

The Fight Pink Report™

What Breast Cancer Survivors Need to Know About Osteoporosis & Fight Pink's "Personal Promise" to Hannah!

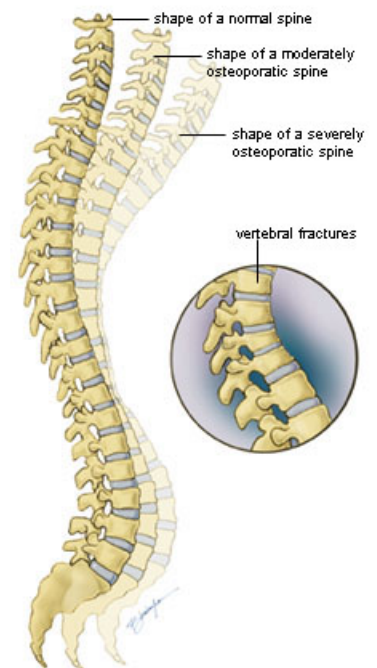
May 2009

Osteoporosis is a condition in which the bones become less dense and more likely to fracture. Fractures from osteoporosis can result in significant pain and disability. Osteoporosis is a major health threat for an estimated 44 million Americans, 68 percent of whom are women. Risk factors for developing osteoporosis include:

- ❖ thinness or small frame
- ❖ family history of the disease
- ❖ being postmenopausal and particularly having had early menopause
- ❖ abnormal absence of menstrual periods (amenorrhea)
- ❖ prolonged use of certain medications, such as those used to treat lupus, asthma, thyroid deficiencies, and seizures
- ❖ low calcium intake
- ❖ lack of physical activity
- ❖ smoking
- ❖ excessive alcohol intake.

Osteoporosis often can be prevented. It is known as a silent disease because, if undetected, bone loss can progress for many years without symptoms until a fracture occurs. Osteoporosis has been called a childhood disease with old age consequences because building healthy bones in youth helps prevent osteoporosis and fractures later in life.

However, it is never too late to adopt new habits for healthy bones. Women who have had breast cancer treatment may be at increased risk for osteoporosis and fracture for several reasons. First, estrogen has a protective effect on bone, and reduced levels of the hormone trigger bone loss. Because of chemotherapy or surgery, many breast cancer survivors experience a loss of ovarian function and, consequently, a drop in estrogen levels. Women who were premenopausal before their cancer treatment tend to go through menopause earlier than those who have not had breast cancer. Studies suggest that chemotherapy also may have a direct negative effect on bone. In addition, the breast cancer itself may stimulate the production of osteoclasts, the cells that break down bone. There is no cure for osteoporosis. However, medications are available to prevent and treat this disease. Bisphosphonates, a class of osteoporosis treatment medications, are being studied and have demonstrated some success in their ability to treat breast cancers that have spread to bone. Another osteoporosis treatment medication, raloxifene, is currently being evaluated for its ability to decrease breast cancer risk. Raloxifene is a selective estrogen receptor modulator (SERM) that has been shown to reduce the risk of breast cancer in women with osteoporosis.



The National Institutes of Health is currently sponsoring the Study of Tamoxifen and Raloxifene, known by the acronym STAR. The study compares the effectiveness of raloxifene with that of tamoxifen in preventing breast cancer in postmenopausal women who have a high risk of developing the disease.

Calcium and Vitamin D

A well-balanced diet rich in calcium and vitamin D is important. Good sources of calcium include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified foods and beverages. Supplements can help ensure that the calcium requirement is met each day, especially in people with a proven milk allergy. The Institute of Medicine recommends a daily calcium intake of 1,000 mg (milligrams) for men and women, increasing to 1,200 mg for those age 50 and older. Vitamin D plays an important role in calcium absorption and bone health. Food sources of vitamin D include egg yolks, saltwater fish, and liver. Many people obtain enough vitamin D by getting about 15 minutes of sunlight each day; others, especially those who are older or housebound, may need vitamin D supplements to achieve the recommended intake of 400 to 600 IU (International Units) each day.

Support Resources

- Cancer Fears Me www.cancerfearsme.org
- American Cancer Society www.cancer.org 1.800.227.2345
- Living Beyond Breast Cancer www.lbbc.org
- The Triple Negative Breast Foundation www.tnbcfoundation.org/indexhtml
- National Cancer Institute www.cancer.gov 1.800.422.6237
- The Young Survivor Coalition www.youngsurvival.org
- ACOR.org www.acor.org Association of Cancer Online Resources
- Cancer Care www.cancercare.org 1.800.813.4673

Your Personal Promise™

**Getting the most out of making a Difference,
Ordinary people doing extraordinary things!**

Hannah

What do you say to your child when you find out **she** has Breast Cancer?

What words do you use to tell your daughter that she is possibly the youngest person ever to be diagnosed with Breast Cancer?

Hannah Powell, aged 10, lives in Southern California with her mother Carrie, her father Jeremy and little brother JJ. Just a couple of weeks ago she was unfortunately diagnosed with *Invasive Ductal Carcinoma, Stage IIA Triple Negative Breast Cancer*. She is presently going to the Children's Hospital in Los Angeles, although they are not equipped to treat breast cancer in a child. There are many questions that need answering. It seems that Hannah may be the youngest person ever to have Breast Cancer. It will be a learning experience for Hannah and her family as well as for all the doctors who are in charge of Hannah's care.

The issues that Hannah has to face are how do you treat a child with an adult disease and the hospitals that deal with breast cancer do not typically treat children.

Please visit Hannah's website that her family put up to track Hannah's journey with Breast Cancer.

<http://www.ourlittlesweetpea.com>

Please also visit [Hannah's Facebook page](#) and [Hannah's Facebook Group](#).

Hannah and JJ



What is one of *Fight Pink's*

“Personal Promise”?

Fight Pink's “Personal Promise” is to do every thing we can to make sure Hannah has the best care possible to help her with her fight! We are going to follow Hannah throughout her fight and assist her and her family with everything and anything Hannah may need along the way. So far, we were able to contact Lillie Shockney at Johns Hopkins Avon Foundation Breast Center, and they are looking into treating Hannah.

Please help Fight Pink in supporting this beautiful young woman, daughter, big sister, niece and beloved shining spirit in her struggle to fight this disease.

Fight Pink™



Events in May

Mental Health
Awareness Month

National Military
Appreciation Month

Older Americans Month

Bike-to-Work Week
May 15th-19th

Kentucky Derby
May 2nd

Cinco de Mayo
May 5th

Military Spouse Day
May 8th

World Fair Trade Day
May 9th

Mother's Day
May 10th

Memorial Day
May 25th

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