

Ten ways to save your own life

Or

Chocolate, sex and cabernet

M. Michele Blackwood, M.D.

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Breast Cancer

- Over 210,000 new cases this year
- Over 7,000 new cases in New Jersey
- 40,000 deaths each year
- Treatment is usually combined modality-
surgery, chemotherapy, radiation therapy,
and hormonal therapy



CDBC



Connie Dwyer Breast Center



Private waiting rooms



Stereotactic Biopsy Room



What is New?

- Facts and fiction about BRCAanalysis
- New type of breast cancer revealed
- Age of Refinement-detection and treatment are changing



BRCA analysis

- One in 500 people carry the BRCA mutation
- Majority of Breast Cancers and Ovarian Cancers not in carriers
- 10% are thought to be due to mutations



Inherited Cancer Risk Factors

- Any family with early onset breast cancer
- Ovarian Cancer at any age
- Ashkenazi Jewish Descent
- BRCA 1 and 2 genes normally prevent cancers
- Those with mutation interferes with normal behavior of the gene



Reducing the Risk

- Increased surveillance for Breast Cancer
- Annual or semiannual CBE between ages 25-35
- Annual mammography starting 25-35
- MRI



Preventive Drug Therapy

- Tamoxifen 20 mg /day for five years
- Reduces risk by half
- Possibly Evista



How to save your own life

- Need to know the causes of death
- Number one killer of Americans:
- **CARDIOVASCULAR DISEASE**
- Number two: Cancer (Lung Cancer #1)
- Number three: Alzheimer's Disease



Average lifespan

- Almost 80 years old for women
- Mid-70's for men
- More than 30% of the women who reach 80 will reach 100
- Most women will outlive their husbands
- 50% of us will develop some kind of cancer and be cured



Number One

- Stop smoking, anything
- Cigarettes contribute to up to 90% of lung cancers
- Cause cardiovascular disease
- Cause emphysema
- Every cigarette counts



Number Two

- Know your family history
- Breast Cancer, Ovarian Cancer?
- What about colon, prostate, pancreatic cancers? What about leukemia?
- All Cancers are genetic, but not necessarily inherited



Number Three

- Wear Your Seat belt
- Should not be an issue
- Between the ages of 30-50 year old, otherwise healthy, females—greatest all-cause mortality---Motor Vehicle Accidents
- MVA rates down



Number Four

- EAT CHOCOLATE
- Especially Dark Chocolate
- Flavols, anti oxidant Power
- Mars Company



Number Four

- DRINK WINE
- Not too much, not too little
- Average female, three four ounce pour a week
- Not every day
- Moderation is key



Number Five

- MARRY WELL
- Must be loving relationship, mutual respect, have deep trust
- People who have a “good” marriage live about 10% longer than those who do not



Number Six

- Attain Education and Affluence
- Those who are college educated and “attain affluence” have longer and healthier lives



Number Seven

- Have Sex—should be “good sex” but mediocre will do
- Needs to be in a monogamous relationship, multiple partners can kill you



Number Eight

- If you don't have sex, have a hobby
- People who work late in life or those with a passion, live longer
- Have a reason to get out of bed
- Delays onset of Dementia



Number Nine

- Major change, stress in life, new disease
- Seek Professional Counseling or find outlet for grief
- Grief Kills



Number Ten

- Have and maintain friendships
- Help others, only bounces back
- Take care of each other
- “Mitzvah”



What do these all have in common?

- Know and Love oneself
- Difficult task
- Not meant to be “selfish”
- Place the air mask over your mouth and nose first



Stay Educated

- Medicine is evolving
- Careful what is portrayed in the media
- Be careful with the “Study du Jour”
- Ask questions
- Be your own best advocate



Hormone Therapy

- Is it safe after menopause?
- Does it cause breast cancer?
- Listen to your doctor
- Bring a list of questions with you



Medicines that may prolong life

- Aspirin
- Estrogen
- Statins
- Anti-reflux medications
- Citrucel like products
- Chemotherapeutic agents



If(when) you get sick:

- Keep disease in perspective
- Need to feel comfortable with your physician
- Second opinion ok, third and fourth not ok
- This is part of the aging process
- Always take someone with you



Questions???

- Remember to keep perspective

