



West Valley Naturopathic Center

Specials of the Month

Through the month of October the following supplements will be **15% off**:

1. **DIM**- In honor of Breast Cancer Awareness. DIM is an active ingredient found within cruciferous vegetables. DIM aids the body to breakdown estrogens into metabolites that lower the risk of breast cancer. DIM is also very helpful for dense breast tissue and PMS, both of which are due to excess estrogen.
2. **B12/Ginseng** - We have combined 2 of our favorites into one injection. If you have yet to try these injections - now is the perfect time to give it go. This combo increases energy and stamina throughout the day (**Must be an active patient**)
3. **Immune IV** - Back by popular demand is our Immune IV special! It has a high dose of Vitamin C with other ingredients that have a direct anti-viral effect and stimulates your immune system. This is perfect for pre-travels, prevention and sickness! (**Must be an active patient and have a kidney function test within the last 6 months**)

Breast Cancer Awareness

According to the National Institute of Health, the current lifetime risk of developing breast cancer is 1:8 in women born in the United States. This translates to a relative 12.9% lifetime risk of developing breast cancer. Risk of breast cancer goes up as women age from .49% in her 30s up to 4.09% in her 70s. For men born in the United States (yes, men are also at risk of breast cancer) the lifetime risk is .13% or 1:800.

Risk Factors: These are factors that increase or decrease your potential risk of breast cancer:

- Obesity
- Tobacco use
- Age
- Family history of breast cancer
- Birth control use
- Low Vitamin D levels
- Light Exposure at night
- Diet and exercise
- Alcohol consumption
- Stress and anxiety
- Early onset of menses
- Chemical exposure
- Dense breast tissue

As you can see from the list, there are a number of risk factors that you can control and a handful that you cannot.

What can you do? Screening!

1.) Self Breast Exam (SBE): It has been reported that up to 25% of women diagnosed with breast cancer found it through self-examination.

Follow this link to watch a video on how to perform a SBE at home: <https://www.youtube.com/watch?v=nkPR4ar1EQ4>

From Our Doctors

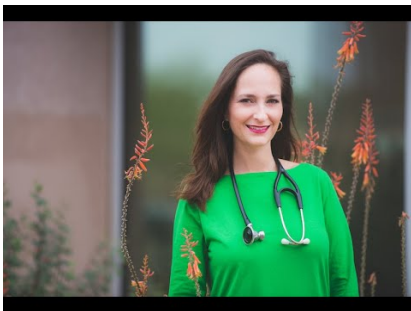
Dr. Huynh:

Screening Mammograms and Self-Breast Exams



<https://youtu.be/Eyv-4QSLIjE>

Dr. Cordova: Sugar cravings



2.) Mammogram: Traditional mammograms have a sensitivity of about 83%, while digital mammogram have an increased sensitivity of about 89% .<https://www.komen.org/breast-cancer/screening/mammography/accuracy/>

3.) Breast Ultrasound: There are 2 types of U/S available at this time. The traditional version, which is a handheld U/S conducted by an ultrasound technician and a newer version which is the Automated Breast Ultrasound (ABUS).

It has been found that an U/S is more sensitive than a mammogram for symptomatic women less than 45 years of age.

Sensitivity for both types of U/S is very high at 100% and specificity is 85% for handheld and 95% for ABUS. ABUS has a diagnostic accuracy of 97.1% with handheld U/S at 91.4%. <https://rdcu.be/cyKMM>

U/S adds additional detection benefits when combined with mammogram in women with dense tissue. This is why it is generally recommend for women with dense breast to follow up their mammogram with an U/S.

4.) Breast MRI: The sensitivity of a breast MRI is 100% and the specificity is 98.1%. <https://pubmed.ncbi.nlm.nih.gov/20707656/>.

Breast MRIs are recommended for women who are at higher risk for developing breast cancer.

5.) Thermography: Involves the use of a special camera used to measure the temperature of the skin on the breast’s surface. It looks at temperature variations, it is non-invasive and involves no radiation. Thermography is currently not as sensitive or specific as a digital mammogram.

