



Breast Cancer Awareness Month



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 13% 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. In 2025 alone, there is estimated to be 316,950 new cases of breast cancer.

Risk Factors

Factors that increase or decrease your potential risk of breast cancer, some of these women can control and some they can not:

- Obesity
- Tobacco Use
- Age
- Family History
- Birth Control usage
- Low Vitamin D levels
- Diet and Exercise
- Alcohol consumption
- Stress and Anxiety
- Early onset of menses
- Chemical and Environmental exposures
- Dense Breast Tissue

Supplements of the Month

The following supplements are **15% off** for the month of October:

DIM: 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.

Collagen: Our collagen is a peptide coming out of Europe that has helped with cartilage regeneration.

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!

Screening Options

1. **Self Breast Exam:** 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 self breast exam at home: <https://www.youtube.com/watch?v=nkPR4ar1EQ4>
2. **Mammogram:** Traditional mammograms have a sensitivity of about 87%. In women over 50 and women that have less dense breasts, that sensitivity is higher. (<https://www.komen.org/%20breast-cancer/screening/mammography/accuracy/>)
3. **Breast Ultrasound:** It has been found that an Ultrasound is more sensitive than a mammogram for symptomatic women less than 45 years of age.
 - There are 2 types of ultrasounds available at this time:
 - The traditional version, which is handheld conducted by an ultrasound technician.
 - Sensitivity is very high at 100% and specificity is 85%
 - Diagnostic accuracy is 91.4% for handheld ultrasounds
 - The newer version which is the Automated Breast Ultrasound (ABUS).
 - Sensitivity is very high at 100% and specificity is 95%.
 - Diagnostic accuracy is 97.1% for ABUS

Ultrasound 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 ultrasound. (<https://rdcu.be/cyKMM>)

4. **Breast MRI:** The sensitivity of a breast MRI is 100% and the specificity is 98.1%. Breast MRIs are recommended for women who are at higher risk for developing breast cancer. (<https://pubmed.ncbi.nlm.nih.gov/20707656/>)
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.
 - We currently offer thermography from our office on the first Friday of every month. If you are interested in this imaging, have further questions, or would like to schedule an appointment, please reach out to [Michelle at Radiance Thermography \(623\) 249-0302](#).

OFFICE UPDATES

- Happy 2 year anniversary to Alexis! (Oct. 2nd)
- Happy Birthday to Dr. Vy Huynh! (Oct. 12th)
- Dr. Rada will be out of office October 7th-23rd.
- Dr. Archambault will be out of the office October 6th-10th.

Hear from our Doctors



Dr. Huynh goes into detail about different breast health screening and diagnostic tools such as mammogram, thermography, breast ultrasound, and MRI.



Dr. Nguyen discusses how high dose vitamin c and ozone therapy can target cancer, the benefit of each therapy and the integration of naturopathic treatments with conventional treatments.



Dr. Rada gives us tips to incorporate into our weekly routines to improve breast circulation and decrease lymphatic stagnation.

Upcoming Community Talks:

October 7th, 2025 at 10:00am

Victory Verrado

5325 N Verrado Way

Buckeye, AZ 85396

If you want us to speak to your community, please contact Savana by email at savana@wvncaz.com.