TO PREVENT the occurrence of BCa through RESEARCH and EDUCATION

TO ENCOURAGE and SUPPORT BCa survivors, friends and families.

http://treehugger.com
http://organicgrace.com

Breast cancer: Windows of Susceptibility.
NIH grant 1U01ES019480

Our MISSION

PINK RIBBON GIRLS

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Breast cancer ribbon and flower stickers

The use of bisphenol-A (BPA) in the production of plastics began around 1891 (e.g. in baby bottles, food containers, water main pipes, and laboratory and hospital equipment). Its estrogen-like (in this case, estrogen-disrupting) effects began to be noticed in the 1930s. Prenatal exposure to BPA (in rats and mice) changed mammary tissue and led to cancers in adulthood. Other animal studies used BPA to show that when breast cancer has been induced by a carcinogen that risk was increased further. If the animal studies correlate with humans, then even a small exposure to BPA could cause an increased risk for breast cancer.

Exposing cells in culture to BPA can cause neoplastic transformation of human breast epithelial cells.

"Consumer groups recommend that people wishing to lower their exposure to bisphenol A avoid canned food and polycarbonate plastic containers (which are identified as , unless the packaging indicates the plastic is bisphenol A-free. The National Toxicology Panel recommends avoiding microwaving food in plastic containers, putting plastics in the dishwasher, or using harsh detergents on plastics, to avoid leaching". (thanks wiki)

Some estimates that 92% of canned goods with plastic liners have BPA. WHEN THE BRAND NAME on your canned soup is "Healthy Choice" and the BPA is 323 ppm, it's kind of sad. I think its going to be a while before companies get the message.... therefore BUY FRESH
What about satiety and health... is there a possible role for epigenetics and my appetite for food and drink? This is a cool question, and the response would be...  

What about satiety and the risks and benefits of not being satisfied. Studies say that a low glycemic index meal doesn't do for satiety what a high glycemic index meal does... so this is a difficult choice... do I eat right, and feel less satiated or do I eat foods I know will lead to heart disease, diabetes and increased cancer risk, but feel satiated. It is very likely that our ability to feel SATIATED is quite an individual matter. It also seems likely that one reason there is so much variation in the feeling of satiety is not "genetic" and therefore "fixed" as we would like to believe, but possibly the result of epigenetic programming.

ANSWER:... unquestionably YES. The well worn phrase 'it's in my genes" is going to have to be PUT ON THE SHELF. What about satiety and the risks and benefits of not being satisfied. Studies say that a low glycemic index meal doesn't do for satiety what a high glycemic index meal does... so this is a difficult choice... do I eat right, and feel less satiated or do I eat foods I know will lead to heart disease, diabetes and increased cancer risk, but feel satiated. It is very likely that our ability to feel SATIATED is quite an individual matter. It also seems likely that one reason there is so much variation in the feeling of satiety is not "genetic" and therefore "fixed" as we would like to believe, but possibly the result of epigenetic programming.

FACTS: As Christopher Harshaw states (what we all know but find difficult to understand) "Hunger, thirst and satiety must be numbered amongst the most powerful influences on mood behaviour and development”. So not only are disease and longevity risks being determined epigenetically, there is every reason to believe that psychobiological behaviors might be modified epigenetically as well.

SOLUTIONS:....are not easy. Whenever information enlightens, responsibility is in hand as well. Think of the benefits to all the young parents to be, in recognizing that as they strive to enhance their own health, they will do so for the next several generations of their offspring. That is empowering.

Dev Rev. 2008 December 1; 28(4): 541–569

Perhaps, the earliest recorded account of satiation was in the dialogue Timaeus by Plato—who states. Those who framed our species know how ungovernable our appetite for drink and food would be, and how we should out of sheer greed consume more than a moderate or necessary amount; in order therefore to prevent our rapid destruction by disease and the prompt and untimely disappearance of our species, they made the lower belly, as it is called, into a receptacle to contain superfluous food and drink, and wound the bowels around in coils, thus preventing the quick passage of food, which would otherwise compel the body to want more and make its appetite insatiable, so rendering our species thru gluttony incapable of philosophy and culture, and unwilling to listen to the divinest element in us. (don-cha-luv-it)

The paradox of satiation is that it is both a tool for economizing and a consequence of feeding. Feeling a little hungry may just be a "good" thing.
On March 5, 2011, Pink Ribbon Girls participated in a local event "Finding Power in a Positive RESULT: Life with a BRCA Mutation" organized by the Hereditary Cancer Programs at Cincinnati Children's Hospital Medical Center and St Elizabeth Health Center, Women's Wellness.

Pink Ribbon Girls were vendors during this BRCA gene event and handed out information related to being a young breast cancer survivor and also distributed newsletters for their outreach partnership with the breast cancer research grant within the Department of Environmental Health at the University of Cincinnati. Dr. Shuk-Mei Ho, is the principle investigator on this NIEHS funded grant 1U01ES019480 which is part of the BCERP (Breast Cancer and the Environment Research Program). The research hopes to determine whether a high fat diet (typically called a Western Diet) and environmental estrogen-mimetic chemicals like bisphenol-A, are contributing factors which determine the incidence of breast cancer.

Newsletters and signup sheets for email notification of new publications and helpful websites were available.

There also was a raffle, and winners took home prizes donated by the vendors who supported this event.

A FREE conference to empower individuals with BRCA mutations and their families with updated and accurate information about hereditary Breast and Ovarian Cancer (HBOC) syndrome. Get the latest information on screening, treatment and prevention.

https://pinkribbongirls.org/donate/
Pink Ribbon Girls supported the Forgiveness seminar held in Cincinnati, March 12, 2011. See some of their photos.

Release! The Health Power of Forgiveness.

Event supported by Pink Ribbon Girls

Dr. Michael Barry keynote presenter. The "Healing Power of Forgiveness" provides resources and education that encourage healing through forgiveness. We believe that learning to forgive can impact your physical, mental, spiritual and emotional health in a significant and beneficial way. To that end, RELEASE the Healing power of Forgiveness.

Seminars and training events for pastors, communities and individuals.
**FACT:**
READ the label on low fat foods. Often high salt and sugar replace the fat for taste.

**MYTH:**
Diet margarine is better than butter

**QUESTION**
..what ingredients in low calorie margarine might be good for us?

**CHOICEs**
Look for ingredients high in omega-3 fatty acids: flax, hemp, soybean, or olive oils.

Is bottled water good for me? good for the environment? Will I NOT get cancer if I eat a healthy diet? Why should I eat a low fat diet... shouldn't I eat what my body tells me?
FACT:
Processed sugars cause an elevation in insulin levels, which signals the body to “store fat”

MYTH:
My granola bar and low fat crackers are great nutrition!

QUESTION
...what carbs can I eat without spiking my insulin levels??

CHOICES
...carbs in fresh, dark colored* fruits and vegetables, and coarsely ground whole grains.

* BTW 😊 This doesn't include dark reds, blues and greens of candy (check out the dyes used).
Individuals, for the most part, really do want to be informed and make healthful food choices. But, it is good to remember that the nutrition data are not all in yet. In fact the dearth of information on nutrition and its impact on our health, the health of our unborn and born children, and grandchildren through epigenetics is

Here is a Recipe from EatingWell.com, but taking the "reduce animal protein AND fat" mantra seriously, one might substitute some mushrooms and a little olive oil for the cheese, or perhaps select a low fat cheese.

**Grilled Pizza with Pesto, Tomatoes & Feta**

Keep the kitchen cool by baking pizza on the backyard grill. For convenience, this recipe uses prepared pizza dough found in most supermarkets, and pesto from a jar. Serves 4.

1 pound prepared pizza dough, preferably whole-wheat, without MSG
½ cup prepared pesto
4 ripe plum tomatoes, thinly sliced
½ cup crumbled feta cheese
Freshly ground pepper, to taste
1/4 cup lightly packed fresh basil leaves, torn

Pre-heat grill to medium-high. Place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about 1/4 inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill. Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes. Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.

**Nutrition Facts**

Calories 430, Total Fat 18 g, Saturated Fat 7 g, Monounsaturated Fat 9 g, Cholesterol 27 mg, Sodium 749 mg, Carbohydrate 49 g, Fiber 4 g, Protein 17 g, Potassium 262 mg. Exchanges: Starch 3, Vegetable 0.5, Fat 0.5.

Percent Daily Values are based on a 2,000 calorie diet

In 2009, a case-control study of the eating habits of 2,018 women suggested that women who consumed mushrooms had an approximately 50% lower incidence of breast cancer. Women who consumed mushrooms and green tea had a 90% lower incidence of breast cancer. Another case control study of 362 Korean women also reported an association between mushroom consumption and decreased risk of breast cancer. Benefits: phosphorus, magnesium, potassium, selenium, fiber, low sodium, phenolics, reduced binding of some immune cells to the wall of the aorta (lower inflammation), significant amounts of conjugated lineolic acid (may assist with regulating estrogen dependent breast cancer) and phytonutrients, make this a good choice of a LOW CALORIE food.
The primary mechanism through which alcohol causes breast cancer is through increased estrogen levels.

There are data which suggest that alcohol increases risk for breast cancer. A 1,000,000 million middle-aged-British-women’s study concludes:

1) one drink a day increases the incidence of breast cancer by 1%
2) four drinks per day will produce an extra 4% breast cancer compared to non-drinkers
3) One or two drinks each day increases the relative risk to 150% of non-drinkers
4) Six drinks per day increases the risk to 330% of non-drinkers

Approximately 6% of breast cancers reported in the UK are alcohol related.

Second think that drink:

Gaining weight after menopause – Keep exercising and eating right. A recent study found that putting on 9.9 kg (22 lbs) after menopause increased the risk of developing breast cancer by 18%.
Print this sheet of flower and ribbon designs on Avery-3 prepunched labels. Use on notecards, envelopes, special invitations, scrapbook pages or photos.