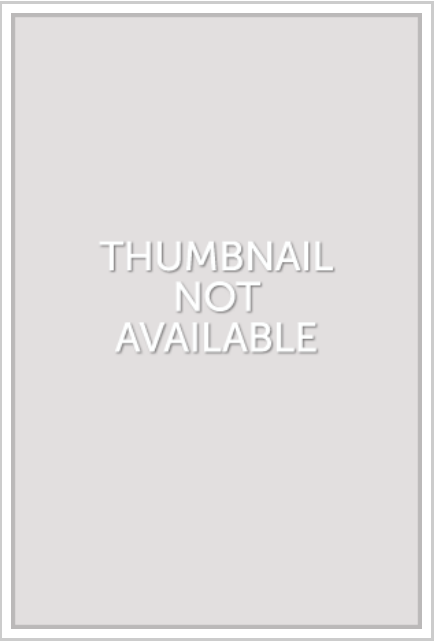


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The Breast Cancer Prevention Guide (Paperback)

By Dr Sandra Cabot, Margaret Jasinska

SCB International, United States, 2011. Paperback. Book Condition: New. Reprint. 208 x 134 mm. Language: English . Brand New Book. Many women believe breast cancer is a result of bad genes and bad luck. The truth is, only 5 to 10 percent of breast cancer cases are genetic. In The Breast Cancer Prevention Guide, Dr. Sandra Cabot and naturopath Margaret Jasinska explain the real risk factors for breast cancer and what you can do to greatly reduce your risk. You will probably be surprised to know that oral contraceptives increase the risk of breast cancer by 44 percent when taken before a woman s first pregnancy; iodine deficiency increases the risk of fibrocystic breast disease, which is a precursor to breast cancer; and women who are overweight or insulin resistant are 50 percent more likely to be diagnosed with advanced breast cancer. This book describes all of the breast cancer screening methods available to women and contains a comprehensive plan to help you prevent breast cancer, based on the latest scientific research.

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