

REACH OUT FOR LIFE

NEWSLETTER

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FASHION SHOW SENDS MESSAGE DURING A FUN NIGHT OUT

By GINA AUDIO

BRIDGETON, NJ -- Tri-County Community Action Partnership's Reach Out For Life Program sponsored its first fashion show on February 18, 2010, for women age 18 and older at the Marino Ballroom.

The show featured fashions from Dress Barn and Fashion Bug as part of a "Spring Into Spring" theme. Models sported professional dress, evening wear, and an assortment of casual and dressy casual women's clothes.

"The purpose of this event was to give people a chance to learn about the Reach Out For Life Program while having a good time eyeing up the latest fashions," said Electra Moses, Tri-County VP for Health Services.

The evening also included dinner and door prizes as well as relevant information about breast self-awareness and the value of early detection in beating breast cancer.



Fashion show participants pose (top) and walk down the runway to show off a new gown (bottom).

ASPIRIN MAY REDUCE THE RISK OF BREAST CANCER RECURRENCE

From the Susan G. Komen Foundation News Room

Among women who are at least one year beyond a diagnosis of early-stage breast cancer, regular aspirin use may reduce the risk of breast cancer recurrence and death. These results were published in the *Journal of Clinical Oncology*.

Nonsteroidal anti-inflammatory drugs (NSAIDs) include drugs such as aspirin and ibuprofen. These drugs are commonly used to reduce inflammation and relieve pain. Studies conducted in the lab suggest that these drugs may have the ability to reduce breast cancer growth.

To explore the relationship between aspirin use and breast cancer outcomes, researchers conducted a study among more than 4,000 participants in the Nurses' Health Study. The women included in the analysis had been diagnosed with Stage I-Stage III breast cancer between 1976 and 2002, and were observed until 2006.

Because women undergoing cancer treatment may need to avoid aspirin, information about aspirin use was not collected until at least one year after breast cancer diagnosis.

Compared with women who reported no aspirin use, risk of breast cancer death was reduced by 71% among women who used aspirin 2-5 times per week and by 64% among women who used aspirin 6-7 days per week. Risk of distant recurrence was also reduced among aspirin users.

The effect of aspirin on risk of distant recurrence and death did not appear to vary by cancer stage, menopausal status, body mass index, or estrogen receptor status.

These results suggest that among women living at least one year after a breast cancer diagnosis, regular aspirin use may reduce the risk of cancer recurrence and death. However, there are significant limitations of the study and aspirin should not be considered a standard treatment to prevent breast cancer recurrence. In addition, there are risks associated with regular aspirin use. Women with a history of breast cancer should talk to their doctors if they have further questions.

Reference: Holmes MD, Chen WY, Li L et al. (2010). Aspirin intake and survival after breast cancer. *Journal of Clinical Oncology*.





NEWS FOR ALL WOMEN

Midlife Weight Gain Increases Postmenopausal Breast Cancer Risk

Women who gain weight in midlife may have an increased risk of developing postmenopausal breast cancer, according to research findings to be presented at the 2010 Annual Meeting of the American Association for Cancer Research.

Research into lifestyle factors that influence breast cancer risk or prognosis allows us to make more informed decisions about how to manage our own health. Body weight is a factor that appears to influence not only the risk of developing several types of cancer but also cancer survival.

To further understand how weight gain in midlife affects risk of postmenopausal breast cancer, researchers studied the effects of weight gain during two periods: 1) from age 20 to age 50 and 2) after age 50. The study consisted of approximately 72,000 women, age 55 to 74 at the beginning of the study. Results were presented for participants who had never used menopausal hormone therapy, as this group showed the strongest association between midlife weight gain and postmenopausal breast cancer risk.

Between age 20 and the start of the study, 57% of study participants had an increase in body mass index (BMI) of 5 kg/m² or more. For a woman with a height of 5'4", this equates to a weight gain of approximately 30 lbs.

Regardless of weight at age 20, weight gain during midlife increased the risk of postmenopausal breast cancer. Women with a BMI increase of 5 kg/m² between age 20 and study entry (at age 55-74) were almost twice as likely to develop postmenopausal breast cancer as women who maintained a stable BMI. Weight gain during either of the two age periods (20-50 and 50+) increased risk.

The researchers concluded that maintaining weight throughout adulthood may help women decrease their risk of postmenopausal breast cancer.

Reference: Sue LY, Genkinger JM, Schairer C, et al. Body mass index gain throughout adulthood may increase risk of postmenopausal breast cancer. Paper to be presented at: Annual Meeting of the American Association for Cancer Research; April 20, 2010; Washington, D.C. Abstract 4823.

MAMMOGRAPHY: MORE TO AGREE ABOUT THAN DISAGREE ABOUT

*Dr. Eric Winer
Dr. Ann Partridge
December 2009*

Breast cancer is the most common cancer in women in the United States, with more than 190,000 women receiving a diagnosis of invasive disease annually and more than 40,000 dying of breast cancer each year.

Worldwide, more than 1 million women are diagnosed with breast cancer and more than 500,000 die from it each year.

Over the past two decades, there have been modest but real decreases in breast-cancer mortality that have been attributed to improvements in early detection and treatment.

It is within this context that the recent controversy surrounding the optimal approach to breast-cancer screening should be considered. In the meantime, women should continue to have regular mammograms for early detection.

Source: <http://ww5.komen.org/ContentSimpleLeft.aspx?id=6442451564>

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