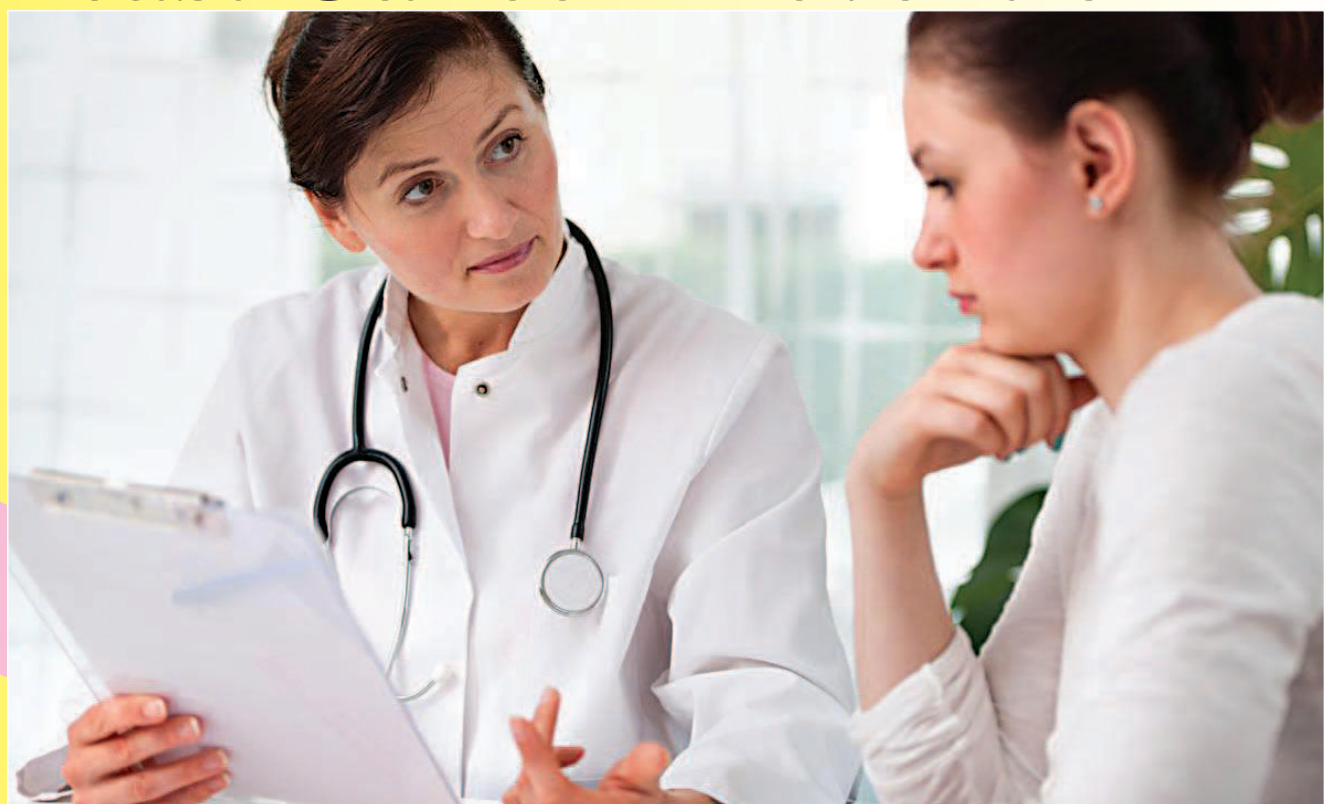


October Raises Awareness of Breast Cancer Prevention



Breast thermography's role in cancer prevention

BY WENDY SELLENS
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As discussed in previous articles, breast thermography is a beneficial breast health screening that has the possibility of alerting an issue years before other imaging devices. However, breast thermography does not detect cancer, nor does it replace mammography. Thermography can only measure skin temperature and therefore it is not diagnostic with regard to breast cancer. Furthermore, thermography cannot directly diagnose conditions involving muscles, organs or bones, and clinics making these false claims should be avoided. Breast thermography analyzes the blood vessels making it an incredible tool at observing small changes early on, thus providing a powerful monitoring source.

Blood vessels from "specific" patterns, referred to as vascularity, only visible in gray images, not color. Vascularity is stimulation of the existing blood vessels which increases risk. Constant stimulation may lead to neoangiogenesis, new blood vessels, which allows a cancer to become invasive. If patterns are identified early with thermography, it can be treated; this is prevention.

If a mammogram is positive, it usually determines breast cancer. This is not early detection and preventive treatment is usually not an option. Thermography's intention is to be used as early risk assessment with abnormal thermograms resulting in referrals to mammogram or MRI and would reduce unnecessary exposure to harmful radiation.

Many women are learning that only 5 % of DCIS (Stage 0-contained inside the duct) progress to cancer. It is now possible to monitor for stimulation every 6 months with thermography and MRI, as an alternative option. Additionally, women with a family history can also get some piece of mind monitoring with thermography because it is safe, involves no contact or radiation, and they can begin screening in their teens.

Women with dense breast or implants are taking advantage of thermography since there is no contact. Women are also surprised to learn that there is a possibility of reoccurrence after a mastectomy. In this case survivors benefit greatly from thermography.

Breast thermography is not restricted to women. According to the American Cancer Society, male breast cancer has risen 0.9% per year between 1975-2006 with 2,000 cases reported and 400 deaths in 2010. Thermography could be a viable option for men every 2-3 years.

Think of thermography as a thermometer which provides an early warning signal to start preventative practices. Since thermography is not regulated, the key is to find an interpreter and clinic that is performing thermography correctly.

Learn more at www.women-sacademyofbreastthermography.com.

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What are your breast cancer risk factors? The answers could surprise you

(BPT) - Breast cancer is the most common cancer among American women, aside from skin cancers. About one in eight women in the U.S. develop invasive breast cancer during her lifetime. Fortunately, 90 percent of patients diagnosed with breast cancer will survive the disease.

A diagnosis of cancer can be difficult for patients and their caregivers to receive. David Moeckly is a specialist pharmacist in the Express Scripts Oncology Therapeutic Resource Center and he helps patients understand the condition and manage the complex treatment regimens.

"What most people may not realize is that men can get breast cancer as well, although it is 100 times more common among women," Moeckly says.

Breast cancer usually originates in the linings of either the tubes (ducts) that carry milk or the glands (lobules) that manufacture milk.

Risk factors for breast cancer include:

- Family medical history: About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects (called mutations) inherited from a parent. Having one first-degree relative (mother, sister, or daughter) with breast cancer

doubles a woman's risk. Having two first-degree relatives increases her risk about three-fold.

- Personal history of breast cancer. A woman with cancer in one breast is three-to-four times more likely to develop a new cancer in the other breast or in another part of the same breast. This is different from a recurrence (return) of the first cancer.

- Ethnicity: Overall, white women are slightly more likely to develop breast cancer than are African-American women, but African-American women are more likely to die of this cancer.

"The first symptom is often the most common one - a new lump or mass," Moeckly says. "A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft or rounded. They can even be painful."

Getting annual mammograms can help detect breast cancer early and save your life, he adds.

"It is also important to have any new breast mass or lump or breast change checked by a health care professional because mammograms do not catch all breast cancer cases," Moeckly says.

Treatment for breast cancer can be difficult and invasive, including chemotherapy and radiation. Both the treatment and the stress can have a detrimental impact on your health and appetite. Ensuring proper nutrition during treatment is very important, he adds. Paying careful attention to what you eat can also help ease the side-effects of

treatment.

Here are a few nutrition tips to remember:

- Eat enough calories: Treatment can often result in a poor appetite. One way to offset the lower food intake is to ingest high-calorie foods such as hard-cooked eggs, peanut butter, cheese, ice cream, granola bars, liquid nutritional supplements, puddings, nuts, canned tuna or chicken, and trail mix.

- Tempt yourself: Eat your favorite foods anytime of the day. Eating small meals or snacks every couple of hours rather than three large meals is usually more successful to increase food consumption.

- Foods that offset nausea and vomiting: Many treatments can cause nausea and vomiting. Eat six-to-eight meals a day, consisting of easy-to-digest foods such as soups, crackers, toast, dry cereals, broth, sport drinks, water, juice, gelatin and frozen fruit treats to help minimize these symptoms. Avoid spicy, greasy and overly sweet foods. Ginger and peppermint can also help reduce nausea.

- Stay hydrated: Severe diarrhea during treatment can cause dehydration. Eating foods such as oatmeal, bananas and rice can help treat diarrhea. Fried, spicy, or very sweet foods may make it worse. And remember to drink plenty of water.

- Stay adherent: As always make sure to take your medication as prescribed by your doctor and do not self-adjust.

For more information about breast cancer and tips from specialist pharmacists, visit the Express Scripts research site at lab.express-scripts.com.

In honor of the American Cancer Society Making Strides Against Breast Cancer initiative, which supports women in the fight against breast cancer, Chamifila is proud to introduce these additions to our full collection.*

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