

Your Health Reference Sheet

Topic: Breast Cancer

By Carol Ritberger, PhD, Medical Intuitive

Breast cancer is the leading cause of cancer for women worldwide with Australia having the highest rate based on a study conducted in 2008 by the American Cancer Society, a world health organization. This study looked at the cases of breast cancer per 100,000 women by continent and by country on an annual basis. Australia was 84.8 percent, North America 76.7 percent, Europe 66.6 percent, South America 44.3 percent, Africa 28.0 percent, and Asia 26.0 percent. The study also revealed that an estimated 200,000 women will be diagnosed with breast cancer yearly and that one in eight women in the United States will be diagnosed with breast cancer sometime during their lifetime. But, the five-year survival rate is 98 percent if the breast cancer is detected early, 84 percent if the cancer has spread to regional lymph nodes, and 28 percent if it has spread to distant organs. These are significantly higher percentages than compared to five years ago.

Breast cancer is the second most frequently diagnosed cancer in women regardless of race or ethnicity, next to skin cancer. It ranks second among cancer deaths in women, after lung cancer, and it's the leading cause of death in women between the ages of 35 to 54. While men are 100 times less likely to get breast cancer than women, there are over 2,000 men being diagnosed with it yearly in the United States compared to just two years ago where the number was less than 1,500 annually. Research shows that many of the same risk factors for women are true with men such as hormones, obesity, diet, and genetics. Some research even shows that it may be tied to what causes prostate cancer in men.

The largest rise in breast cancer in the United States has occurred in women born after World War II, an era that ushered in the use of massive amounts of new chemicals and drugs such as super-strong antibiotics, pesticides, household chemicals, and hormone therapy. It's also an era that ushered in the use of plastic and introduced processed foods into the American diet. Most of these substances, now known to be major estrogen imitators, didn't even exist prior to the war and were actually developed and distributed during the war without the normal years of testing for long-term health effects. It's only been in the last five years that anyone has realized how prevalent these environmental estrogens are in today's world, and how they increase the risks of breast cancer because they increase women's estrogen levels hundreds of times.

It's true that when a woman hears those four dreaded words, "You have breast cancer," the shock causes her to feel like her world is crashing down around her. Yet, it's important

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The information expresses a holistic and energetic perspective of illness and isn't intended to replace professional medical advice and care. Please consult a medical professional or a qualified practitioner if you have any health concerns.