

# Preventing Breast Cancer

Wise Traditions 2013  
Deborah Gordon, M.D.

## A survey of breast cancer

1. History, types and prevalence: in the US only skin cancer is more common among women.
2. Mortality: varies according to socioeconomic status of individual and country of origin. In the US 20% of diagnosed women will die from it.
3. Prevention has long been about detection. Conversation is shifting.

**Prevention Starts:** [www.cancer.gov/bcrisktool/](http://www.cancer.gov/bcrisktool/)

## Risk Factors: Which are the ones you can influence?

### Fixed (depends on your age) risk factors

#### Increased risk

1. Previous breast cancer
2. Family history: genetics only accounts for 5-10% of diagnoses
3. Aging
4. Early menarche or late menopause
5. White, non-Hispanics

#### Reduced Risk

1. Pregnancies...
  - a. Before the age of 30
  - b. Nursing 1+ years
  - c. History of pre-eclampsia or pregnancy associated HT
2. Native Americans and Native Alaskans

### Somewhat Modifiable

1. Breast density declines with age and hormonal status
2. EPIgenetics: you can influence the expression of your genetics!
3. Environmental effects: more control over your body and home, less so over your neighborhood and occupation.
  - a. Radiation: each "rad" exposure increases risk by 1%
  - b. *State of the Evidence*: carcinogens
  - c. Toxic hormone modifiers: rGBH, BPA, specifically, in food containers, contact lenses, receipts, dental floss
  - d. Organobromine flame retardants *everywhere*
  - e. Precautionary principle and the U.S. Marines of Camp Lejeune, breast cancer and trichloroethylene (TCE)

## Very Modifiable

1. Environment
  - a. Cell phones: don't carry them in your bra
  - b. X-rays: minimize breast exposure (mammograms later...)
  - c. Beware xeno-estrogens and hormone disruptors
    - i. Cleaning products
    - ii. Make-up and topical products
  - d. Filter out the chlorine (for health of bladder, rectum, prostate as well)
  
2. Lifestyle
  - a. Pregnancy
  - b. Sleep: 7+ hours *in a dark room!*
  - c. Exercise
    - i. If you're sedentary, do more
    - ii. Do enough to decrease insulin
  - d. Alcohol: Red wine? minimal, with folate please
  - e. Smoking
  - f. Manage stress with relaxation, good support, engagement
  
3. Other health problems
  - a. Obesity: it's important how you correct overweight issues
    - i. How fat tissue behaves
    - ii. Some unknowns: fat stores toxins – cleansing?
  - b. Diabetes
  
4. Food choices
  - a. Avoid excessive carbohydrates, especially if you tend to overweight
    - i. Sweets
    - ii. Liquid meals
    - iii. "Inflammatory foods"
  - b. Eat eggs, especially the yolks
  - c. Eat vegetables, especially the colorful AND cruciferous
  - d. Eat fermented foods
  - e. What about FAT?
    - i. Organic
    - ii. Avoid polyunsaturated fatty acids (omega-6)
    - iii. Omega 3's from fish and grass-fed eggs, meat, dairy
  - f. What about MEAT? Science says problematic: what science?
  - g. What about DAIRY? Organic and full fat is best. If non-organic, absolutely avoid rGBH (from Monsanto)
  - h. And what about SOY? Small amounts fermented soy most likely helpful pre-pubertal.
  - i. Avoid foods that are inflammatory *for you.s*

## 5. Supplements

- a. Fermented Cod Liver Oil: personal bias = it's for everyone!!! If you can't eat fermented:
  - i. salmon twice a week AND
  - ii. K2 1000 mcg daily.
- b. Folate. Do you need methylated folate?
- c. Vitamin D: the higher your vitamin D, the lower your risk. \*If you can't eat fermented foods (histamine), supplement K2 1 mg daily
- d. Take extra, broad-spectrum probiotics if you have had antibiotics
- e. Iodine: check and supplement as necessary
- f. Selenium: from foods (organ meats)
- g. Calcium controversial
- h. Turmeric as a generous spice or supplement
- i. Resveratrol is what makes red wine a controversy not a prohibition
- j. Melatonin: brain-made is best, but supplement if needed
- k. Flax lignans: freshly ground flax seeds?
- l. Green tea: the caffeine isn't necessary

## 6. Prescription Medications

- a. Statins doubled the risk of breast cancer in one study
- b. Calcium channel blockers associated with increased risk
- c. Antibiotic usage linear correlation with increased risk

## Controversies

### 1. Hormones treatments

- a. Oral contraceptives
- b. Post-menopausal: PremPro vs Bio-identical
- c. Hormone metabolism is key:

<http://www.lucieblouin.com/PDF/EstrogenMetabANSR.pdf>

### 2. Alcohol

### 3. Screening

- a. Mammograms
- b. MRI's
- c. Thermograms

## Emerging science

Autophagy and apoptosis.

Critical importance of environment and activism

Better screening

3D ultrasound

nipple aspirate: fluid analysis

## **Resources**

### **Websites and links**

- “Exposed”, by Jennifer Lunden in *Orion*:  
<http://www.orionmagazine.org/index.php/articles/article/7693>
- [http://www.kleankanteen.com/about/bpa\\_exposure.php](http://www.kleankanteen.com/about/bpa_exposure.php)
- The Camp LeJeune U.S. Marines’ story in *Mother Jones*:  
<http://www.motherjones.com/environment/2012/05/camp-lejeune-marines-breast-cancer-florence-williams>
- Cell phones & breast cancer  
<http://www.hindawi.com/crim/medicine/2013/354682/>
- Thermography <http://thermographyexpert.com/?p=26>
- Environmental Working Group: <http://www.ewg.org/>
- Breast Cancer Fund/Prevention Starts Here:  
<http://www.breastcancerfund.org/>
- *The Bioidentical Hormone Debate* by Kent Holtorf,  
<http://www.holtorfmed.com/pdf/01-Bioidentical-hormone-debate.pdf>
- Conventional information, emphasis on prevention, Dr. Susan Love’s site:  
<http://www.dslrf.org/home.asp>
- Mark Hyman on detoxification [http://www.modernhcp.com/AT-PDFS/0307\\_hyman.pdf?success=1](http://www.modernhcp.com/AT-PDFS/0307_hyman.pdf?success=1)

### **Books**

- *Breasts, a natural and unnatural history* by Florence Williams

### **Contact Information**

Deborah Gordon, M.D.  
1607 Siskiyou Blvd.  
Ashland OR 97520

www.DrDeborahMD.com  
Deborah@DrDeborahMD.com