



# Prevention

Breast Cancer Awareness Month October 2021

## REDUCING MORTALITY FROM BREAST CANCER

**Note to Readers:** Fear of COVID exposure sharply reduced medical visits and preventive care in 2020. We have added information about cancer prevention during the pandemic.

**Breast Cancer Prevention and COVID Summary: Electronic outreach to at-risk women increases screening. Sugar-added sodas increase breast cancer and mortality.**

**Screening: Declines in mammography** during 2020 were greater for **disadvantaged and rural women**, but the impact on mortality is likely to be small. An **app-based outreach strategy** improved **breast and cervical cancer screening** participation in **underserved communities in Colombia**.

**1. Disproportionate COVID-related screening declines among disadvantaged and rural women:** In both the National Breast and Cervical Cancer Early Detection Program<sup>1</sup> and in a large non-profit hospital chain in Washington state,<sup>2</sup> mammography volume **decreased 50%** for all women, but fell **more for non-White, rural and less well-insured patients**.

**2. Impact on breast cancer mortality likely small:** Cancer Intervention and Surveillance Modeling Network models, predict 950 excess breast cancer deaths from **reduced screening**, 1314 from **delayed diagnosis of symptomatic cases**, and 151 from **reduced chemotherapy use** in early-stage cancer, a 0.52% increase by 2030. The impact would **double** if the impact **continues for 12 months**.<sup>3</sup>

**3. Electronic outreach to disadvantaged women:** In Cali, Colombia, 1,043 women downloaded a free mobile application (mApp) designed to reach women, assess misconceptions, identify users at risk for breast or cervical cancer, and coordinate screening tests. Overall, 303 (29%) at-risk women were identified and 98 of them (32%) were screened.<sup>4</sup>

**Primary prevention:** Exercise and healthy dietary changes, such as avoiding sugary drinks (below), don't require increased Covid exposure risk.

**Breast Cancer Prevention: Recent Results Summary: Clinical Breast Exam Screening** effective in Indian trial. **Soda** is an **avoidable breast cancer risk factor**. **Lower-dose chemoprevention** noninferior with fewer side effects.

**Screening: Clinical Breast Exam** finds **breast cancers earlier** and **reduces mortality** by 30% in women 50 and older in Mumbai, India, cluster-randomized trial,<sup>5</sup> a less costly approach in low- and middle-income nations. **Primary Prevention: Sugar-sweetened soda** increased overall and breast cancer mortality in a prospective cohort study.<sup>6</sup>

**PRIMARY PREVENTION Excess weight as risk factor:** excess premenopausal weight **increases** postmenopausal **breast cancer risk** by **4-8%** for each extra **5 kg**. A sustained **2 kg weight loss** **reduces risk** by nearly **20%**.<sup>7</sup>

**Diet: Sugar-sweetened soda** increased the risk of overall (+62%) and breast cancer (+85%) mortality in the prospective Western New York Exposures and Breast Cancer (WEB) Study after almost 19 years of followup.<sup>6</sup>

**Chemoprevention for Women at High Risk: Lower-dose tamoxifen noninferior** to standard dosing in reducing premenopausal women's mammographic breast tissue density, a known risk factor, with fewer side effects.<sup>8</sup>

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# The Strang Cancer Prevention Cookbook

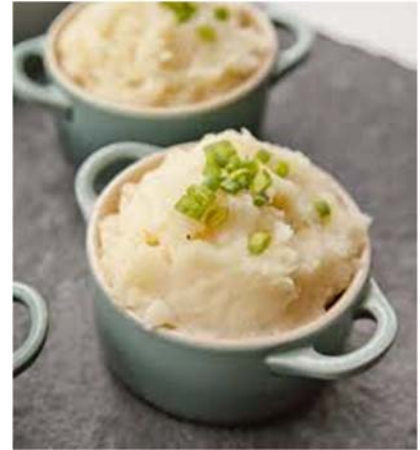
**Reduce your Risk for Cancer by Eating a Healthy Diet!**

## 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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**October is Breast Cancer Awareness Month**

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