

## Paint the town **PINK**

October is breast cancer awareness month and by now most of you have probably noticed a few more pink posters, pink wrist bands and pink ribbons floating around than usual. Unfortunately most of us don't need to see pink bumper stickers in traffic or pink shoes on our favorite running back to remind us of this horrible disease, as its prevalence indicates that most people have known someone with such a diagnosis. Last year, there were an estimated 207 thousand new cases of invasive breast cancer in this country and approximately 1 in 8 women in the United States are predicted to develop invasive breast cancer in her lifetime. These numbers are even worse when we include the non-invasive diagnoses.

Awareness is certainly a good idea, but what can we do about this epidemic? Much of the breast cancer awareness campaign focuses on encouraging women to get regular screenings to identify problems early, but as with most cancers, a proactive, preventative approach is best. Identifying risk factors for breast cancer and initiating treatment to reduce these risks is key to true prevention.

Because estrogen is a proliferative hormone and causes tissue to grow; a woman's lifetime exposure to estrogens increases her risk of breast cancer, and this includes both endogenous and exogenous sources. Progesterone is the hormone that balances the proliferation caused by the estrogens. Progesterone promotes cellular differentiation and also promotes apoptosis (planned cell senescence) which is anti-neoplastic. When there is a greater influence of estrogen in relation to progesterone or *estrogen dominance*, there is a greater risk for breast cancer. **A simple salivary hormone test can identify the ratio of progesterone to estradiol (Pg/E2 ratio) and isolates any need for hormone balancing treatments to help you prevent uncontrolled breast growth that can lead to cancer.**

In addition to evaluating hormonal status and establishing optimal balance, assessing your Vitamin D status is invaluable in the prevention of breast cancer. There are numerous studies relating Vitamin D deficiency to increased incidence of breast cancer including one that boldly stated that doses of 3500 iu/day of Vitamin D3 would reduce breast cancer risk by 50%!

[http://www.jmisko.com/wellness/hormone\\_replacement](http://www.jmisko.com/wellness/hormone_replacement)