

HEALTH

For Your Health



BY DR. JAMES
N. MARTIN JR.

Every three minutes, a woman is diagnosed with breast cancer in the U.S. While it may seem as if you have no control over cancer, research has shown that there are certain lifestyle choices that can reduce your chances of developing the disease.

The American Institute for Cancer Research estimates that almost 40 percent of breast cancer cases in the U.S., roughly 70,000 cases per year, could be prevented if women stayed within a healthy weight range, exercised more, and cut down the amount of alcohol they con-

sumed. The good news is that every woman has control over these factors.

Maintain a healthy weight. Women who gain excess weight, especially after menopause, are more prone to breast cancer. Extra body fat produces estrogen, which can fuel certain cancers, such as some breast and endometrial cancers. Find

Reduce Breast Cancer Risk

out your ideal body mass index (BMI)—a measure of body fat in comparison to your height and weight—at nhlbisupport.com/bmi.

Get active. Women who exercise regularly have a 20–30 percent reduction in breast cancer risk. Physical activity helps keeps weight in check, and may have a positive effect on harmful factors that can raise the risk of cancer, such as inflammation and excess hormones.

Just 30 minutes of moderate exercise, such as brisk walking, every day is a good start and may be

enough to provide some protection. As your strength and stamina increase, add more time, intensity, and variety to your workout schedule to gain added benefit.

Drink less. Despite the oft-touted cardiovascular benefits of moderate alcohol consumption, drinking has been linked to a higher risk of breast cancer. If you choose to drink, limit it to one drink per day. That translates into 5 ounces of wine, 1.5 ounces of hard liquor, or one 12-ounce beer.

Eat Healthier. Aim to eat a balanced diet rich in a wide variety of

colorful fruits and vegetables, whole grains, lowfat dairy, and lean protein. By filling your plate with healthy whole foods, you have less room for foods that are high in fat, sodium, and processed sugar.

National Breast Cancer Awareness Month is the perfect time to learn about the factors that may raise your risk, and then try your best to reduce them. To learn more, go to nbcam.org.

Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.

Heart Disease on Decline

Cases of heart disease in the United States have declined in the last several years, down to six per-

cent of the population in 2010 compared to 6.7 percent in 2006, health authorities said Thursday.

The drop is likely due to better eating and lifestyle habits, said the report by the Centers for Disease

Control and Prevention, which compiled its data from a random telephone survey across all 50 states.

The highest number of cases were reported by American Indians and Alaska natives, at 11.6 percent versus those who identified themselves as Asians, native Hawaiians or Pacific Islanders at 3.9 percent.

Education also was a differentiating factor, with a heart disease

prevalence of 9.2 percent among those with less than a high school education and those with more than a college education at 4.6 percent.

Coronary heart disease, a condition in which vessels that supply the heart with blood and oxygen are narrowed due to high cholesterol and plaque buildup, is the leading killer of men and women in the U.S.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

Q: How bad an accident does it take to actually cause whiplash?

A: While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

Q: How can I tell if whiplash has happened to me?

A: Whiplash often exhibits symptoms such as a sore

neck, arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

Q: What should I do if I've had a fall or a car accident?

A: Don't take any chances. Schedule a complete chiropractic exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504

HEALTH WATCH

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.