

Breast Cancer Screening and Prevention for High Risk Women

Breast Cancer Screening

The American Cancer Society (ACS) recommends women with an increased risk for breast cancer do regular breast self-examinations starting at age 15-20, have clinical breast examinations 1-2 times yearly starting at age 20-25, and annual mammograms starting 5-10 years before the earliest case of breast cancer in the family (but not before age 25).

is an effective tool for screening and detecting breast cancer at an early stage, several recent studies show that MRI is more likely to detect breast cancer than mammography in high risk women. Because breast MRI leads to more false-positive results than mammography (MRI is more likely than mam-

mography to suggest a person has breast cancer when they do not), it is important for women to talk with their provider about their individual risk of breast cancer and the value of screening breast MRI for them.

Recently, the ACS has endorsed the use of annual screening breast MRI in addition to mammography for women at increased risk for breast cancer because of a family history (see box). While mammography

NEW! ACS Recommends Annual Screening MRI For:

- BRCA1 or BRCA2 mutation carriers
- Individuals with a first-degree relative with a BRCA mutation
- Individuals with a greater than 20% lifetime risk of breast cancer due to family history
- Individuals who had radiation to the chest between ages 10 and 30
- Individuals who have Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome, or have a first-degree relative with one of these syndromes

Breast Cancer Prevention

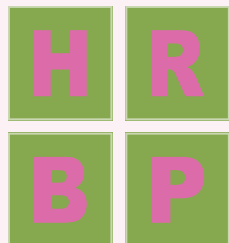
There are several ways women with an increased risk for breast cancer may reduce their risk. These include lifestyle changes, chemoprevention and surgery.

Studies show that a healthy weight and moderate exercise (at least 3 hours of walking weekly) are associated with a lower risk of developing breast cancer. Specific drugs are also associated with lowering risk. Taking tamoxifen or raloxifene for 5 years is associated with lower rates of breast cancer. Because these drugs have side effects, it is important for women to discuss the risks and benefits with their provider to

help make the right decision about use. Specific preventive surgeries can also reduce the risk of breast cancer. For premenopausal women, removing the ovaries (prophylactic oophorectomy) can reduce the risk of breast cancer by 50%. For all women, removing breast tissue (prophylactic mastectomy) can reduce the risk of breast cancer by 90%. As with taking medication, women should discuss the risks and benefits of these surgeries with their providers to better understand their choices.

Researchers at the University of Vermont are studying the

effects of Lipitor, a cholesterol lowering medication, on breast cancer. Premenopausal women at increased risk for breast cancer are asked to take either a sugar pill or Lipitor for 1 year. To learn more about this study please contact Fonda Kingsley at 802-656-8502.



HIGH RISK
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Summer 2007

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Save the Date! 10th Annual Vermont Breast Cancer Conference

Interested in learning more about the latest research and advances in prevention and treatment for breast cancer? The Vermont Cancer Center presents the 10th Annual Breast Cancer Conference on Saturday, November 3, 2007 at the Sheraton Burlington Hotel & Conference Center (870 Williston Road, South Burlington, Vermont).

In addition to several informative sessions, the Breast Cancer Conference also includes an art exhibit, yoga sessions, writing

for healing workshops, share your story sessions, a Vermont Cancer Center tour and much more!

The sessions and exhibits are free due to the generous support of The Vermont-New Hampshire Affiliate of the Susan G. Komen Breast Cancer Foundation.

For more information and to register for the conference, go to the Breast Cancer Conference's website at: <http://vtbreastcancerconference.org>

or call 802-656-5665.



Beet and Garbanzo Bean Salad

This is a great summer dish and always a hit at potlucks. It can be prepared a day in advance. Enjoy!

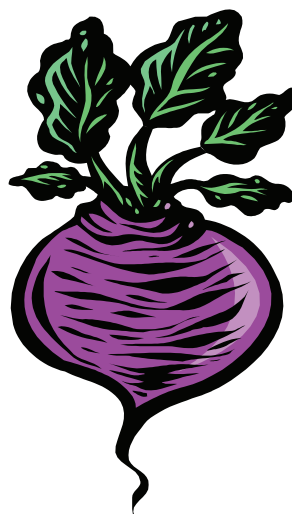
Ingredients:

- 4-5 medium beets
- 15 oz. can of Garbanzo beans
- ½ cup olive oil
- ¼ cup red wine vinegar
- ¼ cup balsamic vinegar
- fresh parsley
- ground black pepper
- ½ to 1 tsp fresh crushed garlic (optional)
- 1 to 2 cups of cubed feta cheese

Instructions:

Wash, peel and dice beets into ½ inch cubes. Blanch beets for 4-5 minutes or until

beets are softened. Combine beets and garbanzo beans (drained and rinsed) in a large bowl. Add olive oil and vinegars and mix. Add black pepper and garlic to taste. Sprinkle freshly chopped parsley over the top. Lastly, cut feta into ½ inch cubes and add to the top of the bowl. Chill and enjoy!



Beets contain the pigment betacyanin, which is thought to be a powerful cancer fighting agent.

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Contact Information

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To schedule an appointment with a HRBP provider: 802-847-2262