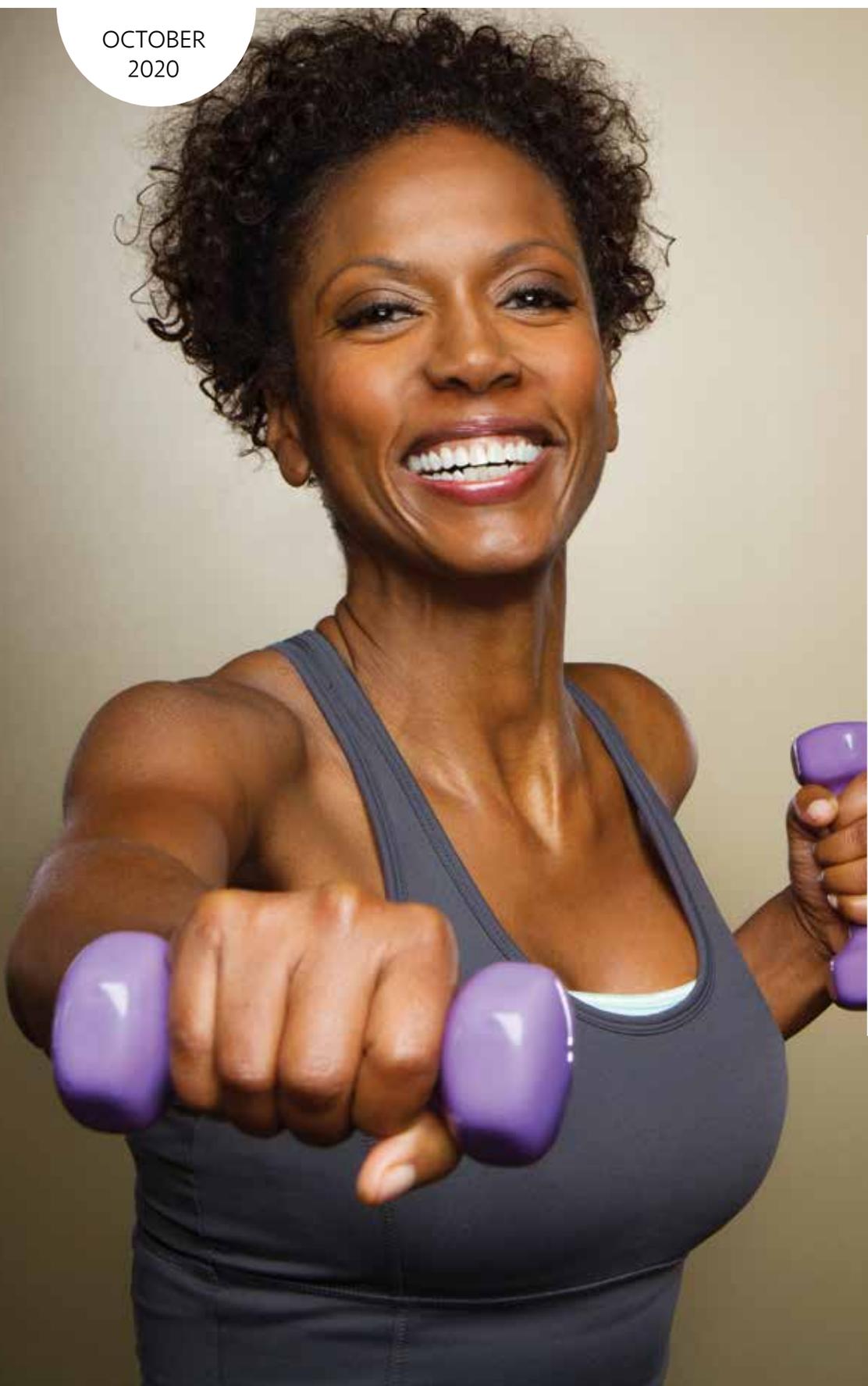


OCTOBER
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EXERCISE LOWERS breast cancer risk

In just 30 minutes a day, a woman can lower her risk of breast cancer. You don't need special equipment or a gym. Power walking is a good choice to make a difference!

Exercise lowers breast cancer risk by:

- **Helping you get to a healthy weight.** Being overweight raises the risk of getting breast cancer. This is because fat cells make estrogen that can allow some types of breast cancer cells to grow.
- **Boosting your immune system.** This could help stop or slow the growth of cancer cells.

Source: National Breast Cancer Foundation

BRCA gene *for breast cancer*

You may have heard of the BRCA gene for breast cancer. But many people don't understand what this gene is, or what it really means for breast cancer risk.

WHAT BRCA REALLY MEANS

"BRCA" is an abbreviation for "BReast CAncer." There are two types: BRCA1 and BRCA2. Everyone has both of these genes. Having them does not mean you will get breast cancer.

In fact, BRCA genes actually help prevent breast cancer. They can stop or slow breast cancer growth.



WHEN BRCA GENES AREN'T GOOD

In some people however, the BRCA genes don't work properly. This is called a BRCA gene mutation.

When this happens, the BRCA genes can't prevent breast cancer. This makes the person more likely to get breast cancer. They may also develop breast cancer at a younger age. Those with BRCA mutations have a higher risk of developing other cancers too, including ovarian and pancreatic.

Up to 65 percent of women with a BRCA1 mutation will develop breast cancer before age 70. About 45 percent of women with a BRCA2 mutation will develop breast cancer by age 70.

People who have a mutated BRCA gene may also pass this along to their children.

WHAT TO DO

Women who have one of the following should talk with a doctor:

- A family history of breast cancer
- History of ovarian cancer
- History of two or more cancers of any type

In some cases, you may need a test to look at the BRCA genes. If the test finds that you have a BRCA mutation, talk with your doctor about next steps. This may include:

- Watching closely for breast cancer signs and getting regular screenings
- Taking certain medicines that can reduce estrogen, which can lower breast cancer risk
- Having a mastectomy, which is surgical removal of the breasts

SCREENING IS KEY

Even without a BRCA gene mutation, all women should talk with their doctors about breast cancer risk. They should get regular breast cancer screenings.



Finding breast cancer early is key. It means you have the best chance for successful treatment.

SUCCESS OVER
STRESS

Going gray *because of stress?*

Many people joke about stress causing gray hair. But new evidence suggests this old “myth” is actually true. The body’s stress response, known as fight-or-flight, plays a part in making hair turn gray sooner.

WHY HAIR HAS COLOR

Your hair contains special stem cells called melanocytes. Melanocytes live in the hair follicle at the hair root. They make pigment, or color, that gives your hair its natural hue.

The natural aging process causes melanocytes to disappear, leading to gray hair. Once gone, melanocytes don’t come back.



STRESS AND GOING GRAY

Researchers say that certain kinds of stress may cause hair to turn gray. It happens because certain nerves that work with the fight-or-flight response affect the body — including hair follicles.

These fight-or-flight nerves release a chemical called norepinephrine directly into the follicle. Then, the norepinephrine forces the melanocyte stem cells to leave.

Without these stem cells, the hair follicle can’t produce new color. So, the hair turns gray or white.

MANAGE STRESS

Stress can be hard on your health — not just your hair. If you have high stress often, talk with your doctor about it.

Source: National Institutes of Health