



# Prevention

Breast Cancer Awareness Month October 2017

## The Benefits and Harms of Breast Cancer Screening

A comprehensive review of all breast cancer screening studies, by mammography with or without physical examination by a medical professional, was published in 2015.

This review included 7 reviews, 10 randomized clinical trials, 72 observational studies and one modeling study. The studies were in women at average risk of breast cancer with no known genetic susceptibility such as a family history of breast cancer or chest irradiation.

Across all ages of women at average risk, screening mammography reduced the risk of death from breast cancer by 20%. The magnitude of associated mortality reduction in the entire US population, among women 40 to 49 years, with annual screening compared screening every two years is unclear

*There is uncertainty about the magnitude of over diagnosis, or finding clinically unimportant tumors, mostly because of ductal carcinoma in situ, growths that have not invaded into normal tissues.*

*We do not know how many patients with ductal carcinoma in situ would progress to breast cancer overall and in any individual case.*

For women starting mammography screening at age 40 years the estimated 10-year cumulative risk of a false-positive biopsy result was higher for annual (7%) compared with once every two years (4.8%) screening. For women beginning screening at age 50 years, the 10-year likelihood of false-positive biopsy results was the same for both one and two-year schedules.

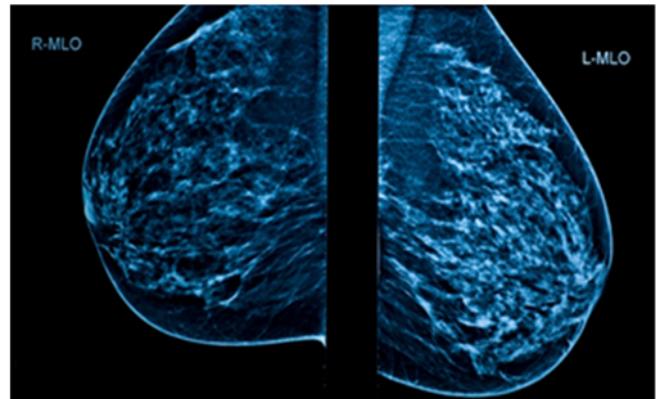
A false-positive biopsy occurs when an abnormality on a mammogram is biopsied and found not to be cancer. Of women undergoing a biopsy prompted by a mammographic abnormality, two out of three do not have cancer but a harmless condition.

Few good studies examined the relationship between screening and life expectancy adjusting for quality of life. There were no studies that found that breast examination by a medical professional reduced mortality more than mammography alone.

In fact, observational studies in the United States and Canada observed an increase in false-positive findings when there is a breast physical examination compared with mammography alone, with both studies finding about 55 additional false-positive findings per extra breast cancer detected after a doctor's breast examination.

For women of all ages at average risk, screening is associated with a reduction in the breast cancer death rate of approximately 20%

### Normal Screening Mammogram



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**Source:** Benefits and Harms of Breast Cancer Screening A Systematic Review  
Journal of the American Medical Association  
2015;314:1615-1634

For further information on breast cancer screening please visit [www.strang.org](http://www.strang.org)

# The Strang Cancer Prevention Cookbook

## Reduce your Risk for Cancer by Eating a Healthy Diet!

### Root Vegetable Mashed Potatoes

10 Servings

*The blend of autumn root vegetables is nutrient rich and contains only half the fat and calories of traditional mashed potatoes*

1 medium rutabaga ( about 1 ½ pounds) peeled and cut into 1-inch cubes  
3 medium turnips (about 1 pound), peeled and cut into 1 ½ -inch chunks  
¼ teaspoon salt  
4 large white potatoes ( about 2 ½ pounds) peeled and cut into 1 ½ inch chunks  
1 ½ cups warm 2% milk  
2 tablespoons unsalted butter  
Salt and freshly ground black pepper



Place the rutabaga and turnips in a large saucepan, cover with cold water and add the salt. Bring to a boil, then reduce the heat and simmer for 30 minutes. Add the potatoes and cook until the vegetables are tender when pierced with a knife, 10 to 15 minutes. Drain the boiled vegetables and transfer them to a large bowl.

Heat the milk in a small saucepan on the stove or microwave Using an electric mixer, begin creaming the rutabaga, turnips and potatoes white slowly pouring the warm milk into the bowl ( use only as much milk is needed to make the puree creamy and light). Beat in the butter and season with salt and pepper to taste. Serve hot.

Calories 174 Protein 5g Carbohydrates 30g Fat 4g Cholesterol 10mg Dietary fiber 3g Saturated fat 1g  
Major sources of Potential cancer fighters: Phytochemicals: glucosinolates, plant polyphenols (flavonoids phenolic acids), allium compounds,

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Recipe by Laura Pensiero, R.D. Owner Gigi Trattoria, Rhinebeck, New York

This newsletter honors Michael P. Osborne MD, MSurg, FRCS, FACS, President Strang Cancer Prevention Institute for his dedication to Strang's Mission

Dedicated to Promote Cure by Early Detection and Research to Prevent Cancer since 1933 including Dissemination of Information to the Public, Educating Medical Professionals and Supporting Cancer Prevention Research



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