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[Take Breast Cancer off your Menu - Kindle edition by ...](#)

The latest medical studies have revealed that there are 'protector' foods with chemical properties that ward off cancer. In Hilda Glickman's new book; [Take Breast Cancer off your Menu](#), you will discover these foods and how to integrate them into your everyday diet. Learn how to avoid common pollutants that can cause breast cancer. You will also discover how the right sleep and exercise can help make your body healthier and more resistant to this disease.

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Surgery to remove breast cancer. There are two main types of surgery to remove breast cancer: Breast-conserving surgery (also called a lumpectomy, quadrantectomy, partial mastectomy, or segmental mastectomy) is a surgery in which only the part of the breast containing the cancer is removed. The goal is to remove the cancer as well as some surrounding normal tissue.

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[Take Breast Cancer off your Menu-Review - Diary of a New ...](#)

While the survival rates for this have skyrocketed, it is far from a pleasant experience to go through surgeries and treatment. I just finished reading author Hilda Gilckman's "Take Breast Cancer off your Menu" and found her explanation of protector foods to be both sound and pretty inspiring.

[Amazon.com: Customer reviews: Take Breast Cancer off your Menu](#)

With a breast cancer diagnosis, it's hard not to think about your prognosis. Everyone is different, but there a few key things experts consider. They include the stage of your cancer and your age.

[Breast Cancer: What Are the Survival Rates? - WebMD](#)

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[Take Breast Cancer off Your Menu: How to Prevent Breast ...](#)

To reduce your chances of developing breast cancer, keep to a healthy weight, exercise daily, sleep well, don't drink alcohol, avoid exposure to chemicals including nicotine, and breastfeed your babies if possible.

[List of Breast Cancer Medications \(81 Compared\) - Drugs.com](#)

There are also other drugs and other ways to lower estrogen to help treat breast cancer. Ask your doctor to tell you about any drugs you are given. Targeted therapy . Targeted therapy drugs may be used for certain types of breast cancer, like those that make too much of the HER2 protein. These drugs affect mainly cancer cells and rarely normal cells in the body.

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Breast cancer cells can break off and move through the lymph or blood vessels to other areas of the body. If breast cancer cells begin to grow in another body part, this is called metastasis ...

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Surgery to remove your breast (mastectomy) A mastectomy is surgery to remove all of the breast. Why you might have it. Your surgeon is most likely to recommend this operation if you have: a

large lump (tumour), particularly in a small breast; a tumour in the middle of your breast; more than one area of cancer in your breast; large areas of DCIS in your breast

[Surgery to remove your breast \(mastectomy\) | Breast Cancer ...](#)

Breast cancer can spread to other parts of your body, and there are a few places where it usually goes. Find out more about how it spreads and what that means for your symptoms and treatment.

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This surgery removes your healthy breast to reduce your risk of developing breast cancer again. Radiation therapy With radiation therapy , high-powered beams of radiation are used to target and ...

[Breast Cancer: Symptoms, Stages, Types and More](#)

It's important take precautions to lower your risk of getting sick, especially if you have a serious health problem such as breast cancer. Social distancing or physical distancing practices are strongly recommended or enforced in most areas of the U.S. and in many countries throughout the world to reduce the spread of COVID-19.

[Coronavirus \(COVID-19\): What People With Breast Cancer ...](#)

Your mother is an important figure in your cancer risk profile if she has or has had breast cancer. But, given the above, it's also helpful to find out if cancer has affected other family members, including grandparents, aunts, uncles, and cousins.

[Your Risk of Breast Cancer if Your Mother Had Breast Cancer](#)

Here are five ways to get on top of your breast health and live your healthiest life. 1. Know your risk of breast cancer. The truth is that everyone is at risk of breast cancer—but some of us are at a higher risk than others. Understanding our risk helps us take better care of our breast health.

[How to take charge of your breast health - Know Your Girls™](#)

Limit alcohol. The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than one drink a day, as even small amounts increase risk.

[Breast cancer prevention: How to reduce your risk - Mayo ...](#)

Women with a very high risk of breast cancer may choose to have their healthy breasts surgically removed (prophylactic mastectomy). They may also choose to have their healthy ovaries removed (prophylactic oophorectomy) to reduce the risk of both breast cancer and ovarian cancer. By Mayo Clinic Staff.

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Inflammatory breast cancer is a rare form of the disease that can cause tenderness or burning pain in your breast. The affected area will also be swollen and red, and will look pitted like an ...

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