

Breast menstruation and birth control. breast cancer is

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Breast cancer just so happens to be a growing epidemic that many women (even men) are faced with. This is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that grow into surrounding tissues to distant areas of the body. It has started becoming an epidemic that plagues all women around the world. There are many risk factors that can cause breast cancer such as family history, environment, diet and exercising, chemicals in foods or products, hormones and so much more. It does not affect just older women, it also affects young women due to menstruation and birth control. Breast cancer is the second leading cause of death in women worldwide. The American Cancer Society estimates that sadly it is now one out of nine women in the US who will develop breast cancer at some point during her life because the chances of getting it has risen within the last couple decades ("Breast Cancer and Environment" 1996); if there is a family history of breast cancer, it increases the risk of possibly developing breast cancer, but just because someone in your family has it, it does not mean that you will get it as well.

There is still not an exact cause of cancer yet, but there are still many factors that increase the chances of developing cancer. For example, menstruation before the age of 12 and having menopause after the age of 50 can increase the risk of cancer, also having high concentrations of estradiol in their system, hormonal therapy, obesity in postmenopausal, birth control, and poor nutrition and alcohol. Incidents of breast cancer has risen with age in young women as in older women. When it comes to racial groups, cancer is the most common diagnosed female cancer. For instance, according to the Surveillance Epidemiology and End Results (SEER), incidence rates are higher <https://assignbuster.com/breast-menstruation-and-birth-control-breast-cancer-is/>

in Black women compared to White women as they start approaching 40 then crosses over to have lower incidence rates than White women. When it comes to the age group 45 to 49, breast cancer is more widespread in White than African American women. Exercise and diet are factors that contribute to breast cancer risk. Diets that are high on animal fat, are linked to this illness because more fat cells produce more estrogen, high fats promote early onset of menstrual cycle; women who are on high vegetable fat diets have lower risks (Mouhieddine 2013).

Several observational studies of fruits and vegetable consumption did not show any benefit in reducing breast cancer risk. The mortality rates from breast cancer rise with age; the rates in black women are higher than in white women of 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 women who were 50-55, which showed that women under the age of 35 had worse five-year survival (74% for young women and 85% for older women). The five-year survival rate explains what percent of people live at least five years after they have been diagnosed with cancer.

If the cancer just so happens to be found only in the breast, the five-year survival rate of women with breast cancer is 99%. The risk of developing breast cancer is believed to be due to the different types of environmental exposure. Breast cancer is not one disease, it is a complex group of diseases that occurs in an environmental complex world. Everyone is exposed to all types of chemicals and radiation in their daily lives which include things that are found in nature that we eat, drink, touch or breathe. Even medications as

well, such as birth control pills or menopausal hormone therapy are oftentimes considered environmental factors. There are some environmental factors that keep us healthy, but then there are others that can increase the risk of breast cancer or other diseases. Also in the work place where people are exposed to the high levels of organic solvents and gasoline components is also an important risk factor.

Estrogen is a hormone that is closely linked with the development of breast cancer. There are numerous synthetic chemicals that act like estrogen in the body, and that includes weed killers and pesticides, plastic additives or by-products, and also ingredients that are found in spray paints and paint removers. Breast cancer is so common now and it really does not matter if the woman is older or younger 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 order to prevent complications it is important for women to perform self-exams, receive regular mammograms, and to also maintain a healthy life style.