The Helen Knoll Foundation

Prevention for Young Women

The American Institute of Cancer Research estimates that about 40% or about 70,000 cases each year of US breast cancer cases could be prevented if people made wise lifestyle choices.

Have supportive, loving relationships. Research show that women who develop breast cancer are more likely to give too much at the expense of their own needs, stay in loveless relationships, have issues with hope and trust, suffer from hurt, sorrow and unfinished business. Every emotion you feel creates a biochemical reaction in your body. Negative emotions take a toll on your health, while positive emotions such as laughing stimulate your immune system and help to keep you healthy.

Sleep 8 hrs nightly. The best sleep time for natural hormonal wellbeing is between 10pm and 6am. Melatonin is a very potent antioxidant and slows down the production of estrogen. It prevents the initiation of breast cancer; shows down tumor growth and prevents metastasis.

Avoid sugar and fast food. Cancer loves sugar. Refined carbohydrates and sugars cause the pancreas to release insulin and promote obesity. High insulin levels increase risk by as much as 283%. Research shows that after 3 weeks of avoiding sugar, you will lose your desire and taste for it. High fat diets may increase risk by as much as 50%. Trans fats can increase risk by 40% and omega-6 fatty acids have a 69% increase. Obesity is thought to be responsible for 20-30% of all postmenopausal breast cancer. Fat cells manufacture estrogen, especially after menopause.

Exercise moderately. Regular aerobic exercise produces health-promoting chemicals and hormones that decrease your risk of breast cancer. 30 minutes of activity, 3-5 times a week can lower breast cancer by 30-50%. Teenagers who exercise regularly lower their risk for the rest of their lives. Exercise can alleviate depression.

Drink green tea. Green tea is considered the #1 anticancer beverage of powerful anti-inflammatories and antioxidants. Drinking 8-10 cups of green tea can significantly lower your risk of breast cancer. Women who drink the most green tea have a lower risk and it stops tumors from growing back. However filtered water is the best for hydration.

Eat organic. Organically grown produce is grown without harmful chemicals pesticides, herbicides, fertilizers or genetic modifications. Studies show that it has higher nutritional value and supportive of your health and the environment. They are lower in fat and calories and high in fiber, antioxidants and vitamins. Women who eat the most cruciferous vegetables have a 40% lower risk of breast cancer.

#byebyebreastcancer

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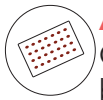
Know your Vitamin D3 level. Vitamin D3 makes your breast cells more resistant to toxins, decreases the ability of breast cancer cells to grow and divide, stops tumor cells from growing and boosts the immune system. Research shows that having vitamin D3 levels of 40-60 ng/ml in the blood stream will reduce the incidence of breast cancer by 77%.

Drink less alcohol daily. One drink a day increases risk of breast cancer. Research shows that 2 to 3 alcoholic drinks per day have a 20% higher risk of breast cancer. Alcohol increases estrogen and prolactin that increase cell division in the breast.

Not use bra to hold cell phone. Do not store your cell phone in your bra and minimize your exposure to electromagnetic fields (EMFs). Research shows a definite link between EMF exposure and breast cancer. All electrical appliances and wires produce EMF, with hair dryers producing the most EMF. A 2013 University of California study where 4 women developed tumors in the areas of their breasts, immediately underlying their phone placement. These women all regularly carried their smart phones directly against their breasts in their brassieres for up to 10 hours a day for several years.

Use reusable bottle. Plastic water bottles have BPA, phthalates and other xenoestrogens. These are estrogen-like compounds that have been linked to increased breast cancer risk.



Avoid artificial estrogen. Current or recent use of birth control pills increases the risk of breast cancer. Research shows a 20-30% higher risk. HRT may increase the risk by 66-100% and the risk of dying from breast cancer by as much as 22%.

Reduce stress. Stress plays a role in more than 90% of all illness, physical and mental. Women who experience a major stressful trauma have a 12 times greater risk of breast cancer within 5 years. Practicing a stress-reducing mediation, yoga or prayer can have a profound beneficial effect and lower the risk of breast cancer.

Other lifestyle choice recommended:

- Diet of flaxseed, unfermented soy and turmeric.
- Stop smoking.
- Use nontoxic cleaning products.
- Breastfeed exclusively.
- Avoid wearing underwire bras.
- Avoid radiation to the chest.

Remember:

- Lifestyle choices affect 60-70% of your future risk. Changing ONLY one lifestyle choice can reduce the risk by 50%.
- The Helen Knoll Foundation is inspiring women to take an active stance on their health and learn about their risk for breast cancer.
- Offering free or low cost cancer screening options.
- Screenings are important for women 18-40, especially those with dense breast tissue.
- Your donation supports our high school & college outreach!

Donate on our website!

Announcing our new breast health assessment for young women in association with SDSU School of Public Health! Find out how your current lifestyle choices may affect your future risk.

www.helenknollfoundation.org