

# [Breast menstruation and birth control. breast cancer is](https://assignbuster.com/breast-menstruation-and-birth-control-breast-cancer-is/)

[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

Breast cancer just so happens to bea growing epidemic that many women (even men) are faced with. This is amalignant tumor that starts in the cells of the breast. A malignant tumor is agroup of cancer cells that grow into surrounding tissues to distant areas ofthe body. It has started becoming an epidemic that plagues all women around theworld. There are many risk factors that can cause breast cancer such as familyhistory, environment, diet and exercising, chemicals in foods or products, hormones and so much more.

It does not affect just older women, it also affectsyoung women due to menstruation and birth control. Breast cancer is the second leadingcause of death in women worldwide. The American Cancer Society estimates that sadlyit is now one out of nine women in the US who will develop breast cancer atsome point during her life because the chances of getting it has risen withinthe last couple decades (“ Breast Cancer and Environment” 1996); if there is a familyhistory of breast cancer, it increases the risk of possibly developing breastcancer, but just because someone in your family has it, it does not mean thatyou will get it as well.

There is still not an exact cause of cancer yet, butthere are still many factors that increases the chances of developing cancer. Forexample, menstruation before the age of 12 and having menopause after the ageof 50 can increase the risk of cancer, also having high concentrations ofestradiol in their system, hormonal therapy, obesity in postmenopausal, birthcontrol, and poor nutrition and alcohol. Incidents of breast cancer hasrisen with age in young women as in older women. When it comes to racialgroups, cancer is the most common diagnosed female cancer. For instance, according to the Surveillance Epidemiology and End Results (SEER), incidencerates are higher in Black women compared to White women as they start approaching40 then crosses over to have lower incidence rates than White women. When itcomes to the age group 45 to 49, breast cancer is more widespread in White thanAfrican American women.              Exercise and diet are factors thatcontribute to breast cancer risk. Diets that are high on animal fat, are linkedto this illness because more fat cells produce more estrogen, high fats promoteearly onset of menstrual cycle; women who are on high vegetable fat diets havelower risks (Mouhieddine 2013).

Several observational studies of fruits andvegetable consumption did not show any benefit in reducing breast cancer risk.             The mortality rates from breastcancer rise with age; the rates in black women are higher than in white womenof all ages. Young women have poorer five-year survival rates than older women. In SEER data, young women who were under the age of 35 were compared to womenwho were 50-55, which showed that women under the age of 35 had worse five-yearsurvival (74% for young women and 85% for older women). The five-year survivalrate explains what percent of people live at least five years after they havebeen diagnosed with cancer.

If the cancer just so happens to be found only inthe breast, the five-year survival rate of women with breast cancer is 99%. The riskof developing breast cancer is believed to be due to the different types ofenvironmental exposure. Breast cancer is not one disease, it is a complex groupof diseases that occurs in an environmental complex world. Everyone is exposedto all types chemicals and radiation in their daily lives which include thingsthat are found in nature that we eat, drink, touch or breathe. Even medicationsas well, such as birth control pills or menopausal hormone therapy are oftentimes considered environmental factors. There are some environmental factorsthat keep us healthy, but then there are others that can increase the risk ofbreast cancer or other diseases. Alsoin the work place where people are exposed to the high levels of organicsolvents and gasoline components is also an important risk factor.

Estrogen isa hormone that is closely linked with the development of breast cancer. Thereare numerous synthetic chemicals that act like estrogen in the body, and thatincludes weed killers and pesticides, plastic additives or by-products, andalso ingredients that are found in spray paints and paint removers. Breastcancer is so common now and it really does not matter if the women is older oryounger because there are so many risk factors such as family history and the environment. This cancer is a serious disease that should not be taken lightly, so in orderto prevent complications it is important for women to perform self-exams, receive regular mammograms, and to also maintain a healthy life style.