



Help Reduce your Breast Cancer Risk

Q: I have a family history of breast cancer. I am wondering what I can do help reduce my risk?

A: It has been estimated that the average risk of breast cancer for women is 1 in 8. It is important for every woman to be aware of their breast health. There are steps you can take to reduce your risk of breast cancer and other hormone related cancers.

1. You need to look at your risk factors. When your liver detoxifies estrogens it converts it into either 2- estriole (the good estrogen) or 16-estriole(the bad estrogens). Women are at higher risk of hormone related cancers if your bad estrogens are higher than the good ones. A New Leaf Naturopathic Clinic offers a simple urine test to determine this ratio.
2. Make sure that you are not getting unwanted estrogens from the environment. Non-organic meats, plastics and pesticides may contain unwanted hormones that you are consuming.
3. A nutrient called Indiole- 3 carbinol (found in high levels in broccoli) is also important in maintaining good hormone health. I recommend taking it daily as a supplement if you have hormonal risk factors.

It is very important that all women do monthly self breast exams. If you have never conducted a self breast exam or are unsure of the procedure you are not alone. I am surprised how many women have never been taught how to do a breast exam. If you are not sure how to conduct a breast exam ask your doctor or come into my clinic and learn this easy procedure.

Empower yourself, be **PROACTIVE**.