



Breast Cancer Awareness

October is breast cancer awareness month at Sound Clinic. Stay up to date on screening recommendations and the actions you can take to improve breast health.

This month, we highlight the supplement: DIMension. DIM facilitates the healthy metabolism of estrogens. For the month of October, you will receive a discount of 10 percent when purchasing this product.



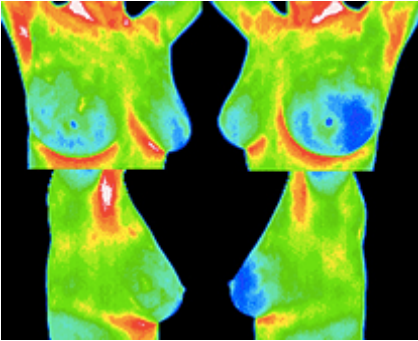
Breast Cancer Risks

By understanding your own individual risks, you may make lifestyle change and maximize preventive interventions to lessen the chance of developing breast cancer. Personal and/or family history of breast cancer will increase your odds of developing breast cancer. Excessive alcohol use, vitamin D deficiency, obesity, poor estrogen metabolism, and inadequate detox can also increase your risk of developing breast cancer.

Screening Methods

You may be aware that several screening methods exist. The method and interval of screening is dependent upon one's individual risks. Through the Affordable Car Act, commercial insurance is required to cover one preventative visit or health care maintenance-physical exam per year. Take advantage of this benefit, and partner with your provider to determine which screening method and interval is appropriate for you. In addition to the Clinical Breast Exam that will be done at your physical

Thermography imaging supports early detection of subtle change in breast tissue.



exam, the most appropriate screening method can be determined on an individual basis during this visit.

Dr. Donna Diamond, DO, Sarah Tyler, FNP-C, and Sonia Mookherjea, PA are available to perform physical exams and breast screenings at Sound Clinic. Mammograms, ultrasounds, MRIs are all screening methods that can evaluate the health of your breasts. Thermography (although not covered by insurance) is an alternative method for screening. Thermogram imaging is a non-invasive, radiation-free exam that can uncover subtle changes in breast tissue. If you are interested in thermography, your provider can help you set up an appointment with an outside Thermogram Center.

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Therapeutic Lifestyle Change (TLC)

Several preventive lifestyle changes can help reduce your risk. Getting regular exercise is important in detox and risk mitigation. Support Vitamin D levels with adequate sun exposure and supplementation if needed.

Hormones play an important in maintaining healthy breast tissue. Consider discussing estrogen dominance and estrogen metabolism issues with your provider. Since fat cells can alter estrogen levels, it is also recommended to maintain a healthy weight. Breast feeding has been shown to lower breast ca risks.

Eating (preferably organic) antioxidant rich food such as cruciferous veggies and colorful fruit should be incorporated into your daily nutrition. Processed foods, refined sugar, excessive alcohol (limit alcohol to less than 1 drink daily) and caffeine, and trans-fats should all be avoided.

As always, reducing stress and maintaining an adequate sleep routine are very important as well.

Live long. Live healthy.