



Prevention

Breast Cancer Awareness Month October 2020

REDUCING MORTALITY FROM BREAST CANCER

Note to Readers: Because of fear of COVID exposure, non-urgent medical visits have declined sharply, reducing preventive care including cancer screening. We are adding information about optimizing cancer prevention while minimizing COVID risk to our newsletters.

Breast Cancer Prevention amid COVID Summary /Screening: Biannual screening appears equally effective, so skipping one annual mammogram likely harmless. Women age 60-69 have double the mortality benefit of women 40-59; women over age 70 have an uncertain benefit.

1. Mammography only every other year. Biannual and annual mammography are likely equally effective. No randomized comparison of screening intervals, but two observational studies, a before-after study of annual to biennial mammography for women age 50-79¹ and a registry-based study of annual to triennial women 40-50² found no mortality difference.

2. Mammography most beneficial for women age 60-69. Meta-analysis of randomized data shows a **mortality reduction of 14% for women age 50-59** (HR 0.86; 95%CrI 0.75-0.99) and **32% for women age 60-69** (HR 0.68; 0.54-0.87).³

Primary Prevention: Exercise and healthy dietary changes are difficult but compatible with social distancing.

Breast Cancer Prevention: Recent Results Summary/ Screening: USPSTF recommends biennial mammography for women without family or genetic risk factors aged 50-74 but shared decision making (SDM) for women 40-49. Earlier screening for women with risk factors is potentially beneficial but unproven. Culturally appropriate educational interventions increase breast cancer prevention knowledge and participation.

Primary Prevention: Recent evidence further supports physical activity, weight control and a healthy diet to reduce breast cancer incidence and survival and can be cost-effective.⁴ The US Preventive Services Task Force (USPSTF) now **recommends risk-reducing medications to women at increased risk** of breast cancer (but not standard risk women) and at low risk of side effects.

PRIMARY PREVENTION Excess weight, particularly if premenopausal (below age 45), **increases the risk** of postmenopausal breast cancer, by **4-8% for each extra 5 kg**. For women 50 and older, sustained **weight loss 2 kg reduces risk** by nearly **20%**.⁵

Healthy diet: Results of the Women's Health Initiative Dietary Modification clinical trial found that reducing fat and increasing vegetable, fruit, and grain intake reduced breast cancer incidence and mortality.⁶

Physical activity reduces breast cancer risk independent of obesity. US Government guidelines recommend both 150-300 minutes of moderate activity weekly (brisk walking, fast dancing) and strength training (lifting weight, pushups) on 2 days. (See: <https://health.gov/paguidelines/second-edition/10things/>)

Reducing disparities: The Pitt County (NC) Breast Wellness Initiative-Education (PCBWI-E) gave culturally tailored breast cancer education and navigation to Black and Latina women. Knowledge and screening increasing, including mammograms for 68% of women over 40 who had never had one.⁷

Chemoprevention for women at high risk: A third chemoprevention trial, the IBIS-II trial, found that 5 years of anastrozole reduced breast cancer incidence about 50%, although no survival benefit was seen.⁸ High risk women include 1) age ≥65 years and a first-degree relative with breast cancer; 2) ≥45 years and more than 1 first-degree relative with breast cancer or a first-degree relative with breast cancer before age 50; 3) ≥40 years with a first-degree relative with bilateral breast cancer; or 4) adverse pathology on a prior biopsy.

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The Strang Cancer Prevention Cookbook

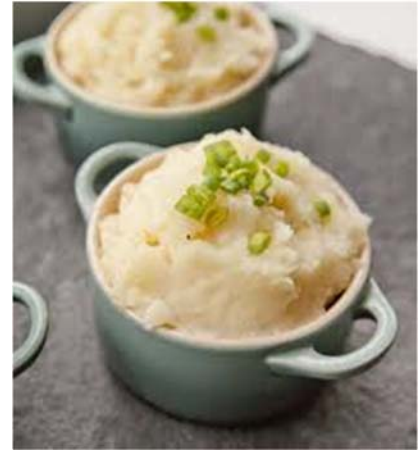
Reduce your Risk for Cancer by Eating a Healthy Diet!

Root Vegetable Mashed Potatoes

10 Servings

The blend of autumn root vegetables is nutrient rich and contains only half the fat and calories of traditional mashed potatoes

1 medium rutabaga (about 1 ½ pounds) peeled and cut into 1-inch cubes
3 medium turnips (about 1 pound), peeled and cut into 1 ½ -inch chunks
¼ teaspoon salt
4 large white potatoes (about 2 ½ pounds) peeled and cut into 1 ½ inch chunks
1 ½ cups warm 2% milk
2 tablespoons unsalted butter
Salt and freshly ground black pepper



Place the rutabaga and turnips in a large saucepan, cover with cold water and add the salt. Bring to a boil, then reduce the heat and simmer for 30 minutes. Add the potatoes and cook until the vegetables are tender when pierced with a knife, 10 to 15 minutes. Drain the boiled vegetables and transfer them to a large bowl.

Heat the milk in a small saucepan on the stove or microwave Using an electric mixer, begin creaming the rutabaga, turnips and potatoes white slowly pouring the warm milk into the bowl (use only as much milk is needed to make the puree creamy and light). Beat in the butter and season with salt and pepper to taste. Serve hot.

Calories 174 Protein 5g Carbohydrates 30g Fat 4g Cholesterol 10mg Dietary fiber 3g Saturated fat 1g

Major sources of Potential cancer fighters: Phytochemicals: glucosinolates, plant polyphenols (flavonoids phenolic acids), allium compounds,

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October is Breast Cancer Awareness Month

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