

Breast Cancer
FACTS, **MYTHS**,
and **CHOICES**

"pregnenolone steal"



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Breast cancer: Windows of
Susceptibility.
NIH grant 1U01ES019480

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PINK RIBBON GIRLS

OUR MISSION

TO PREVENT the occurrence of BCa
through
RESEARCH and
EDUCATION

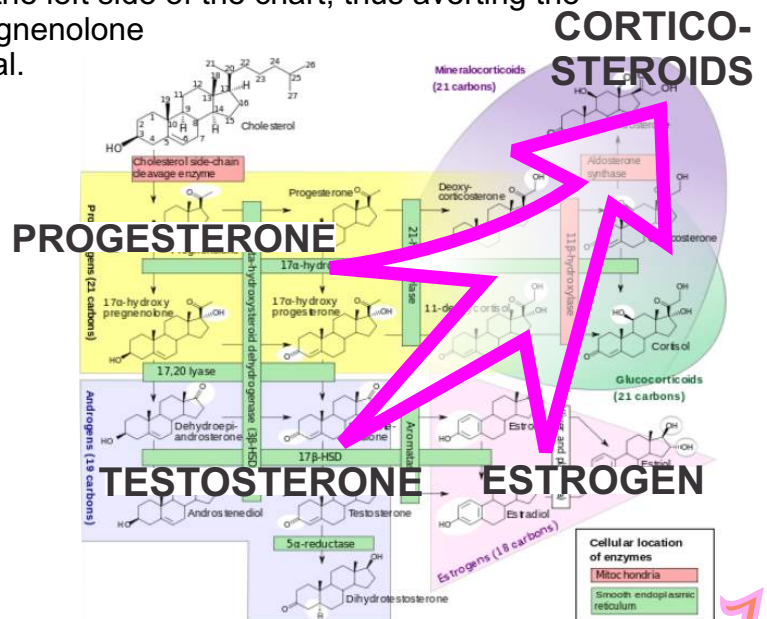
TO ENCOURAGE
and **SUPPORT**
BCa survivors,

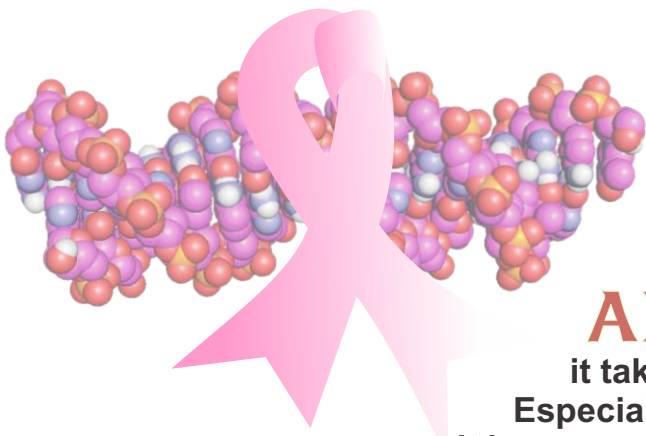
Visit our
Website



Cortisol (adrenally produced, highly regulated hormone) is released during episodes of increased energy requirement such as occurs with fear, anger or stress. Such events are intermittent, hopefully, not sustained over time. Continuous release of cortisol negatively impacts health and disease risk.

The levels of steroid hormones in our body are in constant flux in response to the environment, disease, stress, aging and others. These hormones help regulate numerous immune, sexual, inflammatory and metabolic processes, among many others. Dynamic interplay between and among steroid hormones is critical to "life" in our changing environment. The pathways for these hormones are a continuum, (as shown in a flow chart - wikipedia) and while it looks (and is) complicated it does suggest an increase in one type of steroid hormone can deplete resources for another; it also shows the direction hormone production shifts as stress increases. In this figure: cholesterol, the molecule in the upper left with no color, is the starting molecule; the green bars show names the enzymes that metabolize the cholesterol into hormones; the yellow zone shows hormones that are of the progesterone type; light purple, the testosterone type; and pink, the estrogen type. On the far right hand side are the hormones that are produced to handle stress, i.e. the corticosteroids. Overlying each of those areas an arrow is placed which shows a shift to production of corticosteroids which are elevated in chronic disease. The take away message is that stressors steal precursors from the positive hormones funneling them instead into production of cortisol. **WE** can control many of the stressors in our lives, helping to maintain the preponderance of hormones on the left side of the chart, thus averting the pregnenolone steal.





RESEARCH PARTNERS

QUESTION: What can I do to keep my hormones balanced?

ANSWER: Balance in life is possible, but it takes a calm and concerted and continuous effort. Especially for those of us who tend to be on the "anxious side" it becomes a life-long effort to reform.

Begin with attempting to find out what a "balance" of hormones is for you. Each of us is an individual, with different needs, different environments and so presumably, different strategies. Taking a self-reflective look at our inner selves, and our bodies puts us in better judgement than the opinion of someone who hasn't lived in our "skin".

Markers of hormone imbalance are the following: fatigue, insomnia, depression, anxiety, infertility, heart disease, insulin resistance, autoimmune issues, lack of libido, and many more. 1) Estrogen alone has hundreds of functions but can be present in too great a ratio to other hormones or too low. 2) Progesterone is heavily involved in reproductive function, in anti-inflammatory, anti-anxiety, anti-cancer (breast and uterine) activities, in weight gain and sleep disturbances (sound familiar?). 3) Testosterone is involved with libido, and feelings of sufficiency and well-being. Dehydroepiandrosterone and thyroid hormones have similar critical functions. Cortisol has a negating influence on the functions of the other hormones.

SOLUTION: **Live mindfully:** in all aspects of life -- relationships, vocation, exercise and leisure, eating and finances. Definition of MINDFULNESS LIVING : *A continual effort to achieve an intentional and self regulating focus on life whose purpose it is to relax and calm the mind and body.*

Magnesium supplements can reduce cortisol after heavy aerobic exercise

Mindfulness living works well in older adults

Omega 3 fatty acids may slightly reduce cortisol levels after mental stress

Mindful meditation reduces abdominal fat in the overweight and obese

Music in some situations may reduce cortisol levels due to stress

Sleep is important, lack of it increases stress and cortisol levels

Massage therapy may reduce cortisol levels as well as laughing and humor also reduces cortisol levels

Practice being satisfied with less, reducing the impact of perceived needs

Dancing (yep), dancing reduces measured salivary cortisol levels

Be mindful of your "cravings" as a key to being aware of stress triggers

Use a healthy alternative to satisfy the desire for sweets and fat consumption which is related to stress

<http://en.wikipedia.org/wiki/Cortisol>

<http://www.biomedcentral.com/1472-6882/11/44>

<http://www.hindawi.com/journals/jobs/2011/651936/>

ezinearticles.com > Health and Fitness > Anti Aging Jul 27, 2011

COMMUNITY PARTNERS

Wellness Fair

Pink Ribbon Girls participated at the Wellness Fair on Saturday January, 26, 2013 at Wards Corner. Guests were eligible to win door prizes, and pick up various give away, samples, and receive a complimentary chair message. Attendees were able to participate in a demo fitness class, and learn how to make their own guacamole. Pink Ribbon Girls had a table with educational handouts, breast self exam cards, and our Windows of Susceptibility bag tags.




Windows of Susceptibility



Wellness

A Sampling of Wellness for
Young Survivors,
4918 Cooper Road,
Cincinnati, OH 45242
Saturday February 9, 2013, 2:00 pm-4:30 pm



January '13 **February 2013** November '12

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | | |

University of Cincinnati's Department of Environmental Health
Breast Cancer and the Environment Research Program

RESEARCH PARTNERS

Pomegranate, walnut, spinach and feta salad



MODIFIED FROM: <http://allrecipes.com/recipe/spinach-pomegranate-salad/>

- 1 (10 ounce) fresh spinach leaves, rinsed and drained
- 1/4 red onion, sliced very thin
- 1/2 cup walnut pieces
- 1/2 cup crumbled feta cheese
- 1 pomegranate, peeled and seeds separated
- 2 tablespoons balsamic vinegar
- 2 tbs light olive oil

Place spinach in a salad bowl. Top with red onion, walnuts, and feta cheese. Sprinkle pomegranate seeds over the top, and drizzle vinegar and olive oil, toss.



Pomegranate skin ripens to a bright or deep red shade (the color depends on the potash content of the soil). If the skin is hard, tight and tough (not easily scratched with a fingernail) then the pomegranate is still green. A ripe outer skin is softer, and can be scratched, and gives with gentle pressure. Also, when ripe, the floral end points will turn back inside. Unripe pomegranates are rounder in shape, but ripe fruit tends to have flattened sides. A pomegranate with a cracked skin will mold if left sitting affecting the adjacent arils inside.

MODIFIED FROM http://wiki.answers.com/Q/How_can_you_tell_if_a_pomegranate_is_ripe

i wonder if anyone will decode this ha ha

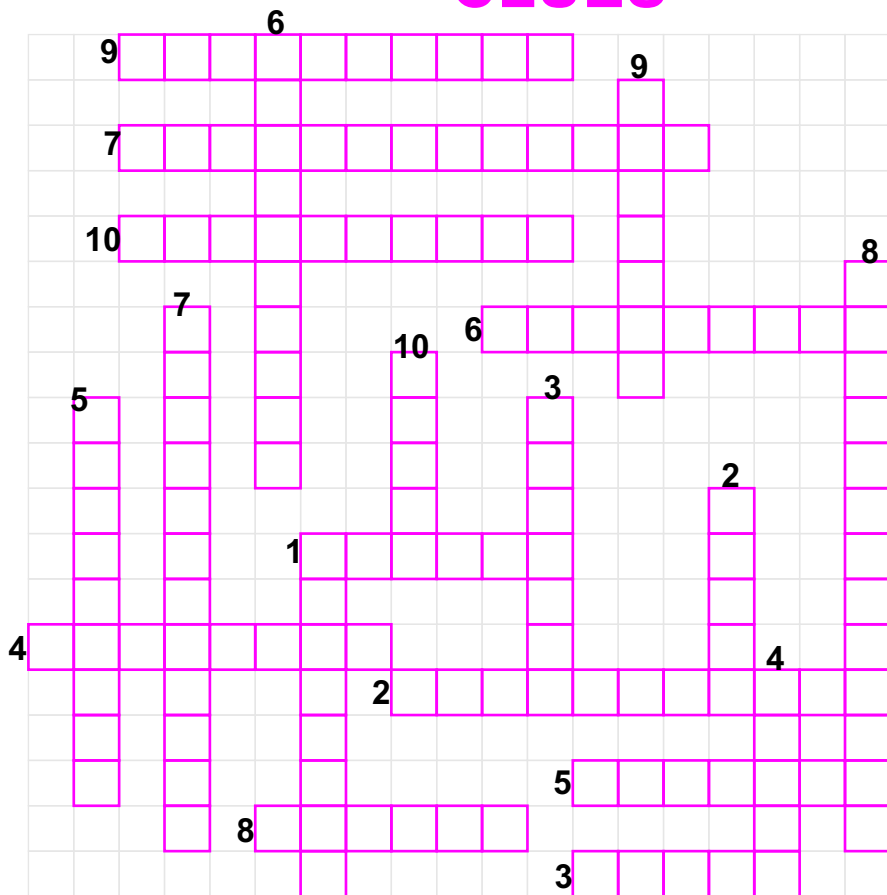
FULLUP

The sadest aspect of life right now is that science gathers knowledge faster than society gathers wisdom. *isaac Asimov*

Fruit: Crossword puzzles for better health



CLUES



ACROSS

1. MAROON When ripe, this fruit becomes this dark red color.
2. POMEGRANATE Fruit cultivated from ancient times(Persia) now modern day Iraque and Iran is called _____,
3. SEEDS This fruit is filled with between 200 and 1400 edible _____,
4. VITAMINS. This fruit provides highly significant amounts of _____ C, K and B9,
5. TANNINS The slightly sour taste in this fruit is due to these compounds.
6. GRENADINE The name of a thick syrup made from this syrup.
7. ELLAGITANNONS The most abundant polyphenols inn this fruit are called _____,
8. PLAQUE This dental "build-up" may be reduced due to the suspected antibacterial effect of eating seeds of this fruit.
9. PROSPERITY The ancient

symbolism associated with this fruit is prosperity,

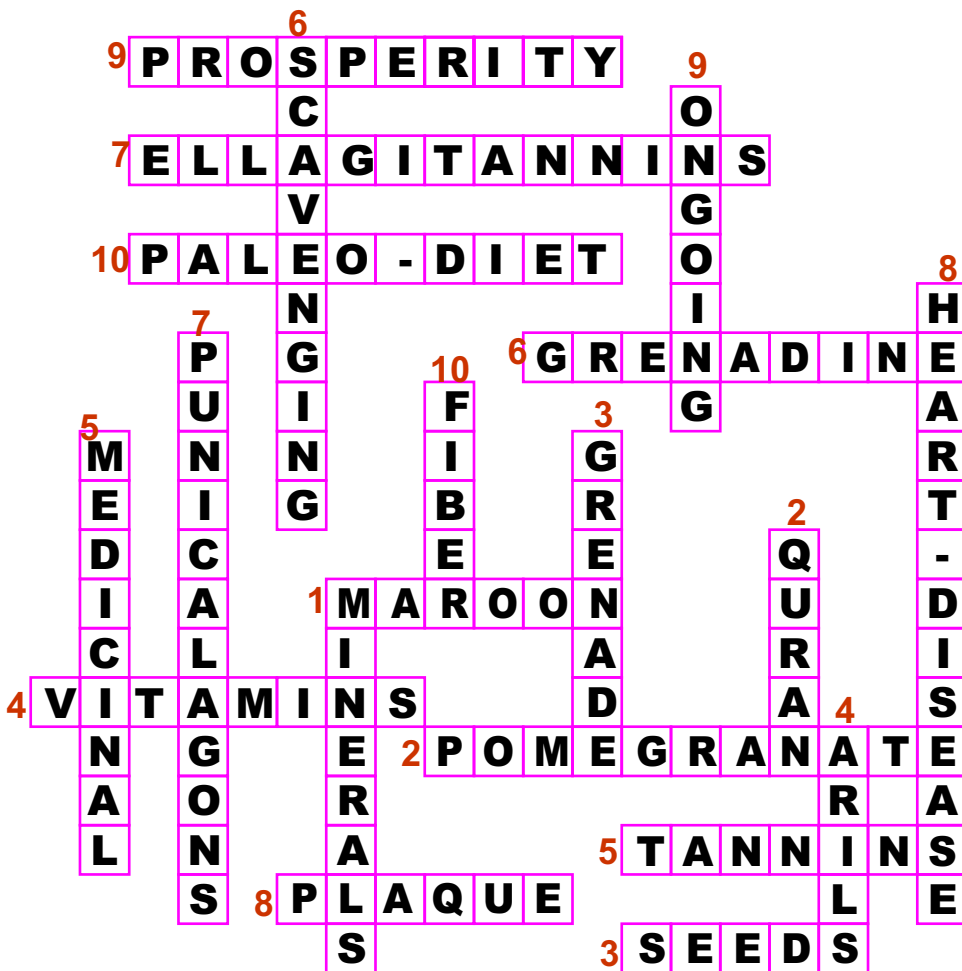
10. PALEO-DIET This fruit would certainly qualify for an element of this new dietary fad (which will prove surely to be a good diet).

DOWN

1. MINERALS Provides significant amounts of _____ like Cu (copper) P (phosphorus) K,(potassium) and Mn (manganese),
2. QURAN This fruit is mentioned in the Torah, the Homeric Hymns and the
3. GRENADE This look-alike military object is responsible for the popular the name of this fruit.
4. ARILS The litte tiny individual fruitlets are called _____.
5. MEDICINAL Pomegranat, in Indian culture, has long known for _____ properties.
6. SCAVENGING These polyphenols function in free-radical _____,
7. PUNICALAGINS Another name for the polyphenols in this fruit. prevent this disease.
8. HEART-DISEASE. Reduces low density lipoprotein (LDL) oxidation which helps
9. ONGOING The research that proves the benefits of this fruit are still _____, and unproven health claims by notable manufacturers have been made. The benefits health will surface over time.
10. FIBER Juice of this fruit is nutritions but virtuall all the dietary _____ is lost,

RESEARCH PARTNERS

Answers: Pomegranate cross word puzzle



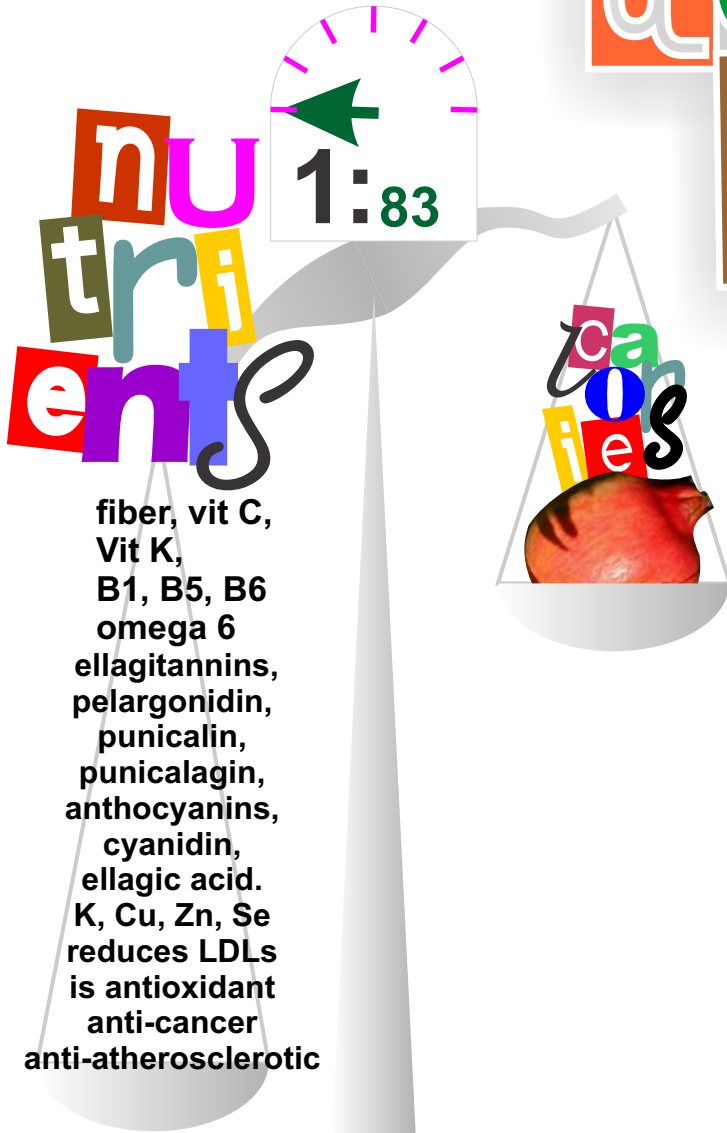
Wikipedia has a great write-up on pomegranates, giving their history, and their symbolism and their cultivation habitats and nutrients (a partial list), and it is where I got most of this information. If one is in doubt about any food wikipedia seems to have amassed so much information from volunteers about each of their favorite topics, as to be a marvelous resource for both folk scientific information. Pomegranates hold a great place in history as being a food which deserves our serious consumption.

They can be a little laborious to harvest the arils from, but there are also many websites which address that problem. The most common thread for removing the arils from a pomegranate include something like this: Cut off the floral end, cut wedges through the "skin", then pull the wedges apart exposing the arils. Many suggestions include putting the wedge in water, then spreading the skin over a bowl and whacking the back of the skin with a spoon which is supposed to knock the seeds out.

Pomegranates enjoy a relative low price per pound, being less than some varieties of apple.

Four minerals (potassium, phosphorus, manganese, copper) and four vitamins (C, K, B6 and B9) are abundant in pomegranates, and almost half of the RDI for plant fiber is present in one serving, and the phytochemicals have received medicinal claim for millenia.

eat nutrient dense food



100 grams:83 calories

Potatos are nutritious food, but frying them makes the ratio of grams to nutrients not a good choice
When I tried to investigate "anti-oxidant properties in potato chips information that popped up had to do with chemical preservatives!!

7



100 grams:500 calories

239 calories from fat
50% RDI saturated fat
11980 omega 6



REDUCING CANCER RISK GAINING STRENGTH RELEASING STRESS

DHYANA

Mindfulness meditation for stress reduction

Michael Speca, PsyD, Linda E. Carlson, PhD, Eileen Goodey, MSW, Maureen Angen, PhD. A Randomized, Wait-List Controlled Clinical Trial: The Effect of a Mindfulness Meditation-Based Stress Reduction Program on Mood and Symptoms of Stress in Cancer Outpatients. *Psychosomatic Medicine*, Sept 1, 2000, S 613-622.

METHODS: A randomized, wait-list controlled design was used. A convenience sample of eligible cancer patients enrolled after giving informed consent and were randomly assigned to either an immediate treatment condition or a wait-list control condition.

Patients completed the **Profile of Mood States** and the **Symptoms of Stress Inventory** papers both before and after the intervention.

The intervention consisted of a weekly meditation group lasting 1.5 hours for 7 weeks plus home meditation practice.

Their conclusions: This program was effective in decreasing mood disturbances and stress symptoms in both male and female patients with a wide variety of cancer diagnoses, stages of illness, and ages.



MODIFIED FROM
<http://www.yogajournal.com/poses/2450>

WEBSITE for Instructions for knitting the scarf below which is posted as a free pattern by Maker-Knit.com

<http://www.makerknit.com/2012/02/knitting-with-variegated-yarn/>

There is still cold weather left and there are still some great yarn sales going on so the combination of these two should put you in the mood to knit this variegated scarf reposted from the site above. Pictures from Maker-Knit.com are re-posted as well as the URL for downloading the pattern too. Lovely pinks and purples are in this choice of yarn and making connections to the breast cancer risk reduction "pretty and pink" message.

A link to this web sites pdf file with the instructions is below

<http://www.makerknit.com/wp-content/uploads/downloads/2012/02/MakerKnit-Mixed-Berries-Scarf.pdf>

