



Your in the shower and feel a lump in your breast. Could it be cancer? A new screening device can help you find out

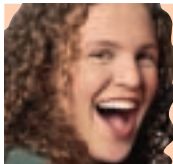
2



Start Early to Bone Up Against Osteoporosis

Buying a Bra: It's More Than Style and Lace

3



Weight gain is tied to breast cancer risk.

Here's the facts

4



Be Informed!

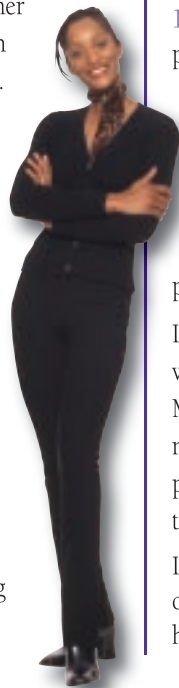
JUNE 2008

Is Ovarian Cancer Linked to Breast Cancer?

Some kinds of cancer, such as breast and ovarian, seem to run in families. But are they related? In the early 1990s scientists identified mutations in two genes which put women at an increased risk for breast cancer – BRCA 1 or BRCA2. Being a carrier of either one of these genes also is associated with an increased risk of developing ovarian cancer.

Inheriting a mutation doesn't necessarily lead to cancer, but it does increase the risk. That's why many doctors believe that early detection of the BRCA predisposition is vitally important to preventing illnesses and deaths from both diseases.

Genetic counseling and testing is an incredibly important tool for identifying women at risk of BRCA-related breast or ovarian cancer. Armed with information, women can make much more informed decisions about their health care, often long before they are diagnosed with cancer.



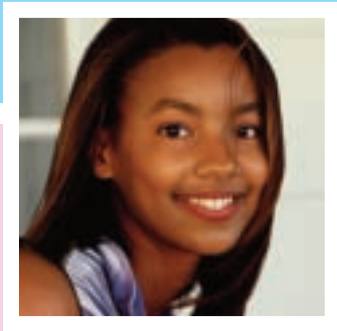
Researchers have done a good job of narrowing down the pool of women who fall into that high-risk category. The following guidelines are important for any woman to note, and are particularly vital for women who have breast cancer.

Possible Signs of Inherited Predisposition to Breast and Ovarian Cancer:

1. Having two or more close relatives in the family diagnosed with breast cancer prior to age 50.
2. Having one close relative diagnosed with breast cancer prior to age 50 and a second relative diagnosed with ovarian cancer at any age.
3. Being diagnosed with breast cancer yourself before age 50.
4. Being of Eastern European Jewish ancestry and having a close relative with either breast cancer prior to age 50 or ovarian cancer at any age. (Approximately 90 percent of Jewish people in the United States are of Eastern European ancestry).

If the counseling and screening determine that a woman is indeed at increased risk, what are her options? Intensive screening – annual mammograms and annual breast MRI beginning at an early age (25-30). Thus far, the best opportunity to reduce mortality for both cancers is through early detection (general screening of the population for BRCA1 and BRCA2 is not yet recommended). However, new strategies to find anticancer drugs are constantly being developed.

It is important to note, however, that women who don't have a family history of breast or ovarian cancer and are older than 49 when they are diagnosed with breast cancer have a very low risk of getting ovarian cancer.



You're in the shower and feel a lump in your breast. Could this be cancer?



New Device Helps Detect Breast Lesions

A new screening device will help you and your healthcare provider get a much better idea whether that mass is a concern. The SureTouch™ Visual Mapping System uses a small, hand-held device that glides smoothly across an uncompressed breast. Its internal receptor, which is four times as sensitive as human palpation, generates a three-dimensional visual map of lesions within the breast.

The map is displayed on a small laptop computer. If a mass is detected, the system will show its estimated size, shape, hardness and location.

“SureTouch enhances the physical examination,” said Arnold Baskies, M.D., Chief of the Section of General, Oncologic and Breast Surgery at Lourdes Medical Center of Burlington County, who has been testing the device for the manufacturer. “It doesn’t, however, replace the need for a mammogram, ultrasound or biopsy.”

No radiation is involved and the procedure is painless, Dr. Baskies said.

Ideal for Younger Women

Breast cancer is the leading killer of women between the ages of 15 and 54 worldwide, but mammography screening is not suggested until age 40 because dense breast tissue does not show up well on X-rays. Fatty breast tissue is relatively translucent, allowing X-rays to pass through, yielding dark areas on the mammogram. Other breast tissues, however, block the radiation and appear white. Breast lesions are not easily discernible in these areas as dense tissue and potential tumors both look white on film.

SureTouch is not hindered by tissue density, and so is ideal for younger women, said Dr. Baskies, who is Chief Medical Officer for the Eastern Division of the American Cancer Society.

In addition, SureTouch also can detect lobular carcinoma, which accounts for 15 percent of all breast cancers but are invisible to radiologic devices.

Objectifies the Physical Exam

Clinical breast exams, like most anything else, can be objective. What may feel “firm” to one examiner may not to another. By comparing areas of increased pressure with surrounding breast tissue, the device can distinguish between a hard lesion and normal glandular tissue — and graphically demonstrate the difference. The device can accurately map lesions as small as 5 millimeters.

Each scan is saved on the computer and also transmitted wirelessly to a printer. If a tumor is suspected, a biopsy can be performed, Dr. Baskies said.

While Dr. Baskies’ Willingboro office is one of a dozen U.S. sites to offer the technology, he predicts it won’t be long before SureTouch becomes widely available.

**Want to learn more about good health? Subscribe to the Lourdes Health System’s mon
Visit our Web site at w**

Start Early to Bone Up Against Osteoporosis

Osteoporosis is a disease that causes thin, easily breakable bones and affects millions of older women. But younger women should be concerned, too. Healthy lifestyle choices prior to age 30 can help women store enough bone to fight osteoporosis when they're older.

An Age-Old Issue

Women acquire most of their bone mass by age 20. But women can still add bone until around age 30. After this age, bone mass slowly starts to decrease. And lower estrogen levels cause even more bone loss the first few years after menopause. By maintaining bone-building habits beyond age 30 and past menopause, women may slow down this age-related bone loss.

Beating Brittle Bones

The first step to building a stronger defense against osteoporosis is to get the recommended daily amount of calcium:

- Girls ages 9 to 18 need 1,300 milligrams.
- Women ages 19 to 50 need 1,000 milligrams.

Good food sources include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified breads and juices. Calcium supplements also may help, if necessary.

Calcium, however, can't work alone. The following five lifestyle strategies can help young women keep their bones healthy for a lifetime, too:

1. Exercise regularly. The best activities for bones are weight-bearing ones, such as running, basketball, walking or tennis. But strength training also builds muscles and strong muscles are linked to strong bones.

2. Get 400 IU of vitamin D daily. Vitamin D helps the body use calcium. Women can get enough by spending 15 to 20 minutes in the sun every day. Eating vitamin D-fortified foods such as cereal or bread also ensures proper intake.

3. Substitute meat with soy protein. Animal protein may reduce calcium in the body, while soy protein seems to protect bones.

4. Limit alcohol to one drink a day. Regularly drinking more alcohol can interfere with estrogen and damage bones.

5. Choose black or green tea. Large amounts of caffeine can harm bones. But nutrients in these teas, called flavonoids, may actually help build them.



Buying a Bra: It's More Than Style and Lace

When your grandmother was young, she probably didn't have a lot of choice when buying a bra. For the most part, they were very practical and came in white. Today, walk into any lingerie shop or undergarment section of your local department store and you will find hundreds of types and styles in a myriad of prints, patterns and colors. Beyond selecting one based on the latest fashion, here's some important information for choosing the right bra.

What should I know before I buy a bra?

A properly fitted bra is essential for both comfort and posture. Yet 8 out of 10 women wear bras that don't fit. A poorly fitting bra can cause back problems, muscle tension, and even headaches. Improperly fit bras can lead to life-long problems with posture and back pain.

All About Straps, Snaps, Bands and Cups

Finding the right bra doesn't have to be an ordeal if you know the basics of bra sizing. There are two parts to a bra's size: the chest size (also called band size) and the cup size.

The chest, or band, size is the part of the bra that runs across a girl's chest and around her back. The cups are the parts of the bra that hold the breasts. Bras come in many sizes, which are different combinations of the chest sizes (shown as numbers — these are 32, 34, 36, etc.) and cup sizes (shown as letters — AA, A, B, C, etc.)

It's important to get both the chest and cup sizes right to ensure a proper fit. To ensure that you are wearing the right size bra you should be fit by a lingerie consultant once a year or after a noticeable growth spurt.

Different Bras for Different Reasons

After you have the right size, think about why the bra is needed. Is it for support, coverage, comfort or athletics? LIGHT SUPPORT BRAS usually have no under wire and are good for girls with smaller breasts. They are less constricting than full support bras and many girls feel that they are more comfortable.

FULL SUPPORT BRAS usually have an under wire or plastic boning holding them up. They can be worn by girls of any breast size and are a must for those with larger cup sizes. These bras offer a shapely cut and have a structured build.

SPORTS BRAS are probably the most important one for active women to have. Sports bras stop the breasts from moving during athletic activity. Breast tissue is very delicate and growing breast tissue needs to be protected during high impact exercise. Even girls with smaller breasts should invest in a good sports bra if they take physical education or participate in sports.





Watch Your Waistline:

Weight Gain Tied to Breast Cancer Risk

Women who gain weight after age 18 increase their risk of developing breast cancer later in life, two recent studies suggest.

The first study of 87,000 female nurses by Brigham and Women's Hospital/Harvard Medical School found that gaining 55 pounds or more after 18 was associated with a 45 percent increase in breast cancer risk after menopause, compared to those who maintained a stable weight during their 20s, 30s and 40s.

The study also found that women who lost 22 pounds or more after menopause and were able to keep it off were 60 percent less likely to develop breast cancer than overweight, postmenopausal women who did not lose weight.

The second study by the National Cancer Institute involved 99,000 women who were part of a diet and health study of the National Institutes of Health. Women who were considered normal weight at 18 but considered overweight or obese later in life had a 50 percent larger risk of developing breast cancer, compared to women whose weight stayed steady throughout their lives.

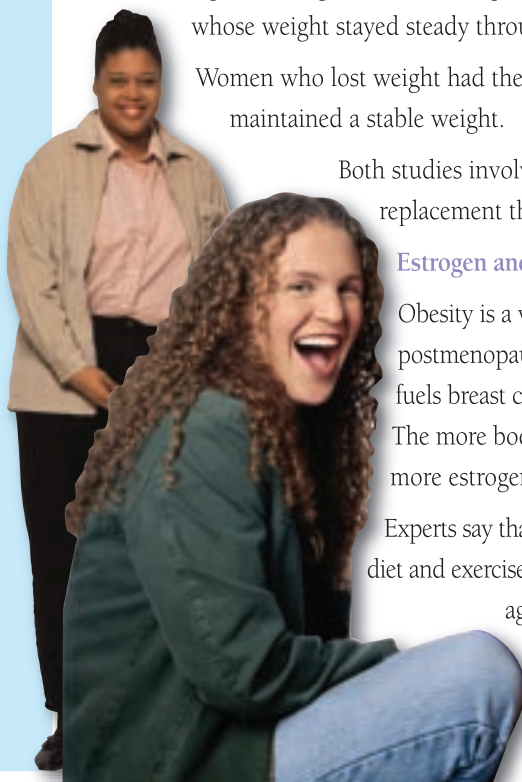
Women who lost weight had the same cancer risk as those who maintained a stable weight.

Both studies involved women who were not taking hormone replacement therapy after menopause.

Estrogen and Weight

Obesity is a well-known risk factor for breast cancer for postmenopausal women. That's because estrogen, which fuels breast cancer growth, accumulates in fat tissue. The more body fat a woman has after menopause, the more estrogen she will have circulating.

Experts say that while maintaining a stable weight through diet and exercise will not offer women absolute protection against developing breast cancer, such measures are good for their overall health.



Resources to Learn More

Want to learn more about how to be healthy? Here are some great online resources concerning women's health:

www.youngwomenshealth.org

A site providing education, clinical care, research, and healthcare information for adolescent girls and young women on a variety of health topics.

www.imaginis.com

This site has information about a variety of health conditions and how they affect women specifically, including a section on young women and breast cancer.

www.komen.org

Official site of Susan G. Komen for the Cure, which is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

www.lourdesnet.org

Lourdes Health System Web site with information about programs and services as well as health information.

www.youngsurvival.org

The Young Survival Coalition (YSC) is an international, non-profit network of breast cancer survivors and supporters dedicated to the concerns and issues that are unique to young women and breast cancer.

