



## Why PREVENTION?

Breast Cancer is now the commonest cancer affecting women in Britain today. 41,000 new cases were diagnosed throughout the UK in 1999. 1 in every 9 women will develop breast cancer at some point in their lifetime.

Although the death rate has fallen in recent years still nearly 13,000 women will die as a result of this disease, in the UK alone. This causes major trauma for the women themselves, their husbands/partners, children, relatives, friends and, in many cases, grandchildren. Though numbers are small, more men are getting the disease too.

However, although women strive to take the Government's advice and make personal diet and exercise changes to avoid disease and the NHS continues to

improve treatment and early detection, still increasing numbers of women are suffering from breast cancer.



## What is PREVENTION?

**PREVENT**— vb to stop (something from happening), to stop the occurrence of, to make impossible, to avert; to thwart; to forestall, etc. (Chambers Dictionary)

At present in the UK we do not **PREVENT** breast cancer, we can only detect it at an early stage. Although this helps women to survive for longer, 73% survive over 5 years, it still means they have to suffer the fear and pain of the disease itself and the subsequent treatment.

The only form of prevention available from the medical establishment is aimed at the 5-10% of women with a genetic predisposition to breast cancer or other women medically considered to be at high risk. This consists of surgery - removing one or both breasts - or experimental chemo-prevention using tamoxifen. Both these forms of prevention cause trauma and difficulties with quality of life and neither is on general offer to the majority of women in Britain.

## Background to PREVENTION?

Since the 1930's, scientific research has consistently shown links between synthetic (man made) chemicals, ill-health, and cancer. In 1962, Rachel Carson, a Zoologist and Naturalist, published her book 'Silent Spring' which was one of the first books detailing links between serious disease in wildlife and the synthetic chemical pollution of their environment. In 1964 Rachel Carson herself died of breast cancer, age 57.

## Did you know?

Since the end of World War II pollution from man-made chemicals has risen astronomically, matched by rises in breast cancer incidence. Of the chemicals produced since 1945 around 300 have already been detected within human body tissue and fluids, including breast milk.

Approximately 400 million tonnes of synthetic chemicals are manufactured world-wide every year and over 1,000 new forms of these chemicals are created annually. Some 5,000-10,000 of these man-made chemicals are considered hazardous of which 150-200 are thought to be carcinogenic (cancer-causing). However, most were created to be very stable and, therefore, do not break down in the environment or our bodies but accumulate over a lifetime thus increasing our toxic burden over the years.

Research has shown that higher than average levels of the feminine hormone oestrogen in the body increase women's risk of developing breast cancer. And yet many of these chemicals now polluting our environment and ourselves appear to the human body like oestrogen and mimic its actions within the endocrine (hormone) system.

WOMEN TAKING  
ACTION FOR A  
HEALTHIER PLANET