

Breast Cancer **FACTS**, **MYTHS**, and **CHOICES**

April 2011 Issue 6

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Contacts

shuk-mei.ho@uc.edu
askdrmeiho@gmail.com

Breast cancer: Windows of
Susceptibility.
NIH grant 1U01ES019480

tracie@pinkribbongirls.org
PINK RIBBON GIRLS

OUR MISSION

TO PREVENT the occurrence
of BCa through **RESEARCH**
and **EDUCATION**


TO ENCOURAGE and
SUPPORT BCa survivors,
friends and families.

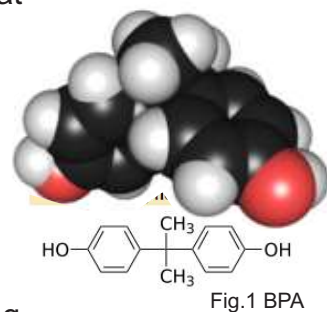
Xenoestrogens

Many xenoestrogens (chemicals which the body is tricked into thinking is estrogen) can pose risk for breast cancer. One such chemical is bisphenol-A, (Figure 1) which can interfere with normal estrogen-dependent functions. The increasing prevalence of xenoestrogens in the environment may partly explain the increasing incidence of breast cancer, though direct evidence is not overwhelming.

The use of bisphenol-A (BPA) in the production of plastics began around 1891 (e.g. in baby bottles, food containers, water main pipes, and laboratory and hospital equipment). Its estrogen-like (in this case, estrogen-disrupting) effects began to be noticed in the 1930s. Prenatal exposure to BPA (in rats and mice) changed mammary tissue and led to cancers in adulthood. Other animal studies used BPA to show that when breast cancer has been induced by a carcinogen that risk was increased further. If the animal studies correlate with humans, then even a small exposure to BPA could cause an increased risk for breast cancer.

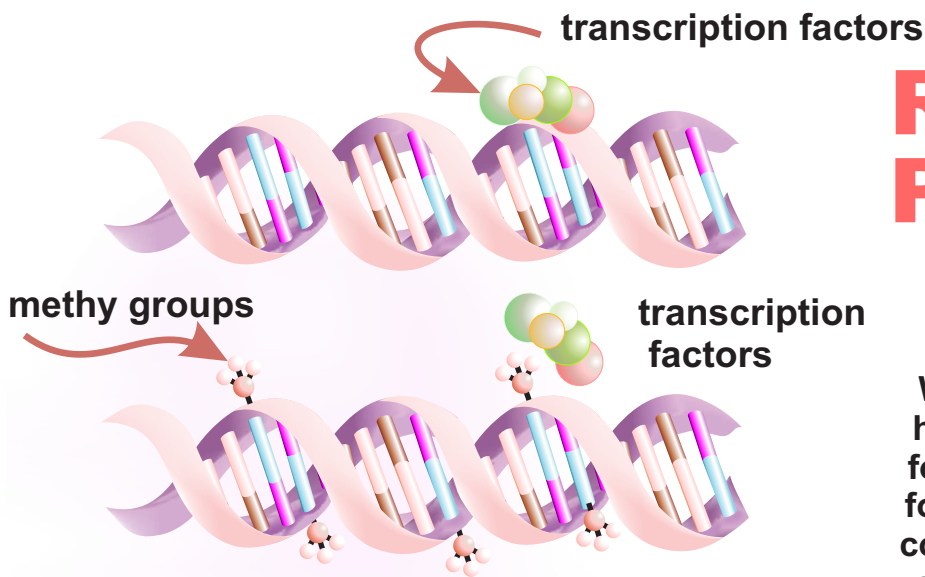
Exposing cells in culture to BPA can cause neoplastic transformation of human breast epithelial cells.

"Consumer groups recommend that people wishing to lower their exposure to bisphenol A avoid canned food and polycarbonate plastic containers (which are identified as , unless the packaging indicates the plastic is bisphenol A-free. The National Toxicology Panel recommends avoiding microwaving food in plastic containers, putting plastics in the dishwasher, or using harsh detergents on plastics, to avoid leaching". (thanks wiki)



Some estimate that 92% of canned goods with plastic liners have BPA. WHEN THE BRAND NAME on your canned soup is "Healthy Choice" and the BPA is 323 ppm, it's kind of sad. I think its going to be a while before companies get the message.... therefore BUY FRESH

<http://treehugger.com>
<http://organicgrace.com>



RESEARCH PARTNERS

QUESTION:

What about satiety and health...is there a possible role for epigenetics and my appetite for food and drink? This is a cool question, and the response would be.....

ANSWER: ..*unquestionably* **YES**. **The well worn phrase "it's in my genes" is going to have to be PUT ON THE SHELF.** What about satiety and the risks and benefits of not being **satisfied**. Studies say that a low glycemic index meal doesn't do for satiety what a high glycemic index meal does... so this is a difficult choice... do I eat right, and feel less satiated or do I eat foods I know will lead to heart disease, diabetes and increased cancer risk, but feel satiated. It is very likely that our ability to feel **SATIATED is quite an individual matter**. It also seems likely that one reason there is so much variation in the feeling of satiety is not "genetic" and therefore "fixed" as we would like to believe, but possibly the result of epigenetic programming.

FACTS: As Christopher Harshaw states (what we all know but find difficult to understand) "Hunger, thirst and satiety must be numbered amongst the most powerful influences on mood behaviour and development". So not only are disease and longevity risks being determined epigenetically, there is every reason to believe that psychobiological behaviors might be modified epigenetically as well.

SOLUTIONS:are not easy. Whenever information enlightens, responsibility is in hand as well. Think of the benefits to all the young parents to be, in recognizing that as they strive to enhance their own health, they will do so for the next several generations of their offspring. That is empowering.

Internat J Obesity (2008) 32, 1647–1654;
 Physiology & Behavior (2004) 82:1, pp 149-153
 Dev Rev. 2008 December 1; 28(4): 541–569

*Perhaps, the earliest recorded account of **satiation** was in the dialogue **Timaeus** by Plato--who states.*

Those who framed our species know how ungovernable our appetite for drink and food would be, and how we should out of sheer greed consume more than a moderate or necessary amount; **in order therefore to prevent our rapid destruction** by disease and the prompt and untimely disappearance of our species, they made the lower belly, as it is called, into a receptacle to contain superfluous food and drink, and wound the bowels around in coils, thus preventing the quick passage of food, which would otherwise compel the body to want more and make its appetite insatiable, so rendering our species thru gluttony incapable of philosophy and culture, and unwilling to listen to the divinest element in us. (don-cha-luv-it)

The paradox of satiation is that it is both a tool for economizing and a consequence of feeding. Feeling a little hungry may just be a "good" thing.

COMMUNITY PARTNERS

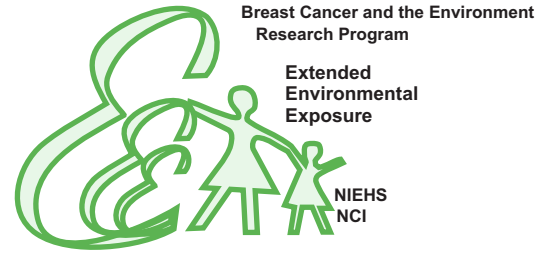
A forum for information and support

On March 5, 2011, **Pink Ribbon Girls** participated in a local event "Finding Power in a Positive RESULT: Life with a BRCA Mutation" organized by the Hereditary Cancer Programs at Cincinnati Children's Hospital Medical Center and St Elizabeth Health Center, Women's Wellness.

Pink Ribbon Girls were vendors during this BRCA gene event and handed out information related to being a young breast cancer survivor and also distributed newsletters for their outreach partnership with the breast cancer research grant within the Department of Environmental Health at the University of Cincinnati. Dr. Shuk-Mei Ho, is the principle investigator on this NIEHS funded grant **1U01ES019480 which is part of the BCERP (Breast Cancer and the Environment Research Program)**. The research hopes to determine whether a high fat diet (typically called a Western Diet) and environmental estrogen-mimetic chemicals like bisphenol-A, are contributing factors which determine the incidence of breast cancer.

Newsletters and signup sheets for email notification of new publications and helpful websites were available.

There also was a raffle, and winners took home prizes donated by the vendors who supported this event.



Finding Power in a Positive Result Life with a BRCA Mutation

- 8-8:30am Registration & Continental Breakfast
- 8:30-8:45am **Welcoming Remarks & Overview of BRCA1 and BRCA2**
Genetic Counselors
- 8:45-10am **Managing Ovarian Cancer Risk**
Jack Basil, M.D., F.A.C.O.G., F.A.C.S.
- 10-10:45am **High Risk Breast Screening**
Susan Weinberg, M.D., F.A.C.R.
- 10:45-11am Break
- 11am-12pm **Risk Reducing Mastectomy and Reconstructive Options**
J. Michael Guenther, M.D., F.A.C.S.
Michael J. Columbus, M.D.
- 12-1pm Lunch
Laugh Out Loud at Cancer
Cathy "Chick" Halloran-Warrior, Advocate and Breast Cancer Survivor
- 1-2pm **Oncology 101: Cancer Biology, Pathology, Chemotherapy and Chemoprevention**
Elyse E. Lower, M.D.
- 2-2:45pm Breakout Session I
1. BRCA and Babies: Fertility Options for Individuals with BRCA Mutations
Michael D. Schelber, M.D., M.P.H., F.A.C.O.G.

BRCA Carrier Conference

Registration Form

Saturday March 5, 2011
8:00am-4:00pm
This is a **FREE** event. Space is limited.
Registration must be received by Feb. 11!
Register by Jan. 31 to be entered in
a prize drawing.

Please print or type registration information.

Name: _____

Number of people attending: _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

Register by:
Phone: 513-636-7226
Email: Danielle.Arand@cchmc.org
or by Mailing this panel using the enclosed envelope.

Session Options (circle one): 123

Session Options (circle one): 123

Sponsored by:



Brick Along The Journey

Organized by the Hereditary Cancer Programs of:



Hereditary Cancer Program



Map and Directions to
Medical Education and Resource Center
620 Oak Street
Cincinnati, Ohio 45229



- From the North: I-71**
- Take the Toll Road (Exit 13)
 - Turn Right onto Reading Road (White Castle on the corner)
 - At first traffic light, turn Right onto Oak Street.
 - Visitor parking is on the left.
- From the South: I-75**
- Take the Hopple Street (Exit 3), exit from the left lane.
 - Turn Left onto Hopple Street (becomes Martin Luther King Drive when the street crosses Central Parkway).
 - Follow Martin Luther King Drive for about 2 miles.
 - Turn Right onto Reading Road (two gas stations in the corner).
 - At second traffic light, turn Left onto Oak Street.
 - Visitor parking is on the left.

Finding Power in a Positive Result

Life with a BRCA Mutation



8:00 am - 4:00 pm
Join us Saturday, March 5

A FREE conference to empower individuals with BRCA mutations and their families with updated and accurate information about Hereditary Breast and Ovarian Cancer (HBOC) syndrome. Get the latest information on screening, treatment and prevention.

COMMUNITY PARTNERS

A forum for information and support



Pink Ribbon Girls supported the Forgiveness seminar held in Cincinnati, March 12, 2011. See some of their photos.



Patti Noel (Pink Ribbon Girl board member) and Rev. Michael Barry of the Cancer Treatment Center of America.



Release! The Health Power of Forgiveness.

Event supported by
Pink Ribbon Girls

Dr. Michael Barry keynote presenter. The **"Healing Power of Forgiveness"** provides resources and education that encourage healing through forgiveness. We believe that learning to forgive can impact your physical, mental, spiritual and emotional health in a significant and beneficial way. To that end, **RELEASE the Healing power of Forgiveness.**



Seminars and training events for pastors, communities and individuals.

Slides for presentation, April 2011

FACT:

READ the label on low fat foods. Often high salt and sugar replace the fat for taste.

MYTH:

Diet margarine is better than butter

QUESTION

..what ingredients in low calorie margarine might be good for us?

CHOICES

Look for ingredients high in in omega-3 fatty acids: flax, hemp, soybean, or olive oils.

Is bottled water good for me? good for the environment?

*Will I **NOT** get cancer if I eat a healthy diet?*

Why would I eat a low fat diet... shouldn't I eat what my body tells me?



Slides for presentation, April 2011

FACT:

Processed sugars cause an elevation in insulin levels, which signals the body to “store fat”

MYTH:


My granola bar and low fat crackers are great nutrition!

QUESTION

...what carbs can I eat without spiking my insulin levels??

CHOICES

..carbs in fresh, dark colored* fruits and vegetables, and coarsely ground whole grains.

* BTW  This doesn't include dark reds, blues and greens of candy (check out the dyes used).

FOLLOW UP

2 HAVE MORE WANT LESS

COMMUNITY PARTNERS

APRIL's **Neat** RECIPE EAT WELL EAT WISE EAT NEAT EAT SAVVY

Individuals, for the most part, really do want to be informed and make healthful food choices. But, it is good to remember that the nutrition data are not all in yet. In fact the dearth of information on nutrition and its impact on **our** health, the health of our **unborn** and **born children**, and grandchildren through epigenetics is

Here is a Recipe from EatingWell.com, but taking the "reduce animal protein AND fat" mantra seriously, one might substitute some mushrooms * and a little olive oil for the cheese, or perhaps select a low fat cheese.

Grilled Pizza with Pesto, Tomatoes & Feta

Keep the kitchen cool by baking pizza on the backyard grill. For convenience, this recipe uses prepared pizza dough found in most supermarkets, and pesto from a jar. Serves 4.

1 pound prepared pizza dough, preferably whole-wheat, without MSG
½ cup prepared pesto
4 ripe plum tomatoes, thinly sliced
½ cup crumbled feta cheese
Freshly ground pepper, to taste
¼ cup lightly packed fresh basil leaves, torn

Pre-heat grill to medium-high. Place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about ¼ inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill. Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes. Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.

Nutrition Facts

Calories 430, Total Fat 18 g, Saturated Fat 7 g, Monounsaturated Fat 9 g, Cholesterol 27 mg, Sodium 749 mg, Carbohydrate 49 g, Fiber 4 g, Protein 17 g, Potassium 262 mg. Exchanges: Starch 3, Vegetable 0.5, Fat 0.5.
Percent Daily Values are based on a 2,000 calorie diet



In 2009, a case-control study of the eating habits of 2,018 women suggested that women who consumed mushrooms had an approximately 50% lower incidence of breast cancer. Women who consumed mushrooms and green tea had a 90% lower incidence of breast cancer. Another case control study of 362 Korean women also reported an association between mushroom consumption and decreased risk of breast cancer. Benefits: phosphorus, magnesium, potassium, selenium, fiber, low sodium, phenolics, reduced binding of some immune cells to the wall of the aorta (lower inflammation), significant amounts of conjugated lineolic acid (may assist with regulating estrogen dependent breast cancer) and phytonutrients, make this a good choice of a LOW CALORIE food.

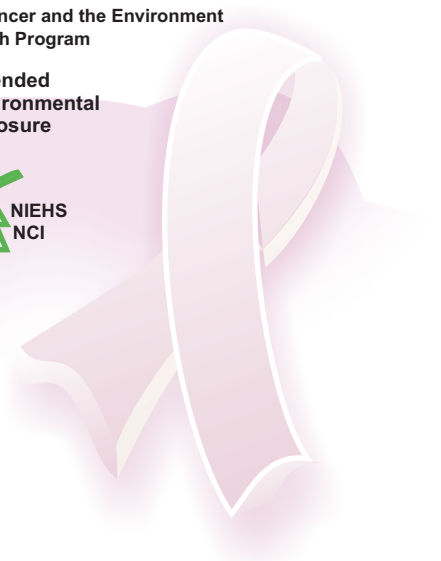
COMMUNITY PARTNERS



Breast Cancer and the Environment
Research Program

Extended
Environmental
Exposure

NIEHS
NCI



A forum for information and support

Gaining weight after menopause – Keep exercising and eating right. A recent study found that putting on 9.9 kg (22 lbs) after menopause increased the risk of developing breast cancer by 18%.

Second think that drink:

The primary mechanism through which alcohol causes breast cancer is through increased estrogen levels.

There are data which suggest that alcohol increases risk for breast cancer. A 1,000,000 million middle-aged-British-women's study concludes:

- 1) one drink a day increases the incidence of breast cancer by 1%
- 2) four drinks per day will produce an extra 4% breast cancer compared to non-drinkers
- 3) One or two drinks each day increases the relative risk to 150% of non-drinkers
- 4) Six drinks per day increases the risk to 330% of non-drinkers

Approximately 6% of breast cancers reported in the UK are alcohol related.

Think PINK, Live GREEN

Saturday, May 21, 2011

Marisa Weiss MD

8:00 a.m. to 12:30 p.m.

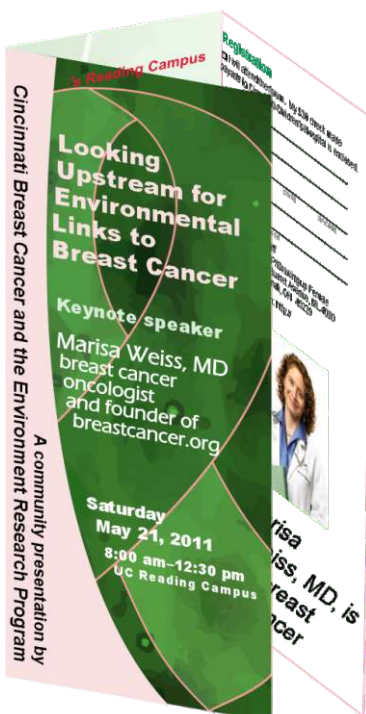
University of Cincinnati Reading Campus (*formerly GRI*)

Presented by the Cincinnati Breast Cancer and the Environment Research Program and the Breast Cancer Registry of Greater Cincinnati.

Topic: Potential environmental links to breast cancer

Buffet breakfast and educational materials are included in the \$20 registration fee. Nursing contact hours will be awarded. Parking is free.

For more information Call Veronica Ratliff at 513-636-8307



Print this sheet of flower and ribbon designs on Avery-3 prepunched labels.
Use on notecards, envelopes, special invitations, scrapbook pages or photos.

