

CANCERS THAT AFFECT WOMEN

What You Should Know and What You Can Do!



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Disclaimer

We hope you enjoy reading our report, however we do suggest you read our disclaimer. All the material written in this report is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some or even many may not work for you. Any information perceived as advice by must be considered in light of your own particular set of circumstances.

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Every attempt has been made to provide well researched and up to date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

For a woman, there are few things as persistently terrifying as cancer. What woman has not been affected – if not themselves, a close relative, dear friend, admired celebrity?

Many women have seen more than one person in their extended family afflicted – am I next?

Cancer is a fearful and almost insufferable condition for any human, regardless of gender, but why is it that the cancers that affect most women, and in such large numbers, seem to mostly affect the very body parts that define them as a woman?

This document gives some background on cancers that affect women. Hopefully knowledge will provide empowerment.

Understanding the different types of cancer, their causes or contributing factors and symptoms and signs should help women recognize warning signs.

When it comes to cancer, early detection is everything.

What is even more promising is the growing understanding that women can exercise a large degree of control over their susceptibility to cancer – there are lifestyle aspects that can be modified to reduce risks, instead of fearfully waiting and wondering.

Common Cancers Affecting Women



Becoming familiar with the common cancers which may affect you as a woman can help you prevent or discover them early.

With all cancers, early detection is paramount in any recovery action or program.

Skin Cancer

Skin cancer is the most common type of cancer for women, but men can also be affected. Those who spend time in the sun are the most susceptible, but some skin cancers do not need sun exposure to begin or develop.

Those with fair skin and blonde or red hair color develop this cancer at a much higher rate than those with dark coloring.

Breast Cancer

Breast cancer risks are more prevalent and elevate as women age – although it can occur at any age – except for skin cancers it is the most common cancer that affects women.

Some women are more prone to developing breast cancer than others. Knowing your risk and what can be done about this diagnosis is very important.

Knowing you are genetically predisposed will enable you to make proactive lifestyle choices to reduce your risk.

When breast cancer is discovered early, it's much easier to treat, with greater success rates. Early detection can be accomplished with annual breast cancer screening and mammograms and women 55 and older only need mammograms every two years.

Women at high risk for developing breast cancer because of genetic history or other factors should also have MRIs when they receive a mammogram. Be sure to report to you doctor if you notice any changes in how your breasts normally feel and look.

Uterine Cancer

Uterine cancer is another type of common cancer in women. It begins in the cells of the lining of the uterus and causative factors can include beginning periods at an early age and obesity.

Vaginal bleeding after menopause or bleeding between periods may be symptoms of uterine cancer. If discovered early, uterine cancer may be treated with surgery to remove the uterus, but advanced stages may require radiation or chemotherapy.

Colon or Rectal Cancer

Colon or rectal cancers are common cancer which may affect women. Women who are 50 or older and who have a family history of colon cancer, or problems with polyps in the rectum or colon, or inflammatory bowel disease, are more likely to develop cancer of the colon.

Obesity, a diet high in fat, smoking and a lack of exercise are lifestyle issues which can increase the incidence of women developing colon cancer also.

Lung Cancer

Another common type of cancer which can strike women is lung cancer. Women who smoke are much more likely to develop lung cancer than those who don't, but all women are somewhat susceptible to this cancer.

Of course, if you are breathing in other people's cigarette smoke, you are also putting yourself at risk, as second-hand smoke is very damaging to healthy pink lungs.

Cervical Cancer

It is believed that contact with HPV (human papilloma virus) is required to trigger cervical cancer, however contact does not mean that cancer will result.

A large range of factors which can increase the risk of developing cervical cancer have been identified.

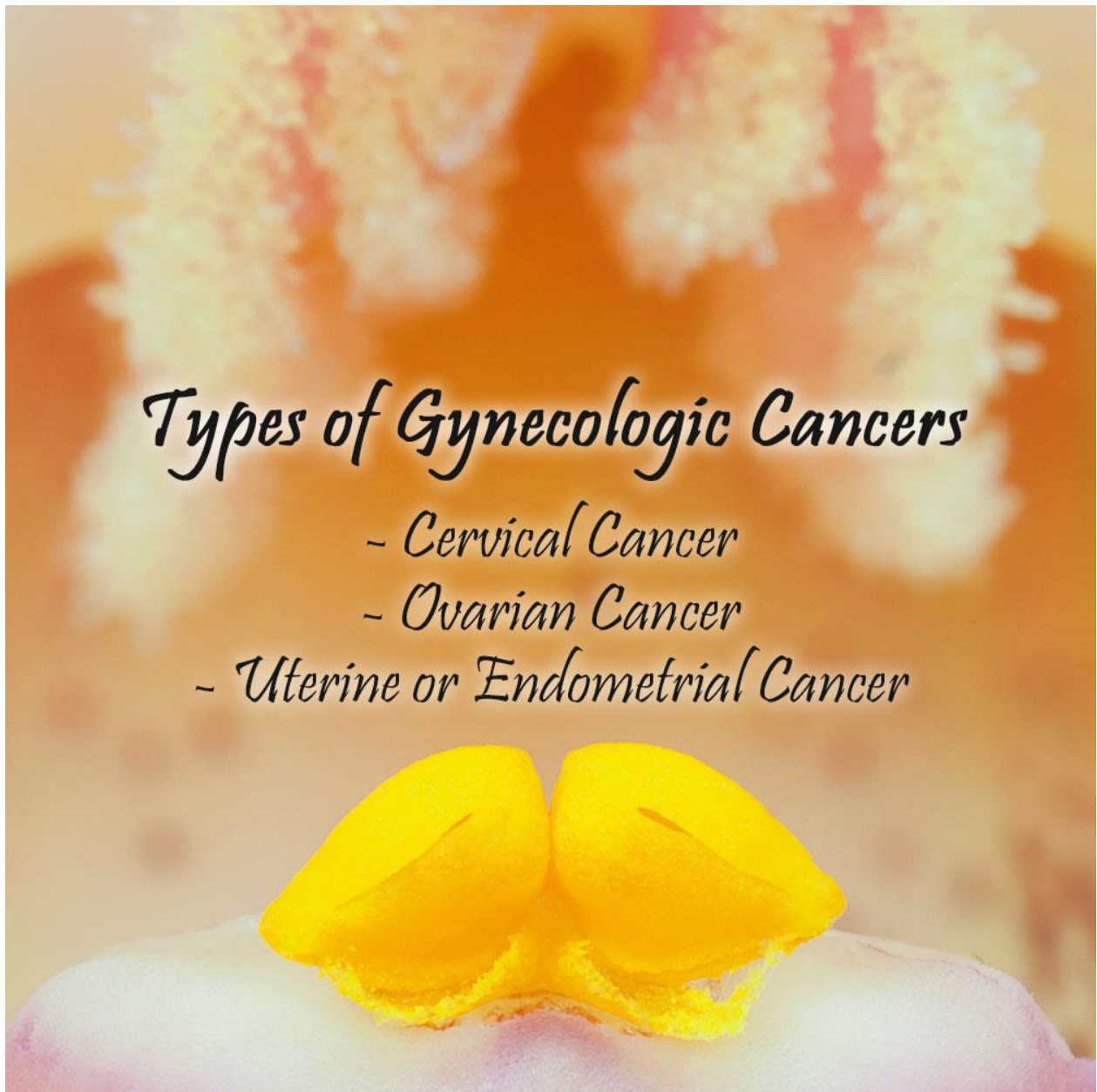
These include having sexual intercourse earlier in life, unprotected sex with numerous partners and obesity. It's also been stated that smokers are more at risk of developing cervical cancer than non-smokers.

Forewarned is Forearmed

Knowing the different types of cancers that can affect women helps you better understand what you need to be on the lookout for. Knowing your options and what you can do to prevent these types of women's cancers is your best line of defense.

Getting all the information you can and taking the steps to reduce the risks, can save your life.

Types of Gynecologic Cancers



Gynecological types of cancers can wreak havoc on a woman's lifestyle and threaten her life.

If caught early, most gynecologic cancers can be treated successfully.

Some can be prevented, or have the risk of contracting them greatly reduced, by taking proper precautions.

There are different types of gynecologic cancers, including:

1. Cervical cancer
2. Ovarian cancer
3. Uterine or Endometrial cancer.

Cervical Cancer

Cervical cancer is found at the entrance of the womb (uterus) and could be symptom free – and only discovered through an examination and tests. If symptoms do appear, they'll likely be in the form of pain or irregular bleeding.

Current medical belief is that cervical cancer is caused by have contracted the sexually transmitted virus HPV (human papillomavirus). However, many women will have had contact with this virus in their lifetime and not all will develop cancer.

Other factors play a part in determining whether the virus will develop into a dangerous cancer. The recognized contributing factors are quite diverse and no single one is a specific determinant, they are simply correlations made from databases of affected women.

For this reason, it is important to undertake testing at the recommended intervals.

Cervical cancer is more prevalent among women who:

- are sexually active at an early age
- smoke
- have experienced long periods of mental stress
- have a weakened immune system
- engage in unprotected sex with numerous partners
- obesity

Treatments for cervical cancer depend on the stage at which it's diagnosed. Some treatment plans might include chemotherapy, surgery, radiation and other innovative options. Included in the treatment plan should be methods to keep up your energy, strength and quality of life.

Over 11,000 women in America are diagnosed each year with cervical cancer. It's good to know that the survival rate for cervical cancer is very good if the disease is detected early.

Ovarian Cancer

Women who develop ovarian cancer often have no symptoms until the cancer has spread. Ovarian cancer is much more difficult to treat in the later stages, so it's imperative that it's caught early on.

Symptoms

Ovarian cancer symptoms can be non-existent early, and vague or non-specific (to the affected area) later on.

Symptoms of ovarian cancer can include:

- weight loss and loss of appetite, but may also be manifested with bloating
- pain in the abdomen or pelvic regions
- frequent urination
- back pain and fatigue.

After a diagnosis of ovarian cancer, a woman might choose between treatments including chemotherapy, radiation and choose among complementary therapies such as acupuncture, meditation and massage to lessen the side effects of the treatments.

Uterine or Endometrial Cancer

Uterine cancer (also called endometrial cancer) may affect women by attacking the cell lining (endometrium) of the uterus. Women at risk include those who are overweight or began their periods at an early age.

Symptoms of uterine cancer might include:

- bleeding between periods in younger women
- vaginal bleeding after menopause in older women.

Uterine cancer is very treatable and methods may include surgery, chemotherapy, radiation, biologic therapy and hormone therapy.

Lowering your chances of developing gynecological cancers by taking certain precautions and changing your lifestyle is the best way to ensure you never have to deal with these devastating types of women's cancers.

Discovering precancerous conditions at the earliest stage, choosing risk-reducing surgeries to keep cancer from even beginning and making definite changes in your lifestyle, such as stopping smoking, will help you control your own destiny and avoid a cancer diagnosis.

Breast Cancer Signs



**Do you know the signs of
breast cancer?**

It's more than just looking
for lumps!

Women are aware that checking their breasts for lumps is one of the ways they can detect early signs of breast cancer.

Early detection is paramount when fighting any type of cancer, so knowing what to look for is vitally important.

Most women know that finding a lump in their breast can be a sign something is not quite right. However, a lump doesn't necessarily mean it's breast cancer. A lump is not the only symptom, there are also many other signs of breast cancer that can manifest.

Here are some of the telltale signs to look for and if you notice any of them, please make sure you see your health care provider immediately.

Most Common Signs of Breast Cancer

- Lumps in the breast – The most commonly recognized sign of breast cancer is detecting a lump in the breast from self-examination or during a doctor's examination. Lumps may occur because of a blockage in the milk ducts of the breast. This causes a distinct lump.
- Blood discharge from the nipple – Blood from the nipple may be caused from non-cancerous growths in the breast's ducts. These ducts become inflamed and a discharge occurs. If a lump or mass is found at the same time of the discharge it may be a sign of breast cancer.
- Visible changes – Swelling of the breast or other visible changes may signal breast cancer. The skin of the breast's nipples may be altered with the onset of breast cancer and tumors may cause changes in the size of the breast and the appearance of the skin.
- Dimpled skin of the breasts – Redness and/or dimpled skin around the breast area is a reason to have your breasts checked. It could be a sign of inflammatory breast cancer, manifesting itself by aching, tightness and burning in the breast tissue.
- Flaking of nipple skin – Flaking or itchy nipples may be caused by irritation from laundry detergent or irritation from clothing. If the symptoms last longer than a few days or become worse, it could be a sign of inflammatory breast disease or cancer.

Basically, any changes you notice in the breast area should be presented to your health care provider for further diagnosis. Although breast cancer is a rarity in men, it can occur and the symptoms are the same.

Treatment for breast cancer depends on which stage it's in when diagnosed. Radiation, surgery and chemotherapy are all methods for eradicating the cancer in the breast.

If it's spread to the lymph nodes or other areas of the body, more aggressive forms of treatment or a combination of treatments may be necessary.

Excellent reading – ‘Know Your Lemons’

One of the best articles to date about breast cancer was posted by “The Worldwide Breast Cancer Organization” and is titled, “Know Your Lemons.”

It's a clever article that explains in a visual and simple way, how to recognize 12 signs of breast cancer. The image shows what the different signs of breast cancer might look like on and inside lemons.

The article even presents a checklist that simply explains your risk for breast cancer after you've answered a series of questions.

See the entire article at www.worldwidebreastcancer.org.

It will help you get a better understanding of knowing what the breast cancer signs are to look for.

Cancer Tests for Women



After heart disease, cancer is the next leading cause of death among women in the United States.

That's why it's so important that you discuss the various screening methods with your doctor.

Your medical professional will be able to advise which tests are relevant for your risk profile, which includes age, race, weight and many other factors. They will also be able to advise regarding self-detection of symptoms and signs.

With any cancer, early detection is critical to the outcome. Screening for cancer can catch the disease in the earliest stages and help you fight the disease successfully.

Breast Self-Examinations

One of the easiest and most familiar cancer tests for women is a breast self - examination. You should become familiar with the appearance and feel of your breasts and become better able to pinpoint changes when and if they occur.

Your doctor or numerous illustrated websites and literature can help you successfully conduct your own breast self-examination.

Mammogram Screenings

Another type of screening method for breast cancer is a mammogram. A screening mammogram is an X-ray which can provide detailed images to your doctor for better assessment of breast cancer risk. It's also a way to catch breast cancer early and have a better outcome.

Pap Smears for Cervical Cancer

Cervical cancer is another type of cancer that affects women and, if caught early through testing, can have a good outcome. A pap smear is the test for cervical cancer which is performed by collecting a cell sample from the cervix and tested in a laboratory.

Results of the Pap smear are classified as normal, unclear or abnormal. If the results are abnormal, your doctor will use a lighted instrument to look for cancerous growths around the cervix.

A DNA test for HPV (human papillomavirus) is a test which is approved for screening of cervical cancer. The test is performed during a pelvic exam and if deemed abnormal, a Pap test is then required.

Every woman should be tested for the human papillomavirus (HPV). This DNA test has been approved as a screening test for cervical cancer. Further testing might include a colposcopy to detect certain strains of the virus.

This virus is responsible for most of the cervical cancer cases in the U.S.

Ovarian Cancer Test

The BRCA gene mutation test involves a sample of your saliva or blood to distinguish whether or not you have high risk genes for developing certain types of cancers such as ovarian cancer.

This test can either reduce your anxiety for developing cancer or raise your awareness level so you are periodically tested.

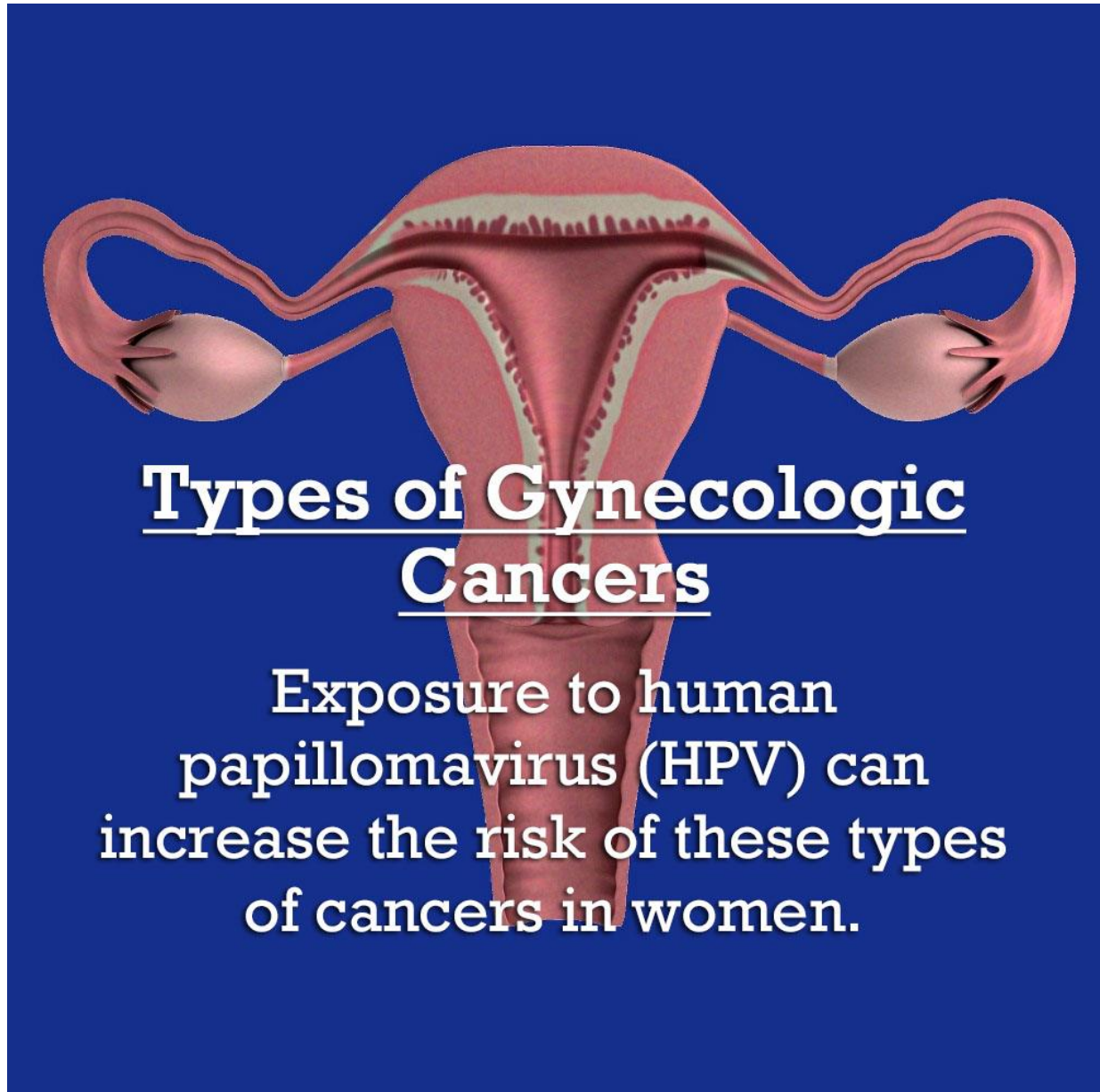
Uterine and Endometrial Test

A pelvic exam is the first step in detecting uterine and endometrial types of cancer. If the physical exam reveals a possible tumor, the doctor will recommend an ultrasound test to get a complete picture and then make a diagnosis.

Again, early detection and treatment ensures a better outcome.

Screening for cancer is the best way to prevent and to detect those cancers which affect women and to ensure that necessary treatment can be as swift as possible.

Vaginal and Vulvar Cancers



The good news is that vaginal and vulvar cancers are very rare and are unusual in younger women.

It tends to manifest itself on the vulva area as a sore or lump and causes itching.

Exposure to human papillomavirus (HPV) can increase the risk of these types of cancers in women. It was reported by the CDC (Centers for Disease Control) that vaginal and vulvar cancers only affect six to seven percent of all U.S. gynecologic cancer diagnosis and the treatment is extremely effective if discovered early on.

A woman's vulva is the outer part of the female genital area and consists of the labia (two folds of skin). Vulvar cancer usually begins on the inner area of the labia. What's comforting is that an early detection can mean a quick cure and recovery.

Signs of Vulvar Cancer

You can help yourself here, and some of the signs of vulvar cancer to watch for include:

- Ulcers, sores or lumps on the vulva.
- Bleeding, burning or itching on the vulva.
- Pain in the pelvic area during sex or when you urinate.
- Rash, warts or any skin changes on the vulva.
- Skin color changes such as redness or extremely white.

Signs of Vaginal Cancer

Cancer which begins in the vaginal area is naturally called vaginal cancer. The vagina (birth canal) is the area which appears as a long, hollow tube which begins at the bottom of the uterus and travels to the outside of the body.

Sometimes there are no symptoms of vaginal cancer in the early stages, but later the following signs may appear:

- Constipation – Any change in bathroom habits such as constipation, going more often than normal, blood in the urine or stool.
- Vaginal discharge – Any abnormal showing of blood or vaginal discharge of any type that isn't normal.

- Pelvic pain – Pain in the area below the stomach and between the hip bones when you urinate or have sexual intercourse could be a sign.

The best advice for women to catch vaginal and vulvar cancer early on is to get to know your body and what's normal for you. Any unusual changes such as vaginal bleeding which isn't normal should be checked by your doctor right away.

Precautionary Steps to Protect Yourself

You can protect yourself from contracting vaginal and vulvar cancers by taking steps to prevent catching the (human papillomavirus) since nearly all cervical and other gynecologic cancers are caused by this virus.

The HPV vaccine is available and recommended for girls and boys who are age 11 to 12 years old. It's usually given as a series of two or three shots. Even if you've had the HPV vaccine, you should have periodic screenings and Pap smear testing to check for these types of cancers.

While you're there visiting your doctor, you can always ask about your breast health too!

Cancer and Diet - Foods to Prevent Cancer



Diet plays an important part in the quest to prevent cancer.

The AICR (American Institute for Cancer Research) recommends choosing mostly from plant foods such as whole grains, nuts, fruits and vegetables and to stop intake of sugary drinks.

Diet has been directly linked to various types of cancers including stomach, bowel, mouth, upper throat, larynx and lung. Cancer research has proven that certain foods may increase the risk while others can lower it.

Reduce Your Intake of Salty, Processed Foods

The risk of developing cancer in your lifetime can be greatly lowered by eating less salty, preserved foods and increasing foods high in fiber such as vegetables and fruits.

Also avoid salt-preserved foods such as fish, cured meats and some pickled vegetables. Eating processed or red meat might increase your cancer risk – especially stomach, pancreatic and bowel cancers.

Processed meats, such as sausages, bacon and ham, contain ingredients that can put you more at risk than eating fresh red meats. White meats such as chicken and fish aren't linked to any type of cancer and may also help keep your weight at a normal level because of their lack of saturated fat.

Certain chemicals such as nitrites and nitrates used in preserving processed meat can be transformed into cancerous chemicals (N-nitroso compounds) and cooking meats at very high temperatures while grilling can also produce cancerous chemicals (heterocyclic amines and polycyclic amines).

Eat Plenty of Fruits, Vegetables and High-Fiber Foods

Fruits and vegetables help to reduce the risk of throat, lung and mouth cancers because of their very high content of minerals, vitamins and fiber and have the added benefit of keeping you at a healthy weight because of their low calorie content.

High-fiber foods can greatly reduce your risk of cancer. Fruits, vegetables and whole grain foods may lower your risk of bowel cancer by helping your stomach produce helpful, healthy bacteria.

Try to include these types of foods in your diet plan - lentils, vegetables, beans, fresh or dried fruits, apples, rice and bananas. Also, drink plenty of water to stay hydrated. Water also helps flush harmful toxins from the body.

Accumulated toxins resulting from a poor diet put the body in state of dis-ease, increasing susceptibility to cancer triggers such as free radicals. Antioxidants help reduce the risk of cancer by helping to neutralize free radicals which can damage and reduce production of cells.

Fruits and vegetables that contain high levels of antioxidants include dark green, orange, red and purple fruits and veggies such as carrots, tomatoes, spinach and kale. Cancer is a disease that is still being avidly researched.

Much has been accomplished, but more needs to be done in finding out what can prevent – or cause – cancer, and that includes the foods we eat. There is an increasing awareness that cancer is not a disease you catch, as much as a condition which develops.

Whether it occurs at all, and the rate at which it develops depend on varied factors. While some of these factors may have a genetic (predisposed) component, many are greatly influenced by lifestyle choices and behaviors.

Diet is one of the best ways to reduce your risk of cancer, but other factors are also relevant. After smoking, obesity is one of the leading causes of cancer, so a well-balanced diet is critical in reducing your cancer risk.

Developing healthy lifestyle habits can also lower your risk including the cessation of smoking, losing excess weight and exercise.

Dairy Foods - Do They Cause or Prevent Cancer?



Research has proven that diet can either reduce or increase your chances of developing cancer.

Some studies have narrowed their search for causes and prevention to dairy foods – and many are divided in their outcomes.

Cream, cheeses, butter, yogurt and milk are the most commonly consumed dairy products and the studies can only go so far in proving or disproving that they increase the risk of developing the disease.

Even though the likelihood of having consumed dairy products can't be unconditionally proven, there are clues in the studies which support the supposition that dairy was very likely a part of the diet of the person who contracted the disease.

Some studies and even anecdotal evidence have provided correlations between incidences of cancer and consumption of dairy products; comparing data from societies that have high dairy consumption to those that don't.

Certainly, other factors have to be included – such as smoking, drinking alcohol in excess, sugary drinks and processed food – but the research that's been conducted on dairy foods is important and should be considered.

Types of Cancer Linked to Dairy Foods

Some types of cancer studied extensively in dairy and cancer links are:

- **Colorectal** – This is one of the most common types of cancer. The colon or rectum is situated in the lower area of the digestive tract and studies indicate that some ingredients found in milk (calcium, lactic acid bacteria and Vitamin D) may reduce the risk of colorectal cancer.
- **Stomach** – Some protective factors found in milk may prevent cancer growth in the stomach while others (insulin growth) may increase the risk. Studies indicate there are no clear factors that can be determined between dairy and stomach cancer.
- **Breast** – The most common type of cancer in women, breast cancer risk may be reduced by dairy products. Some dairy products may even protect women from breast cancer.

- **Prostate** – This gland is found directly below the bladder in men and produces semen fluid.

Prostate cancer is the most common cancer found in European and American men and studies have found that high dairy intake (especially milk) may increase the risk of developing prostate cancer because of bioactive compounds normally found in milk.

Some studies indicate high probability of prostate cancer in men who have high intakes of dairy – but other studies praise dairy products for their ability to reduce the risk of colorectal cancer.

Are There Daily Recommendations?

Although there are no official recommendations on dairy consumption, some medical experts recommend that you limit your intake of dairy products to two glasses of milk or two servings of other dairy products per day.

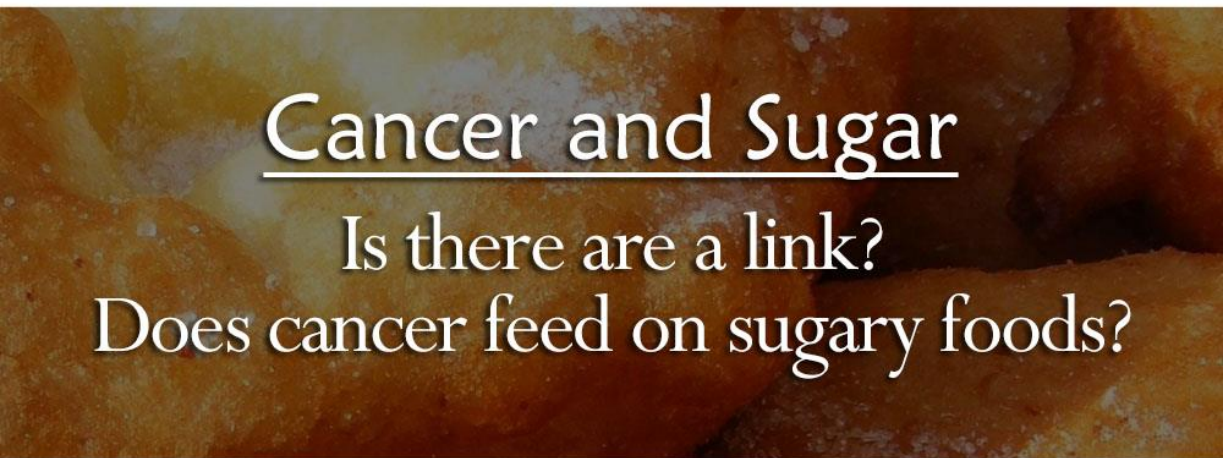
Dairy consumption when it comes to preventing or reducing your risk of cancer is a mixed bag.

However, many people believe that it does cause a high risk - especially when you compare populations that do not consume high amounts of dairy products (if at all) and cancer cases are almost non-existent, to those populations that do consume large amounts of dairy foods and cancer is a cause of concern.

Therefore, these studies are mostly observational rather than scientific, so consider that the evidence is there, but no real proof exists.

The best rule of thumb is to consume dairy products in moderation and be sure to include fresh, fiber-laden foods in your daily diet plan.

Cancer and Sugar - Does Cancer Feed on Sugary Foods?



Cancer has a sweet tooth and sugar is its best friend for development and growth.

Preventing cancer has a lot to do with how you live your life and which diet you choose.

Diets high in white sugar, high fructose corn syrup, white flour and other carbohydrate-rich foods are highly dangerous if you are motivated to prevent cancer. Sugar is the main diet for cancer-type tumors and cells and helps them grow and expand.

Your body's healthy cells feed on sugar too, but sugar feeds cancer cells at a rate of 10 to 12 times that of healthy cells. In fact, sugar water is used to detect the presence of the cancer cells on a sugar frenzy during a PET scan.

Cancer cells also flourish in a highly acidic environment and sugar has a pH that's 10 times more acidic than the perfect blood pH of 7.4. Your immune system is also affected by the presence of sugar in the system. Sugar lowers phagocytosis, a vital immune system response necessary to maintain a healthy immune system.

Since sugar is in so many things we consume, it adds up to a severe suppression of your immune system's function throughout the day.

What About Sugar Substitutes?

Sugar substitutes can negatively affect your body almost as much as sugar itself. Many sweeteners contain ingredients such as saccharin, aspartame and sucralose which contribute to such cancers as leukemia and bladder cancer.

Stevia is considered one of the good sugar substitutes and is a natural herb derived from South America. When looking for sweeteners, honey is a far better option for your health than refined sugar.

Sugar - A Vicious Circle

Obesity is another result of consuming too much sugar – and obesity is a scientifically-proven cause of cancer. Excess body fat can negatively affect the esophagus, gallbladder, pancreas, rectum and breast and sugar feeds the developing cells.

When you consume sugar, the pancreas releases insulin into the body. The breast is one of the parts of the body which contains insulin receptors and reacts negatively to the high levels of insulin being released by promoting cell growth.

Too much sugar has been proven to more than double the risk of developing cancer of the breast. Added sugar in all its forms is highly unnatural to the human diet.

Our cave-man ancestors had access to sweeteners very rarely, and our biology has not evolved to deal with the daily inclusion of sugar, especially in the quantities we subject our bodies to.

Since sugar is in most everything we eat, it's best to learn the hidden sugars in such items as salad dressings, canned foods and most processed foods so you can cut down whenever possible.

Sometimes you can be fooled by the label on foods that don't list sugar as an ingredient. Look for hidden sugars such as fructose, maltose, glucose and lactose which are simply disguised forms of sugar.

A naturally balanced diet plan which contains as little added sugar as possible is best to keep cancer at bay and also to prevent other lifestyle diseases effectively.

How Can a Woman Lower Her Risk of Breast and Ovarian Cancer?



Statistics for women at risk of developing breast and ovarian cancer are staggering.

The facts are that approximately one in eight American women are at risk for developing breast cancer during their lifetime.

The risk for ovarian cancer is also troubling, with over 22,000 U.S. women diagnosed each year. It's the fourth deadliest cancer and has the lowest survival rate of all types of women's cancers.

This is partly due to its insidious nature – it often develops slowly but surely, with little or no obvious or specific symptoms. By the time it is diagnosed it is often very hard to treat effectively or safely.

If there is good news, it's knowing that breast cancer is treatable – especially if discovered early on.

Reducing Your Risk of Breast Cancer

Some of the ways you can reduce your risk of contracting breast cancer include:

- **Maintain A Healthy Weight** – Keep your body at a normal weight by eating a nutritious diet that includes fruits and vegetables. Don't allow yourself to become overweight or obese.
- **Stop Smoking** – Smoking adversely affects every organ in the body so it's simply common sense to stop smoking immediately if you are a smoker. If you are a non-smoker, move away from other people's smoke too! Don't inhale any smoke at all.
- **Limit Your Alcohol Consumption** – Women should limit intake of alcohol to only 3 glasses a week to lower their risk of breast cancer. Excess alcohol isn't good for many health reasons.
- **Screening** – Regular screening for signs of early breast cancer can increase your odds of beating the disease.
- **Be Proactive** – Is there a family history of breast cancer? If you are not sure, research your family's history for incidents of breast cancer – including your father's family. Being informed is half the battle.

Ovarian Cancer Risks

Ovarian cancer is now officially linked to obesity in women. Some factors to take into consideration when thinking about your risk of ovarian cancer are:

- **Age** – Ovarian cancer is usually found in women over the age of 55.
- **Overweight** – Body fat contributes to your risk of developing ovarian cancer.
- **Family** – If your family history includes women who contracted breast or ovarian cancer, you are at a higher risk.
- **Genetic** – The mutations of the BRCA1 and BRCA2 genes raise your risk of ovarian cancer as well as nonpolyposis colorectal cancer.
- **Children** – If you have had children, your risk is reduced.

Hormonal replacement therapy (HRT), using talc, and exposure to fertility drugs may also increase a woman's chances to develop ovarian cancer in her lifetime. Keeping fit and healthy help lower a woman's risk of cancer.

Simple lifestyle changes such as diet and exercise can greatly decrease the odds of developing breast or ovarian cancer. Screening and finding these cancers early on can also drastically improve your chances of recovery.

Screening for signs of breast and ovarian cancer is better than ever and progress in this area of women's health is moving forward at a rapid rate.

Be sure and ask your physician about proper screening for you as procedures vary from woman to woman according to their risk profile.

Natural Ways to Prevent Cancer



You can lower your risk of developing cancer... naturally.

There are some diet and lifestyle changes you can make that will greatly reduce your risk for developing most types of cancer.

Exercise, avoiding carcinogens and eating a diet rich in fruits and vegetables are just some of the well-publicized ways to reduce cancer risks.

Here is some lesser-known cancer-fighting moves you can make to lower your chances of developing any type of cancer:

- **Stand up and move** – Endometrial and colon cancers are much higher in those people who spend most of the day sitting down. Invest in a standing desk or make it a point to get up and walk around every hour or so.
- **Consume garlic** – The sulfur compounds in garlic stimulate your immune system and its natural ability to fight cancer. Studies show that women who consumed the most garlic were half as likely to develop colon cancer as those who ate least.
- **Marinate meat** – High temperatures required to grill, fry or broil meat produce deadly compounds linked to cancer. Studies show that marinating your meats in wine or beer before cooking greatly reduces these cancer-causing chemicals. Does that sound like good news to you?
- **Soak up some sun** – Vitamin D comes to us directly from the sun rather than foods we consume. Low levels of vitamin D increase the risk of many cancers including ovarian, colon and breast cancer. Therefore, try and get about 15 minutes of sun per day. Your forearms are a good place to absorb some of the sun's rays.
- **No dry cleaning** – Dry cleaners use chemicals to clean clothing without washing. Perc (perchloroethylene) can cause damage to the liver and some cancers through inhalation or exposure. If you have to dry clean some clothing, be sure to take them out of the plastic bag and let them air out completely before wearing.
- **Eat sauerkraut** – The fermentation process used to produce sauerkraut from cabbage increases the cancer-fighting elements of indoles, sulforaphane and isothiocyanates.
- **Lower sexual risk** – Reduce the risk of developing HPV (human papillomavirus) by reducing your number of sexual partners, or make sure you always use condoms.

HPV can cause throat, cervical, vaginal, penile and anal cancers, so also check out the HPV vaccine (recommended for women and men) with your doctor.

- **Drink wine or beer in moderation** – Alcohol can protect against some bacteria which cause stomach cancer or ulcers. Don't overdo it on the alcohol, but if you do drink, please drink in moderation. No more than three to six glasses of wine per week, or if you are a beer drinker, keep it to a minimum. Don't over indulge.
- **Steam broccoli** – Rather than boil, fry or microwave your intake of broccoli, try steaming it to preserve the healthy, cancer-fighting compounds found in the vegetable. If possible grow your own, so you know it isn't full of pesticides.
- **Darken your bedroom** – Light keeps you from producing enough melatonin and might increase estrogen-type cancers (breast and ovarian) in women. So keep your room dark when sleeping to better regulate your sleep cycles.

As always, prevention is better than cure. So learn all you can about making lifestyle and dietary changes that might help reduce your risk of developing cancer, and make sure you follow through!

Most changes are simple and easy, but the small changes can make a lot of difference.

Conclusion

Cancer affects almost all women, directly or indirectly. The greatest understanding you can obtain is how it might affect you personally.

No one is more responsible for you than you are yourself, especially in matters of health.

This publication should have provided some insight into your own risk profile for various cancers that affect women. If you are living a healthy lifestyle, your risks are less, but don't be complacent.

Cancer can affect anyone.

Pay attention to minimizing the risk factors, but take advantage of medical knowledge such as screenings and valid educations such as sponsored by governments and medical associations.

Live without fear of cancer, but awareness.