

Amatullah Aai
BREAST CANCER
Prevention Program

Sakina Poonawala MD IBCLC FICS
Specialty- Ob/Gyn



Why?



Breast
CANCER

3 MAIN REASONS FOR BREAST CANCER AWARENESS

- ▶ INCREASING incidence in our community
- ▶ Early Screening Methods are available to detect breast cancer
- ▶ Once detected in early stages it can be successfully treated

Let's go one step ahead...

- ▶ How do we prevent it from occurring?



Ways to prevent breast cancer

- ▶ There is no sure way to prevent breast cancer, but there are ways women can reduce their risk, and increase the odds that if they are diagnosed with breast cancer it is found at an early stage and can be treated successfully.....

3 ways for Prevention

- ▶ 1) Lifestyle Modification
- ▶ 2) Pharmacologic Prevention
- ▶ 3) Prophylactic Surgery



Lifestyle Modification - Diet

- ▶ 1) Eat halal food
- ▶ 2) Eat healthy food
- ▶ 3) Eat in moderation
- ▶ 4) Drink 10 to 12 glasses of water a day



What is halal food? What is haram food?

- ▶ 1) All those items which are considered as haram e.g. Pork, alcohol, hing, fish oil etc.....
- ▶ 2) All those animals which are halal but slaughtered in Haram manner e.g. dead fish.,zatka no gosh
- ▶ 3)Halal or haram items not cooked by Muslims/Christians/ Jews is haram
- ▶ Most important is to read the ingredients



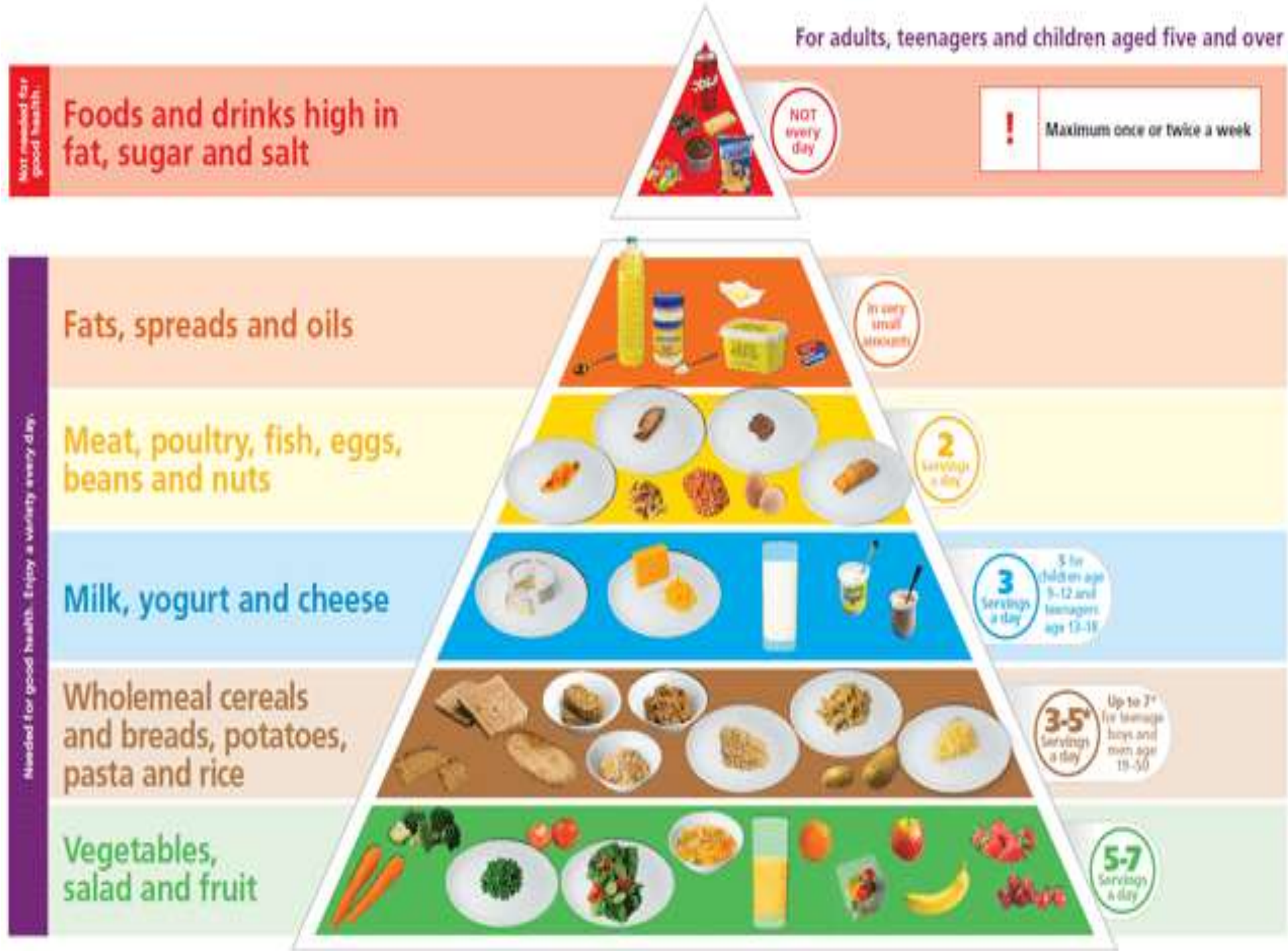
Haram Ingredients

- ▶ Carcinogenic until they are completely removed.
- ▶ It harms you
 - ▶ Physically
 - ▶ mentally
 - ▶ spiritually

Haram Products



Food Pyramid



National Cancer Institute states...

- ▶ Vegetables
- ▶ Fruits
- ▶ Whole grains
- ▶ Dietary fibers
- ▶ Strongly protects against breast cancer
- ▶ 6 common breast cancer fighting food



Garlic

- ▶ 2 to 3 cloves of garlic daily reduces the risk of breast cancer
- ▶ Garlic is considered as anti cancer super food



Broccoli and Cabbage

- ▶ Neutralizes dangerous hormones and cancer causing chemicals



Red Apple

- ▶ Daily intake of one red apple with skin prevents breast cancer
- ▶ The skin of the apple has anti cancer activity

Cancer Fighting Food: Apples



www.cancerfightingfoods.org



Prevents Heart Disease



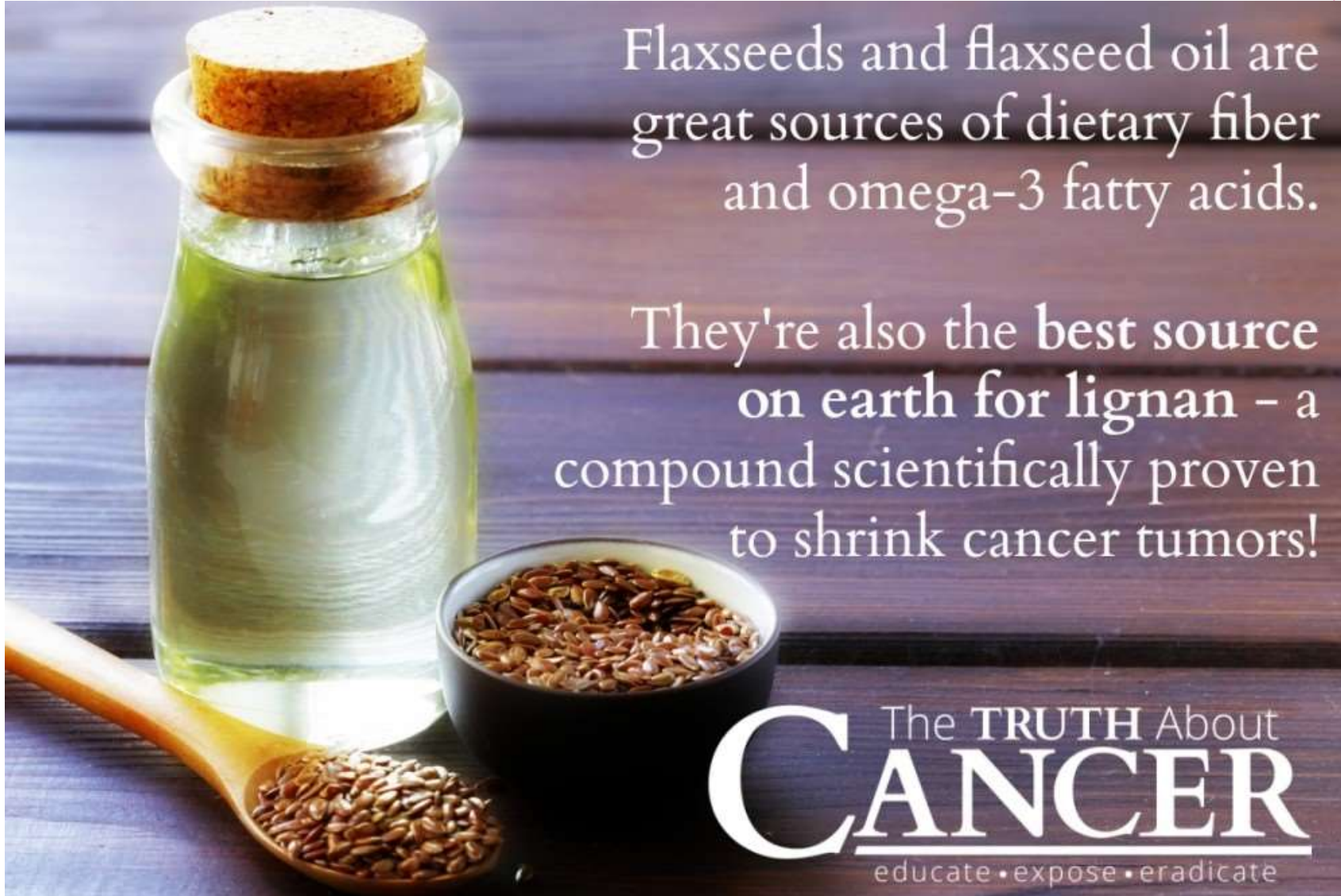
Prevents Wrinkles & Age Spots



Protects Against Cancer



Anti-Inflammatory Food



Flaxseeds and flaxseed oil are great sources of dietary fiber and omega-3 fatty acids.

They're also the best source on earth for lignan - a compound scientifically proven to shrink cancer tumors!

The TRUTH About
CANCER
educate • expose • eradicate

Tofu

- ▶ Tofu is coagulated soya milk
- ▶ Tofu is strong anti-breast cancer food
- ▶ Tofu is a good source of proteins (9 essential amino acids), iron, calcium, Manganese, selenium, zinc, copper & Vitamin b1.



High Fiber Diet

- ▶ Fresh fruits, vegetables, seeds, nuts, beans, and legumes
- ▶ Escort out harmful chemicals and breast cancer promoting hormones from your body



Tips for Cancer Prevention

- ▶ 1) **Say no to can food preservatives and lining of can could be carcinogenic**
- ▶ 2) **Do not use plastic containers**
- ▶ 3) **Avoid Teflon**
- ▶ 4) **Read ingredients if you do not know what's in it , do not use it**
- ▶ 5) **Avoid fragrance in everything it could be carcinogenic**
- ▶ 6) **Wash your hands before handling food use hand soap free of harmful chemicals**
- ▶ 7) **Go organic (eat food free of chemicals, pesticides and herbicides as they are carcinogenic)**

Tips for Cancer Prevention

- ▶ 8) **Eat hormone free beef** as the hormones may contribute to an increased risk of breast cancer
- ▶ 9) **Limit red meat consumption:** high red meat consumption in adolescence and later life can increase breast cancer risk
- ▶ 10) **Choose fresh meat over processed meat** products as processed meat is carcinogenic.
- ▶ 11) **Avoid creamy sauces, dressing and dips**
- ▶ 12) **Drink more water and less sugar sweetened beverages,** soft drinks fruit flavored drinks and sport drinks, refined sugar is v harmful.
- ▶ 13) **Prefer white meat over red meat.**
- ▶ 14) **Avoid Fried Food**



"We may find in the long run that tinned food is a deadlier weapon than the machine-gun."
- George Orwell



Drink water, not soda



Which cookware is the safest?

- ▶ Anodized aluminum
- ▶ Ceramic
- ▶ Cast iron
- ▶ Stoneware
- ▶ Glassware
- ▶ Stainless steel
- ▶ Copper
- ▶ Glass bake ware are the safest



Physical Activity

- ▶ Maintaining healthy weight avoids breast cancer by 20%.
- ▶ **Best exercise is walking** Half an hour of daily walk
- ▶ Vigorous activity can lower the risk of premenopausal breast cancer & it can regulate the hormones and increases your chances of survival.



Lifestyle Changes- Physical Activity

- ▶ Women usually tend to put on weight after menopause
- ▶ Increased body fat produces inflammation which makes cancerous changes in your cells
- ▶ Excess body fat stores insulin and hormones like estrogen which encourages cancerous growth.



Stress



- ▶ Excessive stress Lowers your immunity
- ▶ Indulge yourself into all those things which gives you most satisfaction and happiness.
- ▶ Which is the most de-stressing phenomenon then the Noha and aweel of Imam Husein.

Family Planning



- ▶ Earlier the age of pregnancy
- ▶ More the Number of children
- ▶ Higher the protection



Breast Feeding

- ▶ Longer the span of breast feeding
- ▶ Higher the protection
 - ▶ Breast cells undergo hormonal changes during pregnancy and breast feeding which protect them against the breast cancer.
 - ▶ Shedding of tissues during breast feeding and elimination of breast cells at the end of breast feeding provides strongest protection.



Put Prevention First!

For every 12 months of breastfeeding, a woman can lower her breast cancer risk by 4.3%. This is cumulative, so add 4.3% for every 12 months you've nursed!

How much have you reduced YOUR risk, Babe?

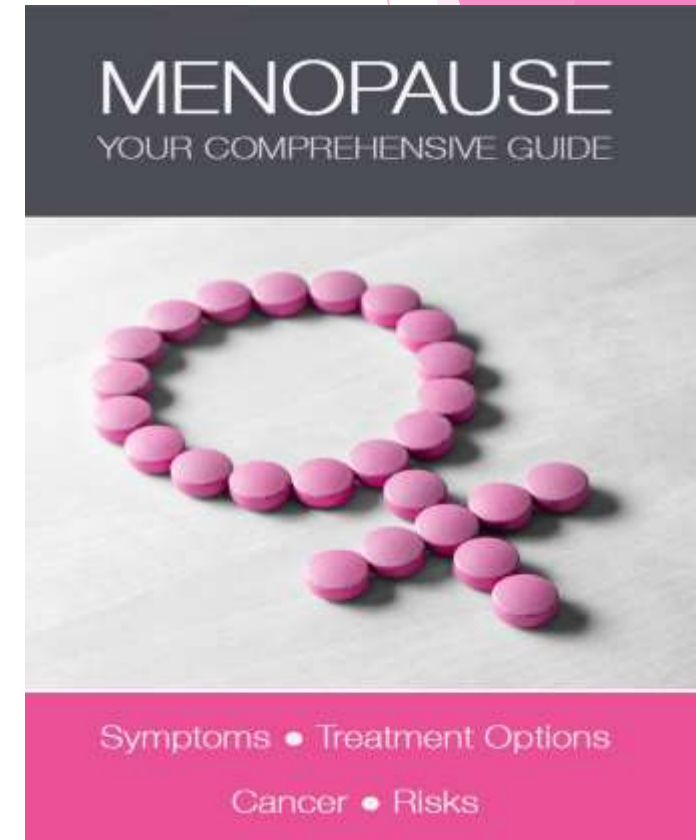
Annual Visits

- ▶ **Regular gynecological checkups**
 - ▶ can help you normalize your reproductive hormonal levels and prevent occurrence of breast cancer.



Avoid Hormone Replacement Therapy

- ▶ The progesterone part of HRT can increase the risk of breast cancer.
- ▶ Oral contraceptives pills (OCP)- Be cautious!
 - ▶ High dose of oestrogen in OCP.
 - ▶ Use of OCP at younger age
 - ▶ Prolonged use of OCP
 - ▶ Can increase the risk of breast cancer slightly
 - ▶ So use low estrogen dose OCP after thorough gyn check up
 - ▶ Go for regular gyn checkup while on OCP
 - ▶ And do not use them for a prolonged period



Screening Mammogram

- ▶ American cancer society recommends screening mammogram for all women at the age of 40 yrs
- ▶ Annual clinical breast exam every year starting at 20 years
- ▶ Talk to your doctor about:
 - ▶ Family history
 - ▶ Medical history (diabetes ,obesity ,irregular cycles)
 - ▶ Your risk of having breast cancer and
 - ▶ If you need to have screening mammogram early



**This is cancer that's
large enough to feel.**

**This is cancer that's
too small to feel.**

MRI

- ▶ Women with denser breast tissue in mammogram they are advised to do MRI
- ▶ Women with very high risk



Tips for Cancer Prevention

Lower my cancer risk

- Be a healthy weight*
- Be physically active*
- Eat a diet rich in whole grains, vegetables, fruit and beans*
- Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars*

Awareness

- ▶ Spreading awareness amongst peer group and families
- ▶ Effectively prevents the occurrence of breast cancer in your near and dear ones

Alcohol

- ▶ Alcohol behaves like a carcinogen and makes damage at cellular level it increases blood estrogen and other hormones in a way which causes breast cancer.
- ▶ It makes you gain extra weight which in turns make you more susceptible to breast cancer
- ▶ Stopping alcohol is an effective prevention of breast cancer

Pharmacological and Surgical Intervention

- ▶ If a woman is known to be at increased risk of breast cancer due to:
 - ▶ Personal history
 - ▶ Family history
 - ▶ Known gene mutation
- ▶ Consider Chemoprevention - use of pharmacological drugs to prevent/lower the risk
- ▶ Surgery
- ▶ Preventive surgery if she has very high risk of breast cancer.



Screening

- ▶ In spite of free availability of screening mammogram, and huge awareness programs all over the country only 66% (2/3rd) of women above the age of 40 has been screened in USA.
- ▶ International Burhani Medical Idara is working hard towards screening all the mumeenat behno of the age 40 and above all over bilade imaniya in the year of 1440 a.h.



Get Screened!

- ▶ My sincere and humble request to cooperate with us to make our beloved Aaliqadr Maula TUS dream come true
- ▶ Get yourself screened!!!!

**Early Detection
is the Best Protection**

It takes less than **30 minutes** for
Breast Cancer Screening

