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Simple Lifestyle Modifications Key to Preventing Large Percentage of Breast Cancer Cases

Upcoming presentation to provide latest recommendations from The World Cancer Research Fund and the American Institute for Cancer Research regarding lifestyle modifications designed to prevent breast cancer

CLEVELAND, Ohio (September 24, 2019)—Expert reports estimate that one in three breast cancer cases could be prevented by lifestyle modifications. Those modifications include such basics as weight management, physical activity, nutrition, and alcohol consumption, among others. The latest research on risk management and most current lifestyle recommendations will be presented during The North American Menopause Society (NAMS) Annual Meeting in Chicago, September 25-28, 2019.

Breast cancer remains the most common cancer in women in the United States and around the globe. Numerous studies focused on breast cancer prevention have already been completed, many of which point to the same conclusion; lifestyle modifications offer the best and easiest form of prevention.

In 2018, The World Cancer Research Fund and the American Institute for Cancer Research updated their breast cancer prevention recommendations categorized by menopause status, where possible. The recommendations included some of the more common modifiable elements of breast cancer risk with respect to exercise, diet, alcohol, and breast feeding. The collective recommendations were based on a number of proven facts, including:

- For postmenopausal women there is a 1.5 to 2.0 times increased risk of breast cancer if a woman is obese.
- Body fatness is suggested to increase cancer risk as a result of hyperinsulinemia, increased estradiol, and inflammation.
- The Centers for Disease Control estimate that physical activity alone could prevent one in eight breast cancer cases.
- Alcohol is a carcinogen attributable to 6.4% of breast cancer cases.
- Any amount of alcohol increases the risk of breast cancer and the more a woman drinks, the higher her risk of breast cancer.
- The Cancer Update Project from 2017 observed a significant inverse relationship between non-starch vegetable consumption and a lower risk of breast cancer.

Dr. Juliana Kling from the Mayo Clinic in Arizona will be presenting the latest recommendations, as well as highlights of the studies behind them, at the upcoming NAMS Annual Meeting.

“Given the magnitude of breast cancer occurrence and the accumulated evidence supporting prevention as the most cost-effective, long-term strategy for reducing breast cancer risk, lifestyle education centered on the American Institute for Cancer Research cancer prevention recommendations should be a core component of routine patient visits,” says Dr Kling.

“This presentation should provide some valuable insights to healthcare providers who have the power to help guide women to adopt healthier lifestyles which, in turn, will decrease their risk of developing breast cancer,” says Dr. Stephanie Faubion, NAMS medical director.

Drs. Kling and Faubion are available for interviews before the presentation at the Annual Meeting.

For more information about menopause and healthy aging, visit menopause.org.

Founded in 1989, The North American Menopause Society (NAMS) is North America’s leading nonprofit organization dedicated to promoting the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging. Its multidisciplinary membership of 2,000 leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education—makes NAMS uniquely qualified to serve as the definitive resource for health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit www.menopause.org.