



TIER 1

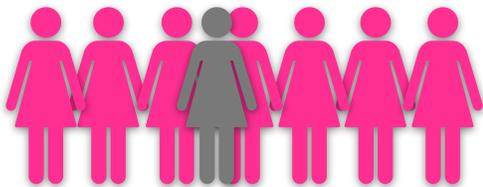
HEALTH AND WELLNESS

Breast Cancer: Second Leading Cause of Cancer Death in Women

The chance that a woman will die from breast cancer is about 1 in 38.

Only lung cancer kills more women than breast cancer

1 in 8 Women Will Develop Breast Cancer



Women should visit the CDC website to educate themselves on the guidelines and current recommendations for mammography screening and discuss if/when a mammogram should be performed with their primary care provider or OB/GYN. The guidelines are posted at <https://www.cdc.gov/cancer/breast/pdf/breastcancerscreeningguidelines.pdf>

*******Early detection improves treatment outcomes.**

October is Breast Cancer Awareness Month

The American Cancer Society's estimates for breast cancer in the United States for 2019 are:

- About 268,600 new cases of invasive breast cancer will be diagnosed in women.
- About 62,930 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).
- About 41,760 women will die from breast cancer.



Risk Factors

- ✦ Being born female
- ✦ Gene mutations: BRCA1 and BRCA2, less commonly : PTEN, TP53, ATM, CHEK2, CDH1, STK11
- ✦ Having PCOS
- ✦ Drinking alcohol , >1 drink/day
- ✦ Begin over 55 years of age
- ✦ Being overweight
- ✦ Starting menstrual periods early
- ✦ Experiencing menopause after age 55
- ✦ Exposure to certain chemicals/ environmental toxins including DES
- ✦ Smoking
- ✦ Family or personal history of breast cancer
- ✦ Having dense breast tissue
- ✦ Having sedentary lifestyle
- ✦ Taking hormonal birth control

Testosterone Tx for Breast Cancer

Rebecca Glaser, MD in Dayton Ohio has been successfully utilizing testosterone to treat women with breast cancer for years. She has conducted numerous clinical trials demonstrating the efficacy and safety of testosterone in women, and published many articles in medical journals on the topic. Testosterone destroys breast cancers cells, and has been shown to reduce the recurrence of breast cancer in women previously diagnosed with breast cancer. Dr Glaser is not alone in implementing testosterone therapy in the treatment and prevention of breast cancer.

Glaser RL, Dimitrakakis C. Reduced breast cancer incidence in women treated with subcutaneous testosterone, or testosterone with anastrozole: A prospective, observational study. *Maturitas* (2013), <http://dx.doi.org/10.1016/j.maturitas.2013.08.002>

Warning Signs

- Lump in the breast
- Dimpling on the breast
- Change in breast texture
- Recent asymmetry of the breasts
- Nipple Discharge