

Only for educational purposes: Not meant to be an advice for any individual.

These instructions are for general informational purposes only and not meant to replace the professional advice from your physician. Contact your physician for any specific questions.

BREAST CANCER PREVENTION HANDOUT-2009

Life style modifications for breast cancer prevention: Examples

- Regular exercise
- Low fat diet
- Maintain ideal body weight
- Avoidance of alcohol consumption
- Avoidance of unnecessary radiation
- Avoidance of hormone replacement therapy (HRT)

BREAST CANCER PREVENTION CHOICES

1. Oral Tamoxifen or Raloxifen x 5 years
2. Participation in a prevention clinical trial (Example: an Aromatase inhibitor trial when available)
3. Bilateral Mastectomy in selected cases
4. Close monitoring with breast imaging, physical and self examination

POSSIBLE SIDE EFFECTS OF PREVENTION INTERVENTIONS

Tamoxifen (Nolvadex)	Raloxifene (Evista)	Bilateral mastectomy	Aromatase inhibitors (Arimidex, Femara, Aromasin)
Endometrial cancer	Under study	Radical surgery	Under study
Blood clots (DVT, PE, Stroke)	All effects may not be known	Emotional effects	All effects may not be known
Hot flashes	Blood clots (DVT, PE, stroke)	Physical effects	Osteoporosis
Vaginal symptoms	Not yet approved for prevention of breast cancer	Irreversible	Not yet approved for prevention of breast cancer
Cataracts			
Not 100% effective	Not 100% effective	Not 100% effective	Not 100% effective

You may visit or call National Cancer Institute (Cancer.gov or call 1-800-4-CANCER) for additional self-research. Contact your primary physician for additional questions.

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