

Breast Health Awareness Month

Breast cancer awareness month is fast approaching. We will see pink ribbons everywhere. I prefer to refer to it as “Breast Health Awareness Month”. We should be educating women on ways to “prevent” breast cancer and what environmental factors can contribute to it.

According to the National Breast Cancer Foundation, Breast cancer is the most diagnosed cancer for women, and the second leading cause of death among women. 1 in 8 women will be diagnosed with breast cancer in their life time. For men, the lifetime risk of getting breast cancer is about 1 in 833. Most of us have been affected by this staggering statistic by the loss of a loved one, or someone we know that has been diagnosed. Most research indicates it is a combination of genetic, hormonal and environmental factors.

For today let’s briefly talk about the ways the environment could increase our risk. The environment can include lifestyle and behavioral factors such as smoking, alcohol intake, physical activity, sleeping patterns, or the disruption of circadian rhythm. Chemicals are a huge factor which are agents that people are exposed to through pesticides, industrial pollutants, GMO’s, and consumer products and medications. Physical agents such as radiation from medical exposures, EMF pollution, and other non-chemical substances. Social and cultural influences and our levels of stress can all influence breast cancer risk. How we react to traumatic events or our day to day busy life, can alter our immune system.

The majority of the studies on breast cancer and the environment have looked for environmental exposures at or around the time of diagnosis, although the causative exposures could have occurred decades earlier. It is important to work with your health care providers to understand your current levels of toxicity or potential exposures. Being pro-active and tracking the health of your breasts can be an important step in your process of optimizing your overall health.

Karen from Boston Thermography Center will be here at Acupuncture & Associated Therapies offering Thermography services on Sunday 10/6/19. Please contact her directly for an appointment.

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