

Oncology News



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....*More than medicine*

OCTOBER 2013

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Cancer Care

Integrating Mind,
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Cascade Surgical Oncology, PC provides personalized care to our patients and their families in a healthy and nurturing environment. With compassion, courage, and respect, we honor diversity and celebrate life. Support, hope, listening, laughter and touch all intertwine with our care.

Run for Your Lives...Exercise Shown to Chase Away Breast Cancer Risk

By Diana M. Seaders, PA-C

Everyone knows that exercise is “good” for you. There have been numerous studies published demonstrating the benefits of physical activity in regards to preventing cardiac events, diabetes, and alleviating feelings such as depression and anxiety. But the gains do not stop there. New research has shown that consistent moderate to vigorous exercise can even reduce the risk of post-menopausal breast cancer.

In a large prospective study, recently published in *Cancer Epidemiology, Biomarkers, and Prevention*, vigorous physical activity such as jogging, swimming, and tennis was associated with a 25% lower risk for breast cancer, compared to the risk associated with sedentary women. Moderately intense activity, such as walking for one hour per day, demonstrated a 14% lower risk. What’s the connection between exercise and breast cancer prevention? It is theorized that physical activity may have

a positive effect in regulating hormones and inflammation markers that have been implicated in the occurrence of breast cancer.



Benjamin Franklin’s well-known adage “An ounce of prevention is worth a pound of cure” undoubtedly rings true in this setting. While there are risk factors for breast cancer, such as genetic mutations BRCA 1 and BRCA 2 that are beyond our control, it certainly makes sense to take action with

what we do have power over. Monthly self-breast exams, annual mammograms, limited alcohol use, maintaining a health weight and consistent exercise are all examples of things we can do to be proactive to either help prevent breast cancer, or catch it early when it may be more manageable.

As October is National Breast Cancer Awareness Month, our team at Cascade Surgical Oncology would like to take this opportunity to encourage you to begin an exercise regimen to reduce your risk of breast cancer. Whether it is running along the Pre-Fontaine path, hiking the MacKenize River trail, swimming at the YMCA, or walking laps at the local mall, choose an activity that you enjoy and make it happen.



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