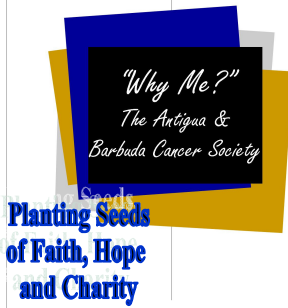


"Why Me?" The Antigua & Barbuda Cancer Society

MAKING STRIDES AGAINST CANCER

Volume 10, Issue 10, October 09



BREAST CANCER: ALL IN THE FAMILY

The women in your family may share the same curly hair and sense of humor—as well as some of the same health risks.

“One disease that can run in families is breast cancer”. Most cases are not inherited. However, having a sister or mother who has had this disease can double a woman’s risk of getting it herself. The risk triples for women with a close relative who was diagnosed before age 50.

In some families, a history of breast cancer is caused by changes in certain genes. For example, two genes called BRACA1 and BRACA2 are related to higher risks of breast cancer—as well as ovarian and possible even colorectal cancer. Breast cancer caused by these genes tend to occur earlier in life and involve both breasts.

If you have a family history of breast cancer, ask your doctor about some of the ways you can protect yourself. For example, you might discuss the pros and cons of getting mammograms before age 40—the recommended age for most women to start screening tests. Other tests may be helpful to determine your risk or check for early signs of breast cancer. You also may discuss the benefits and risks of taking a selective estrogen receptor modulator (SERM). This type of medicine can reduce the risk for breast cancer in high risk women.

A healthy lifestyle is important too. A recent study found that many women with strong family history of breast cancer often don’t make lifestyle changes. Risk reducing strategies may include exercising, not smoking, staying at a healthy weight, eating plenty of fruits and vegetables, and limiting alcohol.

HOW MUCH DO YOU KNOW ABOUT BREAST CANCER?

Breast Cancer is the most common cancer among women. Take this multiple choice quiz and see how much you know about breast cancer.

- Breast Cancer may be described as follows:
Ductal Carcinoma (invasive)

Lobular Carcinoma (invasive)

Ductal Carcinoma in situ (non-invasive)

All of the above

- Some risk factors for breast cancer cannot be changed, including:

Genetics

Obesity

Hormone Replacement Therapy

All of the above

- Which of the following is a sign of Breast Cancer?

A lump in the breast

Unusual discharge from the nipple

Change in the size or shape of the breast

All of the above

- Screening for breast cancer includes:

Barium testing

Mammogram

Magnet Sensors

All of the above

- A physician uses a mammogram to look for:

A calcification

A mass

A Cyst

All of the above

- When breast cancer is suspected, physicians may use the following to confirm the diagnosis:

Breast ultrasound

Fine needle aspiration biopsy

Magnetic resonance imaging (MRI)

All of the above

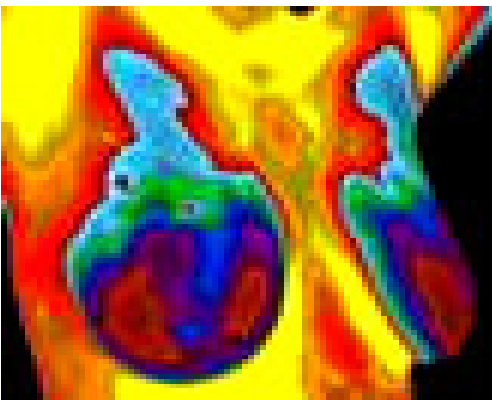
ANSWERS:

- (1) all of the above
- (2) Genetics
- (3) All of the above
- (4) Mammogram
- (5) All of the above
- (6) All of the above.

One out of eight women will develop breast cancer in her lifetime. Regardless of the family history, all women and *men* are at risk for breast cancer. In fact, 90% of diagnosed cases there is no family history. Incorporate your knowledge regarding breast cancer detection into a healthy lifestyle, and make it a goal to make smart choices.

Become knowledgeable about breast cancer risk factors that may apply to you and take appropriate action including changing behaviors and being clinically monitored for the disease. The experts recommend that you contact your physician to develop a plan for breast cancer screening based on your personal profile.





The scientific evidence is clear: more lives will be saved if women age 40 and older get mammograms every year.

However, since the appearance of breast cancer in Antigua and Bar-

buda is happening at an alarming earlier age (average 35-38), it is important to remember monthly Breast Self Examinations and notify your doctor if you find anything unusual.

You should talk to your doctor about beginning a program of regular mammograms.

The bottom line is this Regular mammograms saves lives. Mammography is safe and effective. It's the best way to find breast cancer early, when it's most treatable. That why it is recommended for every woman.

CLINICAL BREAST EXAMINATIONS

It is recommended that you get a clinical breast examination (CBE) by a doctor or a nurse every year if you are over 40. For best results, the CBE should be done close to the time of your mammogram. If you are between 20-39, you should get a CBE every three years.

BREAST SELF EXAMINATION

All women 20 and over should perform a breast self examination (BSE) every month. If you have questions about the correct way to perform BSE, ask your doctor or nurse or contact

MAMMOGRAPHY

"Why Me?"

By examining your breast regularly, you and your doctor can be aware of changes in your breast that are not normal. Most lumps are not cancer, but all lumps should be checked out by a doctor. If you notice a change in your breast, call your doctor immediately. Even after you begin having regular mammograms, CBE and BSE are still important because mammography may miss a small number of cancers.

The recommended guidelines for early detection of breast cancer is:

Regular Screenings for Breast Cancer is an important part of your health plan.

Age 40 and Over:

- Annual mammogram
- Annual clinical breast exam by a doctor or nurse (should be done close to the time of your

annual mammogram)

- Monthly breast self examination

Age 20-30

- Clinical breast exam by a doctor or nurse every three years.
- Monthly breast self examination.

If you have a history of breast cancer in your family, discuss mammography screening guidelines and scheduling with your doctor.

The bottom line is this:

Regular Mammograms saves lives. Mammography is safe and effective.

It's the best way to find breast cancer early, when it is most treatable.

For more information about prevention and early detection of breast cancer and other cancer that affect women call Why Me at 562.6295 or email us at why-meoutmail@yahoo.com.

Do Not Disturb



FOODS THAT HELP YOU SLEEP: DOES WARM MILK REALLY WORK?

A glass of warm milk at bedtime may be comforting, but there's little evidence that it actually help you fall asleep. In fact, there are no specific foods that help you sleep better. That

doesn't mean you can ignore our diet though. What you eat and drink does play a role in falling and staying asleep. If you have trouble sleeping, try these simple changes in your eating habits:

- Eat a small snack several hours before bedtime. Hunger pangs can wake you up, so don't go to sleep hungry. Choose a small healthy snack, such as a small bowl of oatmeal or cereal with low fat milk, or yogurt with granola sprinkled on top.
- Avoid large, high fat meals before bed. A light snack is fine,

but eating too much late in the evening can interfere with sleep.

- Avoid heavy, spicy foods, especially if you're prone to heartburn. Eating too much may cause you to feel physically uncomfortable when lying down.
- Don't drink too much liquid. Drinking lots of fluids before bed can cause you to wake up repeatedly to use the bathroom.

- Avoid caffeine. A stimulant, caffeine increase the activity of your nervous system which makes sleep more difficult.

- Avoid alcohol. Although it initially make you feel sleepy, alcohol prevents deeper stages of sleep.

Nearly everyone has occasional sleepless nights. But if you have trouble sleeping on a regular basis, see your doctor to determine what might be the cause of your sleep problem.

Cancer Causes: Popular myths about the causes of cancer

There are some very scary claims that are circulated on the internet every-day, that proclaim that everyday objects and products, such as plastic and deodorant, are secret cancer causes. Beyond being wrong, many of these myths may cause you to worry unnecessarily about your health and the health of your family. Let's see if there is any truth to these common myths. Let's take a closer look at some of the popular myths about cancer causes and let's just see how true they really are:

1. Myth: Antiperspirants or deodorants can cause breast cancer.

FACT: Some reports have suggested that these products contain harmful substances such as aluminum compounds and parabens that can be absorbed through the skin or enter the body through nicks caused by shaving. No clinical studies have yet given a definitive answer to the question of whether these products cause breast cancer. But the evidence to date suggests these products don't cause cancer. If you're still concerned that your underarm antiperspirant or deodorant could increase your risk of cancer, choose products that

don't contain chemicals that worry you.

2. Myth: Microwaving plastic containers and wraps release harmful, cancer causing substances into food.

FACT: Microwave safe plastic containers and wraps don't leak chemicals into your food. But the (US—Food and Drug Administration) says plastic containers not intended for use in the microwave could melt and potentially leak chemicals into your food. So avoid microwaving containers that were never intended for the microwave, such as margarine tubs or whipped topping containers. Check to see that any container is microwave-safe.

3. Myth: People with cancer shouldn't eat sugar, since it can cause cancer to grow faster.

FACT: Sugar doesn't make cancer grow faster. All cells, including cancer cells, depend on blood sugar (glucose) for energy. But giving more sugar to cancer cells doesn't speed their growth. Likewise, depriving cancer cells of sugar doesn't slow their growth. This misconception may be based in part on a misunderstanding of positron emission tomography (PET) scans, which use a small of radioactive tracer—typically a form of glucose. All tissues in your body absorb some of this tracer, but tissues that are using more energy—including cancer

cells—absorb greater amounts. For this reason, some people have concluded that cancer cells grow faster on sugar. But this isn't true.

4. Myth: Good people don't get cancer.

FACT: In ancient times illness was often viewed as punishment for bad actions or thoughts. In some cultures that view is still held. If this were true, though, how would you explain the 6 month old or the newborn who gets cancer? These little ones haven't been bad. There's absolutely no evidence that you get cancer because you deserve it.

5. Myth: Cancer is contagious.

FACT: There's no need to avoid someone who has cancer. You can't catch it. It's o.k. to tough and spend time with someone who has cancer. In fact, your support may never be more valuable.

Though cancer itself isn't contagious, sometimes viruses, which are contagious, can lead to the development of cancer. Examples of viruses that can cause cancer include:

- Human papillomavirus (HPV) a sexually transmitted disease—that can cause cervical cancer and other forms of cancer.
- Hepatitis C—a virus transmitted through sexual intercourse or use of infected intravenous (IV) needles—that can cause liver damage.



This is a Medical Alert!!!! October is Breast Cancer Awareness Month

Time is running out to purchase your
"Cancer Plus" Critical Illness Insurance Plan.
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And Better Lifestyles!



How to do a BSE

Breast Self Examination (BSE) is to be performed each month in addition to an annual mammogram or a clinical exam. Knowing your cyclical changes, what is normal for you, and what regular monthly changes in the breast feel like is the best way to keep an eye on your breast health. Breast tissue extends from under your nipple and areola up toward your armpit.

DIFFICULTY: Easy

TIME REQUIRED: 15 Minutes

WHAT YOU NEED:

- A mirror which lets you see both breasts.
- A pillow for your head and shoulders.
- Privacy.



1. Make a regular date for your BSE.

If you are premenopausal; set a regular time to examine your breasts a few days after your period ends (5-7 days), when hormone levels are relatively stable and breasts are less tender. If you are already menopausal (have not had a period for a year or more), pick a particular day of the month to do the exam, and then repeat your BSE on that day each month.



2. Visual Exam—Hands on Hips. In the privacy of your bathroom, stripe to the waist and stand before a mirror. You will need to see both breasts at the same time. Stand with your hands on your hips and

check the appearance of your breasts. Look at the size, shape and contour. Note changes, if any, in the skin color or texture. Look at the nipples and areolas, to see how healthy they look.



3. Arms over your head. Still standing in front of the mirror, raise your arms over your head and see if your breasts move in the same way, and note any differences. Look at size, shape and drape, checking for symmetry.

Pay attention to your nipples and areolas, to see if you have any dimples, bumps or retractions (indentations). Look up toward your armpits and note if there is any swelling where your lymph nodes are (lower armpit area).



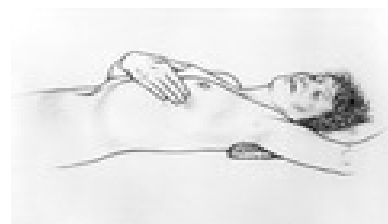
4. Manual Exam—Stand and Stroke.

Raise your left arm overhead, and use your right hand fingers to apply gentle pressure to the left breast. Stroke from the top to the bottom of the breast moving across from the inside of the breast all the way into your armpit area. You can also use a circular motion, being sure to cover the entire breast area. Take note of any changes in texture, color or size. Switch sides and repeat. This is best done in the shower, as wet skin will have the least resistance to the friction of your fingers.



5. Manual Exam—Check your nipples.

Still facing the mirror, lower both arms. With the index and middle fingers of your right hand, gently squeeze the left nipple and pull forward. Does the nipple spring back into place? Does it pull back into the breast? Note whether or not any fluid leaks out. Reverse your hands and check the right nipple in the same way.



6. Manual Exam—recline and stroke. This is best done in your bedroom, where you can lie down. Place a pillow on the bed so that you can lie with both your head and shoulders on the pillow. Lie down and put your left hand behind your head. Use your right hand to stroke the breast and underarm, as you did in step 4. Take note of any changes in texture, color or size. Switch sides and repeat.

TIPS FOR DOING A BSE

- Mark your calendar to remind yourself to do your BSE regularly. This is a good way to prevent worry.
- Stay relaxed and breathe normally as you do your BSE. Becoming tense will produce some knots you may mistake as something else.
- Report any changes or unusual pain to your doctor or nurse. Keep a log of changes, if that helps you remember.
- Remember to have an annual clinical examination and mammogram.

Be breast aware

Most breast cancers are detected by women themselves



Why Me?

Colorectal Cancer is cancer of the colon (the large bowel or large intestine) and the rectum. Colorectal cancer may begin as non-cancerous polyps, which are grape like growth on the lining of the colon and rectum. For reasons that are not fully understood, these polyps may become cancerous.

Even as the third leading cause of cancer in Antigua and Barbuda for men and women combined, colorectal cancer is one of the most curable cancers, when detected at an early stage.

COLORECTAL CANCER FACTS:

- Colorectal cancer is highly preventable, treatable, and often curable.
- Even as the third leading cause of cancer deaths in Antigua and Barbuda, if caught early is most curable.
- A low fat diet high in vegetables and fruits and regular exercise can help reduce your risk of colorectal cancer.
- Regular screening tests may detect pre-cancerous polyps. Removal of these may prevent cancer from developing.
- Screening tests can help detect colorectal cancer in its earliest, most curable stages.
- Beginning at age 50, men and women should be screened regularly for colorectal cancer.
- When detected early, the five year survival rate is over 90%.
- It is important to get a colonoscopy if you have symptoms at any age.
- A colonoscopy is the best way to find and remove colon polyps, preventing colorectal cancer before it starts.

WHO IS AT RISK?

Colorectal Cancer can affect anyone—men or women alike—your risk increases with age. Some people are at greater risk for the disease than others, they include:

- People with a personal or family history of colorectal polyps, inflammatory bowel disease, ulcerative colitis, or Crohn's Disease.
- People with a personal or family history of colorectal, ovarian, endometrial, breast or some other cancers of the GI tract or the female reproductive system.
- People of African-Caribbean and Latin descent, who are often diagnosed at a later stage of the disease.
- Men and women age 50 or older.
- Individuals who are experiencing symptoms.

WHAT ARE THE SYMPTOMS OF COLORECTAL CANCER?

The following are the most common symptoms of colorectal cancer. However, each individual is different and should consult a physician, schedule screening, especially if you have a family history.

- The most common symptom of colorectal cancer is having no symptom at all.
- Feeling of bloated or full in the stomach.
- A change in bowel habits such as diarrhea, constipation or narrowing of the stool that last for more than a few days.
- Having gas pains.
- Rectal bleeding or blood in the stool, which is often visible.
- Cramping or stomach pain.
- Decreased appetite.
- Vomiting.
- Weakness and fatigue.
- Losing weight when you are not trying to.



ing to.

The symptoms of colorectal cancer may resemble other conditions, such as infections, hemorrhoids and inflammation or there may not be any symptoms at all.

All the more reason to consult your physician and inquire about screening tests that are right for you.

You owe it to yourself and family to take care of yourself. Make these screening tests a part of your healthy lifestyle.

Beginning at age 50: (or earlier if you have a family history or are experiencing symptoms):

- Have a colonoscopy or double contrast barium enema every 5-10 years.
- Have a digital rectal exam every 5-10 years at the time of each screening.
- Have a yearly fecal occult blood test (FOBT).
- No matter how old or young you are, see a doctor for a colonoscopy immediately if you have any symptoms.

Screening tests can save your life. These tests not only detect colorectal cancer but can detect and remove non-cancerous polyps before they become cancer. Colon cancer starts with a growth that is not cancer yet. Screening helps your doctor if there is a problem and the tests can find a growth before it is cancer.

Making Strides...
ABII & Why Me?
Better Health/Better Lifestyles!

Cancer Fighting Foods/Spices

The following foods have the ability to help stave off cancer and some can even help inhibit cancer cell growth or reduce tumor size.

Avocados are rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats. They also supply even more potassium than bananas and are strong source of beta-carotene.

Broccoli, cabbage, and cauliflower have a chemical component called indole-3-carbinol that can combat breast cancer by converting a cancer promoting estrogen into a more protective variety. Broccoli, especially sprouts, also have the phytochemical sulforaphane, a product of glucoraphanin—believed to aid in preventing some types of cancer, like colon and rectal cancer.

Carrots contain a lot of beta-carotene, which may help reduce a wide range of cancers including lung, mouth, throat, stomach, intestine, bladder, prostate and breast. Some research indicated beta carotene may actually cause cancer, but this has not proven that eating carrots, unless in very large quantities—2 to 3 kilos a day, can cause cancer. In fact, a substance called falcarinol that is found in carrots has been found to reduce the risk of cancer. Danish researchers explained that isolated cancer cells grow more slowly when exposed to falcarinol. This substance is a polyacetylen, however, so it is important not to cook the carrots.

Chili peppers and jalapenos contain a chemical capsaicin, which may neutralize certain cancer-causing substances (nitrosamines) may help prevent cancers such as stomach cancer.

Figs apparently have a derivative of benzaldehyde. It has been reported that investigators at The Physical and Chemical Research in Tokyo say benzaldehyde is highly effective at shrinking tumors. In addition, figs contain Vitamins A and C, and calcium, magnesium and potassium, and may curtail appetite and improve weight loss efforts.



Flax contains lignans, which may have an antioxidant effect and block or suppress cancerous changes. Flax is also high in omega-3 fatty acids, which are thought to protect against colon cancer and heart disease.

Garlic has immune enhancing allium compounds (diallyl sulfides) that appear to increase the activity of immune cells that fight cancer and indirectly help break down cancer causing substances. These substances also block carcinogens from entering cells and slow tumor development.

Grapefruit, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit may inhibit the proliferation of breast cancer cells in vitro. The also contains vitamin C, beta-carotene and folic acid.

Grapes, red contain bioflavonoids, powerful antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol, which inhibits the enzymes that can stimulate cancer cell growth and suppress immune response. They also contain ellagic acid, a compound that blocks enzymes that are necessary for cancer cells—this appears to help slow the growth of tumors.

Kale has indoles, nitrogen compounds which may help stop the conversion of certain lesions to cancerous cells in estrogen-sensitive tissues. In addition, isothiocyanates, phytochemicals found in kale, are thought to suppress tumor growth and block cancer causing substances from reaching their targets.

Mushrooms—there are a number of mushrooms that appear to help the body fight cancer and build the immune system—Shiitake, maitake, reishi, Agaricus blazei Murill, and Coriolus Versicolor. These mushrooms contain polysaccharides, especially Lentinan, powerful compounds that help in building immunity. They are a source of Beta Glucan.

They also have a protein called lectin, which attacks cancerous cells and prevents them from multiplying.

Nuts contain the antioxidants quercetin and campferol that may suppress the growth of cancers. Brazil nut contains 80 micrograms of selenium, which is important for those with prostate cancer.

Papayas have vitamin C that works as an antioxidant and may also reduce absorption of cancer causing nitrosamines from the soil or processed foods. Papaya contains folacin (folic acid) which as been shown to minimize cervical dysplasia and certain cancers.

Seaweed and other sea vegetables contain beta carotene, protein, vitamin B12, fiber and chlorophyll, as well as chlorophyllones—important fatty acids that may help in the fight against breast cancer. Many sea vegetables contain high concentrations of minerals potassium, calcium, magnesium, iron, and iodine.

Teas: Green & Black Tea contain certain antioxidants known as polyphenols (catechins) which appear to prevent cancer cells from dividing. Green tea is best followed by the common black tea, herbal teas do not show any cancer preventing benefits. Dry green tea leaves, which are about 40% polyphenols by weight, may also reduce the risk of cancer of the stomach, lung, colon, rectum, liver and pancreas, study findings have suggested.

Continue next page.

Cancer Fighting Foods/Spices Continued

Tomatoes contain lycopene, an antioxidant that attacks roaming oxygen molecules, known as free radicals, that are suspected of triggering cancer. It appears that the hotter the weather, the more lycopene tomatoes produce. They also have vitamin C, an antioxidant which can prevent cellular damage that leads to cancer. Watermelons, carrots, red peppers also contain these substances, but in lesser quantities. It is concentrated by cooking tomatoes. An increased intake of lycopene has already been linked to a reduced risk of breast, prostate, pancreas and colorectal cancer.

Tumeric (*curcuma longa*), a member of the ginger family, is believed to have medicinal properties because it inhibits production of inflammation-related enzyme cyclo-oxygenase 2 (COX-2), levels of which are abnormally high in certain inflammatory disease and cancers,

especially bowel and colon cancer.

Licorice root has a chemical, glycyrrhizin, that blocks a component of testosterone and therefore may help prevent growth of prostate cancer. However, excessive amounts can lead to elevated blood pressure.

Rosemary may help increase the activity of detoxification enzymes. An extract of rosemary, termed carnosol, has inhibited the development of both breast and skin tumors in animals. (No studies on humans to date). Rosemary can be used as a seasoning and it can be consumed as a tea: use 1 tsp. dried leaves per cup of hot water, steep for 15 minutes.

Soy products like tofu contain several types of phytoestrogens—weak, non-steroidal estrogens that could help prevent both breast and prostate cancer

by blocking and suppressing cancerous changes. There are a number of isoflavones in soy products, but research has shown that genistein is the most potent inhibitor of the growth and spread of cancerous cells. It appears to lower breast cancer risk by inhibiting the growth of epithelial cells and new blood vessels that tumors require to flourish and is being scrutinized as a potential anti-cancer drug. However, there are some precautions to consider when adding soy to your diet. Eating up to 4 or 5 ounces of tofu or other soy a day is probably ok, but research is being done to see if loading up on soy could cause hormone imbalances that stimulate cancer growth.

Consumption of **fruits and vegetables** has been associated with decreased risk of cancers of the colon and rectum.

Oranges and lemons contain limonene which stimulates cancer killing immune cells (lymphocytes, e.g.) that may also break down cancer causing substances.

(Please Note: Most of us unknowing eat processed sea vegetables every day. Manufacturers use them as thickeners and stabilizers in such products as ice cream, instant pudding, whipped toppings, salad dressings, and even toothpaste. But unprocessed sea vegetables haven't caught on much outside of Asia. It's a shame, since they're dense with vitamins, minerals, and protein, yet low in calories. You can usually find plastic bags of dehydrated sea vegetables in health food stores or sometimes in the Asian foods section of the grocery. After rehydrating, chop them up, and add them to salads, soups, stews or stir fries.)

Why Me?

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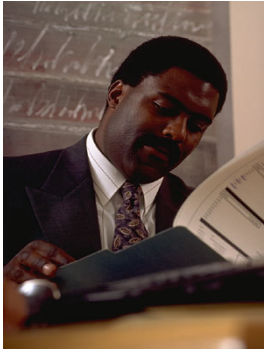
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What are the Risk Factors for Breast Cancer in Men?



A risk factor is anything that affects your chance of getting a disease such as cancer. Different cancers have different risk factors. For example exposing skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for cancers of the lung, mouth, larynx (voice box), bladder, kidney, and several other organs.

But risk factors don't tell us everything. Have a risk factor, or even several, does not mean that you will get the disease, while most men with breast cancer have no apparent risk factors. Even when someone has a risk factor, there is no way to prove that it actually caused the cancer.

We don't yet completely understand the causes of breast cancer in men, but researchers have found several factors that may increase the risk of getting it. As with female breast cancer, many of these factors are related to sex hormone levels in the body.

Aging

Aging is an important risk factor for the development of breast cancer in men. Men with breast cancer average about 67 years old at the time of their diagnosis.

Family history of breast cancer

Breast cancer risk is increased if other members of the family ("blood relatives") have had breast cancer. About 1 out of 5 men with breast cancer have close male and female relatives with the disease.

Inherited gene mutations

A mutation (change) in BRCA2 gene, which is responsible for some breast cancers in women, probably accounts for 1 out of 10 breast cancers in men. BRCA1 mutations can also cause breast cancer in men, but they seem to be responsible for fewer cases than mutations in the BRCA2 gene. People with these mutations typically have a strong family history of breast cancer, which often appears at a younger age (under 60).

Other mutations that may be responsible for some breast cancers in men include those in genes called CHEK2 and PTEN.

Klinefelter syndrome

This is a congenital (present at birth) condition that

affects about 1 of 1,000 men. Normally the cells in men's bodies have a single X chromosome along with a Y chromosome, while women's cells have two X chromosomes. Men with this condition have cells with more than one X chromosome (sometimes as many as 4). This causes their testicles to be smaller than usual and not produce functioning sperm cells, making them infertile. Compared with other men, they have lower levels of androgens (male hormones) and more estrogens (female hormones). For this reason, they often develop gynecomastia (benign male breast growth).

Some studies have found that men with Klinefelter syndrome are more likely to get breast cancer than men in



the general population. But this is a hard area to study because these are both uncommon problems, and it is hard to collect enough cases to be sure. The risk seems to be increased, but overall it is still low because this is such an uncommon cancer, even for people with Klinefelter syndrome.

Radiation exposure

A man whose chest areas has been exposed to radiation (usually for treatment of a cancer inside the chest, such as lymphoma) has an increased risk of developing breast cancer.

Alcohol

Heavy alcohol intake increases the risk of breast cancer in men. This may be because of its effects on the liver. (see below)

Liver disease

The liver plays an important role in sex hormone metabolism by making

binding proteins that carry the hormones in the blood. These binding proteins affect the hormones' activity. Men with severe liver disease such as cirrhosis have relatively low levels of androgens and higher estrogen levels. Therefore, they may have an increased risk of developing breast cancer.

Estrogen treatment

Estrogen related drugs are sometimes used in hormonal therapy for men with prostate cancer. This treatment may slightly increase their breast cancer risk. However, this risk is small compared with the benefits of this treatment in slowing the growth of prostate cancer.

Men taking high doses of estrogens as part of a sex change procedure may also have a higher risk.



Obesity
Recent studies

have shown that women's breast cancer risk is increased by obesity (being extreme overweight) during adult life. Obesity is probably a risk factor for male breast cancer as well. The reason is that fat cells in the body convert male hormones (androgens) into female hormones (estrogens). This means that obese men have higher levels of estrogens in their body. Some obese men may notice that they don't have to shave as frequently as other men. They might also have trouble fathering children. Regular exercise and maintaining a healthy weight may help reduce the risk of breast cancer, as well as that of many other diseases and cancers.

Continue on next page.

Risks Factors for Breast Cancer in Men—Continued

Conditions affecting the testicles

Some studies have suggested that certain conditions that affect the testicles, such as having an undescended testicle, having mumps as an adult, or having one or more testicles surgically removed (orchiectomy) may increase breast cancer risk. More research is needed in this area.

Certain occupations

Some reports have suggested an increased risk in men who work in hot environments such as steel mills. This could be because long term exposure to higher temperature can affect the testicles, which

in turn would affect hormone levels. Men heavily exposed to gasoline fumes may also have a higher risk. Further research is needed to confirm these findings.

WHAT SHOULD YOU ASK YOUR DOCTOR ABOUT BREAST CANCER IN MEN

It is important for you to have frank, open discussion with your cancer care team. You should ask questions, no matter how minor you think they are. Some questions to consider:

- What type of breast cancer do I have? Does this affect my treatment options and prognosis (outlook)?

- Has my cancer spread to lymph nodes or internal organs?
- What is the stage of my cancer and what does that mean in my case?
- Are there other tests that need to be done before we can decide on treatment?
- What treatments are appropriate for me? What do you recommend? Why?
- What is my expected prognosis, based on my cancer as you view it?

Be sure to write down any questions you have that are not on this list. For instance, you might want information about recovery time so that you can plan your work schedule. Or you want to ask about second opinions.

This is a Medical Alert!!!! October is Breast Cancer Awareness Month

Time is running out to purchase your
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Fall Prevention: 8 ways to reduce your falling risk

The odds of falling each year after age 65 are about one in three. Fortunately, most of these falls aren't serious. Still, falls are the leading cause of injury and injury related death among older adults. You're more likely to fall as you get older because of common, age related physical changes and medical conditions—and the medications you take to treat such conditions.

You needn't let the fear of falling rule your life. Many falls and fall related injuries are preventable with fall prevention measures. Let's have a look:

1. What medications are you taking? Include all the prescription and over the counter medication you take, have your doctor review your medications and the side effects. To help with fall prevention, he/she may decide to wean you off certain medications, especially those used to treat anxiety and insomnia.
2. Have you fallen before? Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell.
3. Could your health conditions cause a fall? Your doctor likely wants to know about eye and ear disorders that may increase your risk of falls. Be prepared to discuss these and how comfortable you are walking—describe any dizziness, joint pain, numbness or shortness of breath that affects your walk.
4. Keep moving. If you aren't already getting regular physical activity, consider starting a general exercise program as part of your fall prevention plan. Such activities reduce your risk of falls by improving your strength, balance, coordination and flexibility. Consult your doctor first.
5. Wear sensible shoes. Consider changing your footwear as part of your fall prevention plan. High heels, floppy slipper and shoes with slick soles can make you slip, stumble and fall.
 - Have your feet measured each time you buy shoes, since your size can change.
 - Avoid shoes with extra thick soles.
 - Choose lace up shoes instead of slip-ons and keep the laces tied.
 - Select footwear with fabric fasteners if you have trouble tying laces.

If bending over to put on your shoes puts you off



balance, consider a long shoehorn that helps you slip your shoes on without bending over.

6. Remove home hazards. Your living room, kitchen, bedroom, hallways, and stairways may be filled with booby traps. Clutter can get in your way, to make your home safer, you might try these tips.
 - Remove boxes, newspapers, electrical cords and phone cords from walkways.
 - Secure loose rugs with double faced tape, tacks or slip resistant backing.
 - Repair loose, wooden floorboards and carpeting right away.
 - Store clothing, dishes, food and other household necessities within easy reach.
 - Immediately clean spilled liquids, grease or food.
 - Use nonslip mats in your bathtub or shower.
7. Light up your living space. As you get older, less light reaches the back of your eyes where you sense color and motion. So keep your home brightly lit with 100 watt bulbs or higher to avoid tripping on objects that are hard to see. Don't use bulbs that exceed the wattage rating on lamps and lighting fixtures, however, since this can present a fire hazard.
8. Your doctor may recommend using a cane or walker to keep you steady. Other assistive devices can help, too. There are all sorts of gadgets—consider:
 - a raised toilet seat or armrest to stabilize yourself
 - or handrails on both sides of the stairways.
 - Non-slip treads on bare wood steps
 - Grab rails mounted inside and just outside your shower or bathtub
 - A sturdy plastic seat placed in your shower to tub so that you can sit down if you need to. By a hand shower nozzle so that you can shower sitting down.

Ask your doctor to refer you an occupational therapist who can help you devise other ways to prevent falls in your home. Some solutions are easily installed and relatively inexpensive. Other may require professional help and more investment. If you plan on staying in your home for many more years, an investment in safety and fall prevention now may make that possible.

Medical Costs: Do's and Don'ts

"The wind began to switch, the house to pitch, and suddenly the hinges started to unhitch." This line from the *"Wizard of Oz"* could easily describe many people's experience with spiraling medical costs. Out of pocket medical costs, including health insurance premiums, have increased plenty in the last five years—and that's for people lucky enough to have health insurance.

Before you are tempted to quit going to the doctor or let your prescriptions run out, consider the following do's and don'ts for trimming your medical costs.

DO KNOW THE RULES: Each health insurance plan has its rules and requirements. Make sure you know and follow them. Failing to do so can cost you. For example, you are given a prescription before you leave the hospital after surgery. After you fill the prescription, you discover your plan won't cover it because it was written in the hospital—but it would have covered it if it had been written in your doctor's office.

DO HAVE A MEDICAL HOME. Research has shown that receiving care from your doctor as opposed to hopping from specialist to specialist —is associated with lower total medical costs. In addition,

many minor health problems, such as stitching up smaller cuts, getting a tetanus shot can be handled in a doctor's office, saving you a trip to the emergency room.

DO USE THE EMERGENCY ROOM but only for emergencies. Emergency care is among the most expensive options for medical care. Of course, do not hesitate to go if you have symptoms such as significant severe shortness of breath or chest pain, uncontrolled bleeding or sudden weakness anywhere in your body. For less severe symptoms, avoid the cost and inconvenience of an emergency room visit.

DO SHOP AROUND. If you need an operation, ask your doctor to recommend more than one facility. Your insurer may be able to tell you which provider will charge less.

Of course your best bet is to avoid unnecessary test and procedures. **IF** a test or procedure is suggested for you, ask your doctor why the test is necessary and get a second opinion if you aren't convinced. Excessive use of medical services is a major contributor to rising health care costs.

DON'T SKIMP ON PREVENTION. Some of the most common reasons adults end up in the emergency room includes falls, care accidents, fever, and chest and abdominal pain. Taking steps to reduce the risks of falls, driving sensibly, getting your annual flu shot, and properly cooking and storing food are just a few ways.

GET ON THE HEALTHY BAND-

WAGON: eat healthy foods, exercise and stop smoking.

DON'T DROP THE BALL ON REFILLS. Instead of throwing away your prescriptions, take another look at how much you're paying. Generic drugs are equivalent in safety and effectiveness to their brand name counterparts, but cost 30-80% less. Speak with your doctor if a generic isn't available, ask your doctor about less expensive medication options.

You may be able to save money just by switching where you buy your medications. Many prescriptions plans may offer discounts. Find out if you're eligible for assistance check with the Medical Benefits Scheme.

DON'T PAY THE BILL BEFORE YOU CHECK IT.

Review your medical bills carefully and question anything that doesn't look right. Read your policy, explanations of benefits statements and any paperwork you receive from your insurance company. Make sure you actually received the treatments for which you're being charged, and check that you aren't being charged twice for the same thing. Finally, watch for typos or errors in the numbers.

**Making Strides...
ABII & WHY ME?
Your Partners
For Better Health
and Better Lifestyles**

**Fit For Fun
Fit For Life
Run/Walk
Next Month!!**



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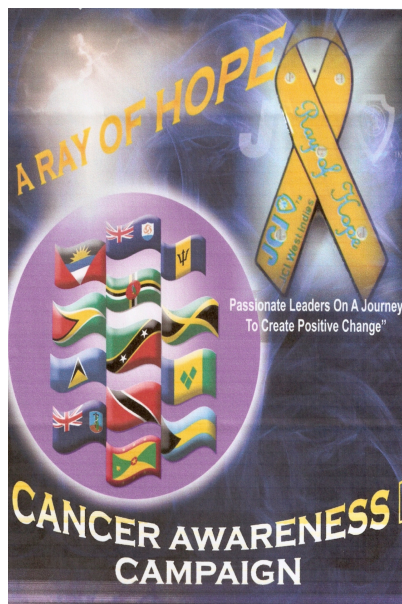
"Why Me?" The Antigua & Barbuda Cancer Society

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JCI Antigua Cancer Awareness Campaign A RAY OF HOPE!!



October 3rd & 4th, 2009

**What you don't know
about cancer...can kill you
or someone you love.**



**Making Strides...
ABII & WHY ME?
Partners For
Better Health
Better Lifestyles**



We all know how important it is to keep up to date information regarding the medical news that affects our health and well-being. It's even better when you receives these facts on a regular basis. Since our beginning, we have been committed to the fight against cancer and promoting prevention and lifestyle changes in Antigua and Barbuda. We deal with primarily treatment and support, seek improvements in medical treatments, understanding and awareness of particular health risks and diseases.

Introducing the 'big guns'...*ABII*, who has joined us in that fight. Together, we intend to create a stronger more successful health care industry; one that understands your current medical needs, and supports your continued growth and development. Together, we will invest in the personal side, recognizing excellence and innovation throughout the medical and insurance fields. *Together—we will make a difference.*

Circulation will change slightly. *Making Strides Against Cancer* will continue to appear on our website (www.whymeantigua.com). E-mails will continue as well...but copies will become available at various locations in St. John's and with the help of a few local newspaper vendors for EC\$2.00.

Where else can you find an outstanding product and a service that embraces life and healthy living? You just can't beat that!! Thankfully, no other company is more passionate about *Health and Prevention* and we are very proud and fortunate that they also mirror our personal values, beliefs and integrity.

We hope this informational tool will help you to identify and implement preventive strategies and that it will give you insight on the many ways, to improve your health; secure insurance coverage based not only on medical facts but in conjunction with the needs and circumstances of all the people of Antigua and Barbuda.

Why Me?

My Daughter's Breast

A handsome middle aged man walked into a café and sat down. Before he ordered, he couldn't help notice a group of younger men at the table next to him. It was obvious that they were making fun of something about him, and it wasn't until then he remembered he was wearing a "small pink ribbon" on the lapel of his suit.

The man brushed it off—the reaction of ignorance, but the smirks began to get to him. He looked one of the rude men square in the eye, placed his hand beneath the ribbon and asked, quizzically, "This?" With that, the men all began to laugh out loud. The man he addressed said, as he fought back the laughter, "hey sorry man, but we were just commenting on how pretty your little ribbon looks against your blue jacket."

The middle aged man calmly motioned for the joker to come over to his table, and

invited him to sit down. AS uncomfortable as he was, the guy obliged, not really sure why. In a soft voice, the middle aged man said, "I wear this ribbon to bring awareness about breast cancer. I wear it in my mother's honor." "Oh sorry dude, did she die of breast cancer?" "No she didn't. She is alive and well. But her breast nourished me as an infant and were a soft resting place for my head when I was scared or lonely as a little boy. I am grateful for my mother's breast and her health." "Um, the stranger replied, "yeah." "And I wear this ribbon to honor my wife", the middle aged man went on. "And she is okay too?" another guy at the table asked. "Oh yes, she is fine. Her breast have been a great source of loving pleasure for both of us and with them she nurtured and nourished our beautiful daughter 23 years ago. I am grateful for my wife's breast and her

health," "Uh huh. And I guess you wear it to honor your daughter also?" "No it is too late to honor my daughter by wearing it now. My daughter died of breast cancer one month ago. She thought she was too young to have breast cancer, so when she accidentally noticed a lump, she ignored it. She thought that since it wasn't painful, it must not be anything to worry about." Shaken and ashamed, the now sober stranger and his friends said, "oh man, I am so sorry mister." "So in my daughter's memory, I proudly wear this little pink ribbon, which allows me the opportunity to enlighten others. Now go home and talk to your wife and your daughters, your mothers and your friends. And here...the middle aged man reached into his pocket and handed the man a little pink ribbon. The guy looked at it, slowly raised his head and asked, "can you put it on for me?"