

The Relationship Between Toxic Stress and Breast Cancer
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BREAST CANCER SCREENING

Screening Mammograms:

- Women who are at average risk (lifetime risk of 12%)
- Annual screening mammograms begin at age 40
- There is no upper age limit for screening mammograms. This means that screening mammograms can continue throughout your life unless you and your health provider decide otherwise.

Know and understand your risk:

- Know your family history of cancer
- Some cancers and other diseases run in families—those related to you and passed down from parent to child
- For relatives who were diagnosed with cancer ask:
 - What type of cancer they had
 - What age were they diagnosed
- Start by asking your parents, siblings
- Next, talk to half siblings, aunts, uncles, nieces and nephews, and grandparents
- Some of the questions to ask include:
 - How old were you when these health conditions were diagnosed?
 - What is our family ancestry – From what countries did our ancestors originate?

Increased Risk:

- Lifetime Risk > 20% (IBIS Risk Assessment Tool)
- IBIS (Tyrer-Cuzick) score measures a person's probability of having a genetic mutation in BRCA-1 or BRCA 2 genes
- It also quantifies a woman's lifetime risk of developing breast cancer
- Risk assessment is based on:
 - Age
 - Reproductive history
 - Family history of breast or ovarian cancer
 - BMI
 - Height
 - Weight
 - Menopause status
 - Use of hormone replacement therapy
 - History of biopsy-proven high-risk lesion (ALH, LCIS, ADH)

- Additional risk factors
 - History of chest radiation between the ages of 10-30 years of age
- Women ≥ 25 years of age should undergo a formal risk assessment by primary care doctor.

High Risk Screening:

- Women with a lifetime risk $\geq 20\%$ (IBIS Risk Assessment-based on family history)
- Consider a consultation with a genetic counselor
- Clinical breast exam by your doctor every 6-12 months
- Annual screening mammogram to begin 10 years prior to the youngest family member diagnosed with breast cancer, not prior to age 30 y, or begin at age 40, whichever comes first.
- Annual screening MRI to begin not prior to age 25, or begin at age 40, whichever comes first.
- Consider risk-reduction strategies

Lifestyle & Dietary Factors that increase risk:

- Alcohol intake
- Obesity in postmenopausal women (BMI > 29)
 - Increased level of estrogen in the body
 - Primary source of estrogen following menopause is from adipocytes or “fat cells.”
- Fat intake
 - Contributing to weight gain
- Red meat
 - More than 5 servings per week
- Smoking