

HORMONES & BREAST CANCER

• What You Should Know •

Safer Hormones

- Estradiol (natural estrogen) → No increased risk
- Micronized Progesterone → Safe
- Testosterone → Protective effects

HRT causes no significant cancer risk.

Statins disrupt hormone production.

Higher Risk

- Synthetic Progestins (older hormone pills/shots)
- Obesity (extra fat makes more risky estrogen, estrone)
- Alcohol (1 drink/day = +10% risk, 3+ = +50% risk)
- Toxins in plastics, detergents, candles, cosmetics
- Long-term statin use (linked in studies)

Screening Options

- Mammogram (ages 40-74, every 2 years)
- Thermography - no radiation, good for dense tissue (\$225)
- HER Scan (Ultrasound) - Boosts detection (\$295)

Parabens & phthalates are toxins found in detergent, cosmetics, etc.

Prevention Tips

- Exercise regularly
- Maintain healthy weight
- Eat organic foods
- Limit alcohol
- Check labels for toxins (parabens, phthalates, etc.)
- Support detox with water, fiber & nutrients



Your Partners in Lifelong Wellness!

FlourishMedicalWellness.com