

# BREAST CANCER

# PREVENTION

## EXECUTIVE SUMMARY

Breast Cancer Prevention  
– What Every Woman Should Know -  
Executive Summary

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Disclaimer: Use caution when beginning a new nutrition program. Not all exercise programs are suitable for everyone. Check with your doctor before you begin. 2<sup>nd</sup>

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## Introduction

Breast cancer can be devastating to both the emotional and physical health of a woman. In the United States 1 in 8 women will develop breast cancer, and 40,000 women die from this form of cancer yearly. The reader should understand that lifestyle changes and smart nutrition habits can prevent the development of breast cancer

## **Chapter 1 – What is Breast Cancer**

Breast cancer is classified as 1 of 5 different stages, stage 0 through stage IV. When cancer has not been diagnosed and has been overlooked, and begins to spread, this is stage IV cancer. Caught early, stage 0 cancer is almost always easily dealt with.

There are 4 different types of cancer to be concerned about:

### **Hormone receptor-positive cancer**

This type of cancer develops and grows because of its relationship with estrogen and progesterone. Hormonal therapy usually provides an effective treatment.

### **Hormone receptor-negative cancer**

This cancer does not grow in response to estrogen and progesterone.

### **Human epidermal growth factor receptor 2**

Referred to as HER-2+ breast cancer, this form develops because of an abnormally high level of a certain protein. Targeted therapies are usually the treatment option

### **Triple-negative breast cancer**

These cancer cells grow without estrogen, progesterone or HER-2. This type of cancer responds well to chemotherapy, but not targeted or hormone therapy.

## **Chapter 2 – What Are the Risk Factors for Breast Cancer, and What Can You Do to Reduce Your Risk**

The following factors can raise your risk of developing breast cancer:

- Genetics
- Lifestyle choices
- Lack of exercise, physical activity
- Lack of screening
- Medication
- Radiation
- Weight gain
- Hormone replacement therapy (HRT)

Weight gain, specifically after menopause, raises the risk of developing breast cancer in women. Exposure to excessive radiation over time also increases the risk. Poor eating habits, a lack of exercise, infrequent breast cancer exams and birth control pills all increase the likelihood that a woman develops breast cancer. A history of breast or ovarian cancer in the family likewise raises your risk.

There are 168 hours in a week. Devoting just 2.5 of those weekly hours to moderately intense aerobic exercise has been linked to reducing breast cancer risk. Examples of aerobic exercises are biking, walking at a brisk pace and jogging. These are exercises which elevate your heart rate.

Also, 30 minutes of strength training two times a week is recommended as a preventive measure. Lifting free weights and performing body weight exercises are a couple of examples of strength training.

Certain lifestyle choices elevate your chance of developing breast cancer, including:

- Smoking cigarettes
- Having your first child over the age of 30
- No breast-feeding
- Obesity after menopause
- Drinking alcohol



## **Chapter 3 – Breast Self-Examinations, Mammograms, and Warning Signs**

Women should be conducting self-exams once a month. Tips are included for exactly how to undergo a breast self-exam, including allowing 15 uninterrupted minutes to do so. After 40 years of age, women are recommended to have a mammogram performed on an annual basis.

This is where the breast is x-rayed, and after 55 years of age, 2 mammograms a year are recommended. Mammograms are particularly beneficial to women at a high risk of developing breast cancer. Ultrasounds, magnetic resonance imaging, blood tests and biopsies may also detect breast cancer.

## **Chapter 4 – Nutritional Guidelines to Help Prevent Breast Cancer**

There is research that indicates maintaining a healthy body weight while eating healthy foods could drop the overall number of all cancers by 15%. This chapter discusses nutritional tips which can significantly drop your risk of developing breast cancer, such as:

- Swapping red meats for lean, organic poultry or wild-caught, fatty fish like salmon.
- Eat more vegetables, fruits and whole grains and less processed, fast foods.
- Blueberries, garlic, flaxseed, almonds and walnuts, spinach and ginger are a few cancer-fighting super foods you need to be eating more of.

## Conclusion

A breast cancer diagnosis can be emotionally and physically devastating. However, when women understand the risk factors and nutritional advice that can help them limit their risks of developing breast cancer, they reduce their odds of contracting this devastating disease.

## Resources

American Cancer Society Breast Cancer Guide

<https://old.cancer.org/acs/groups/cid/documents/webcontent/003090-pdf.pdf>

Diagnosing Breast Cancer –Mayo Clinic

<http://www.mayoclinic.org/diseases-conditions/breast-cancer/diagnosis-treatment/diagnosis/dxc-20207942>

American Cancer Society Guidelines for the Early Detection of Cancer - Breast and Other Types of Cancer Screenings, so read the entire page

<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

U.S. Breast Cancer Statistics

[http://www.breastcancer.org/symptoms/understand\\_bc/statistics](http://www.breastcancer.org/symptoms/understand_bc/statistics)

The top 10 leading causes of death in the US-All population-Feb 2017 data

<http://www.medicalnewstoday.com/articles/282929.php>

Amongst women-2014 data

<https://www.cdc.gov/women/lcod/2014/race-ethnicity/index.htm>

Best and Worst Foods for Cancer Prevention

<http://www.womenshealthmag.com/health/breast-cancer-nutrition>

Calorie restriction and breast cancer

<https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/div-classtitleenergy-restriction-and-the-prevention-of-breast-cancerdiv/4B30994FAFED5130D9B30784C7F3EBE2>

Alternate-day fasting and chronic disease prevention: a review of human and animal trials

<http://ajcn.nutrition.org/content/86/1/7.full.pdf>

Foods for breast cancer prevention

<http://www.everydayhealth.com/breast-cancer-pictures/foods-for-breast-cancer-prevention.aspx>

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