

Celebrate National Breast Cancer Awareness Month

National Breast Cancer Awareness Month is an annual international health campaign to increase awareness of this disease and to raise funds for research into its cause, prevention and cure. Seattle Athletic Club is taking advantage of this high profile month to offer information in order to educate women not only about the importance of early detection, but other factors.

More and more women are receiving mammograms in order to detect breast cancer in its earliest stages. As a result, breast cancer deaths are on the decline. While encouraging women to get annual mammograms on a regular basis and frequently perform breast exams, we women can educate ourselves and be our own best advocates. Knowledge certainly is power. Following are a few suggestions:

- A woman should know her own breast. In order to detect any changes in a breast a monthly breast exam familiarizes us with what is normal for us.
- We can evaluate the ingredients in personal care products used and food additives consumed. A couple of websites with helpful information are breastcancer.org, and skindeep.org
- Become nutritionally aware. Many foods are considered cancer fighters.
- Exercise regularly

Some of the straight facts according to "The American Breast Cancer Foundation" are:

- A woman dies of breast cancer every 12 minutes
- Breast cancer is the leading cause of death for women age 35 to 50
- 1 in 8 women will be diagnosed with breast cancer in her lifetime

It is important to remember that being diagnosed with breast cancer is not a death sentence. There are more than 1.6 million breast cancer survivors alive in American day. Again according the "American Breast Cancer Foundation", the five-year survival rate after early stage diagnosis and treatment is over 90%.

There are many studies corroborating regular exercise and survivorship. There are studies that also state that exercise during breast cancer treatment can actually reduce fatigue and nausea.

