



Texas Breast Center Reveals the Habits that May Lead to Breast Cancer

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Texas Breast Center in Waxahachie, TX, has recently released an article about the habits that may lead to breast cancer. The article points out that getting rid of such habits can help in reducing the risk of developing breast cancer. These are behaviors and lifestyle choices that may have a significant effect on the risk of an individual getting breast cancer. The article points out how lack of exercise, use of certain types of birth control, poor nutrition, excessive use of alcohol, hormone replacement therapy, and tobacco use, have all been linked to breast cancer. Even though there are a number of potential causes of breast cancer, some behaviors and lifestyle choices may have a substantial impact.

Dr. Valerie Gorman, MD, FACS of the Texas Breast Cancer says, "These lifestyle choices, including smoking, drinking alcohol, and eating poorly may all raise your risk. Regular physical activity and maintaining a healthy weight are effective methods to lower your risk. This disease may also arise as a result of certain birth control methods and hormone replacement therapy. If you have any of these risk factors, it's important to speak to your doctor about them."

Studies have shown that around 30 to 40 percent of all types of cancer are somehow related to diet. While it

is not possible to avoid breast cancer by just changing one's diet, certain meals have been observed to help boost one's physical health, enhance the immune system, and reduce the chance of getting breast cancer. According to studies, consuming a range of foods that are high in nutrients, such as vegetables, fruits, whole grains, and legumes, may provide the body with the energy it needs and many help people feel their best. Animal research also indicate that eating food cultivated without using pesticides may help in avoiding cell changes that may be related to pesticide usage.

Studies over the last 20 years have also indicated a consistent connection between increased physical activity and reduced risk of breast cancer. It is not yet clear how exercise can have this effect but it is believed that exercise controls the levels of insulin and estrogen, which are two substances that may promote the development of breast cancer.

Unfortunately, current or recent use of oral contraceptives has been found to linked to the risk of breast cancer. Studies have revealed that women's risk of getting breast cancer is 20 to 30 percent higher when they use birth control pills, especially during the period immediately after. However, they noted that the additional risk has only a little impact because the absolute risk of breast cancer for most young women is low.

Studies have also shown that smoking may greatly increase the risk of developing breast cancer, especially in women who started smoking as teenagers or who had a family history of breast cancer. Excessive consumption of alcohol may also increase the chance of women getting breast cancer. Studies showed that the risk increased by about 7 percent for every alcoholic beverage consumed every day.

And studies have also revealed that breast cancer risk is higher with most types of hormone replacement therapy (HRT) but those who get a combination of estrogen and progesterone have been observed to have a higher risk.

The Texas Breast Center functions as the breast cancer surgery practice of Dr. Valerie Gorman, MD, FACS. She specializes in breast cancer surgery; partial mastectomy; breast pain treatment; benign breast disease treatment; sentinel lymph node biopsy; lumpectomy; mastectomy/ nipple-sparing mastectomy; axillary surgery; prophylactic mastectomy; catheter placement for partial breast radiation; consultations for abnormal mammograms; diagnostic breast biopsy with ultrasound and stereotactic guidance; and genetic/ familial high-risk screening and assessment.

Those who would like to get more details about the habits that may lead to breast cancer and the services provided by Dr. Valerie Gorman can check out the Texas Breast Center website or contact them on the

telephone. They are open from 9:00 am to 4:00 pm, from Monday to Friday.

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For more information about Texas Breast Center, contact the company here: Texas Breast Center
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Texas Breast Center

Valerie J. Gorman, MD, FACS, is a surgeon of oncology and diseases of the breast. She is board certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center.

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