## Preventing Breast Cancer:

THE STORY OF A MAJOR, PROVEN, PREVENTABLE CAUSE OF THIS DISEASE

John W. Gofman, M.D., Ph. D.

 Our estimate is that about three-quarters of the current annual incidence of breast-cancer in the United States is being caused by earlier ionizing radiation, primarily from medical sources.

From Chapter 1

This edition includes an additional section,
 Response to Critiques of the First Edition.

Section 5

Second Edition: 1996 C.N.R. Book Division

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John W. Gofman

**Preventing Breast Cancer** John W. Gofman, 1995 This book for women their physicians is not about early detection of breast cancer It is about PREVENTION Dr Gofman shows that past exposure to ionizing radiation primarily medical X rays is responsible for about 75 percent of breast cancer cases USA Learning that the major cause of a disease is PREVENTABLE represents an enormous step toward controlling the number of future cases The task is NOT to reject medical uses of radiation which are often very beneficial The task is to obtain those benefits with vastly less harm Radiation levels from mammography have been reduced by 30 fold since 1970 It would be criminal not to make the SAME serious effort to reduce doses in other radiation procedures including fluoroscopy says Gofman a world renowned physician researcher Instead of just wringing our hands over the breast cancer problem its time to USE the knowledge that X rays are a major proven preventable cause of this disease Incubation times vary Cases to be diagnosed 10 to 50 years from today are being generated NOW Every action which reduces unnecessary breast irradiation at any age is GUARANTEED to prevent a share of future breast cancers which would otherwise occur Cancer Prevention: The Causes and Prevention of Cancer — Volume 1 Graham A. Colditz, D.J. Hunter, 2006-04-11 This Cancer Prevention book series aims to complement the research reported in the journal Cancer Causes and Control Volumes in this series will summarize the state of the science from causes to prevention of cancer The scope will be international The past 20 years has seen an explosion of epidemiologic material on the causes of cancer Examples include the growing number of studies of physical activity and colon cancer which have emerged and the numerous studies of components of diet such as alcohol and the risk of specific cancers Major shifts in resource allocation now focus on translation of this new knowledge to actual cancer prevention programs Researchers practicing clinicians and those who write and implement public health policy need this information summarized in an easily accessible format The abundance of knowledge increasing understanding of how to communicate risk of cancer to the public and greater public awareness of cancer make the coming years ones in which we will see many new attempts at widespread cancer prevention programs For example the U S Centers for Disease Control and Prevention launched a national colon cancer awareness campaign in early 1999 The Thyroid Cancer Book M. Sara Rosenthal, 2002 M Sara Rosenthal Ph D bestselling author of The Thyroid Sourcebook recommended by The New York Times The Thyroid Sourcebook for Women and The Hypothyroid Sourcebook has just published The Thyroid Cancer Book the only consumer book to date devoted to thyroid cancer A thyroid cancer survivor herself Rosenthal wrote the book she wishes she d had when diagnosed in 1983 The Thyroid Cancer Book explains all forms of thyroid cancer and its treatment in plain language It was written in consultation with the leading medical experts on thyroid cancer in North America and is the only book of its kind in the world It includes extensive information on Significant risk factors for developing the disease and how to find and investigate lumps in the neck Papillary and follicular thyroid cancers as well as the less common medullary and anaplastic cancers Treatment options surgery and

radioactive iodine Post treatment follow up whole body scans and Thyrogen Self healing and complementary therapies The emotional impact of cancer on families and loved ones Palliative care While thyroid cancer accounts for roughly two percent of all cancers it's among the fastest growing cancers in incidence Its causes in North America are associated with fallout from nuclear testing in the American midwest and environmental causes which Rosenthal also writes about in detail Recommended by Johns Hopkins Thyroid Tumor Center The Thyroid Foundation of America The American Foundation for Thyroid Patients The Thyroid Foundation of Canada CancerHelpUK and thyroid cancer patients from both Thyca and Thry Reverse Breast Cancer Jahangir Satti, Ph.D., D.A.B.R., 2002 An alternative and complementary approach to deal with different types of breast diseases that lead to breast cancer The main emphasis is on homeopathic medicines herbs and vitamins Some major objectives of Complementary and Alternative Medicine are to 1 Reduce toxicity of therapy 2 Improve cancer related symptoms 3 Enhance immune system 4 Direct anticancer effects 5 Take care of early symptoms 6 Establish communication system at the cellular levels Preventing Breast Cancer John W. Gofman, 1996 Manmade Breast Cancers Zillah R. Eisenstein, 2001 Preface Acknowledgments Personalizing the politicizing the personal Politicizing personal environments Politicized environs and personal breasts Personal is incompletely political From Pink to Green Barbara L. Ley, 2009 The breast cancer movement has emphasized the importance of reducing or eliminating exposure to chemicals and toxins The movement's disease prevention philosophy is chronicled from the beginning **Breast Cancer** NA NA,2016-09-23 Breast Cancer Society Shapes an Epidemic provides an innovative look at the social and political contexts of breast cancer and examines how this illness has become a social problem This is not a book about breast cancer as a biological disease its diagnosis and treatment or the latest research to cure it Rather it looks at how economics politics gender social class and race ethnicity have deeply influenced the science behind breast cancer research spurred the growth of a breast cancer industry generated media portrayals of women with the disease and defined and influenced women s experiences with breast cancer The contributors address the social construction of breast cancer as an illness and as an area of scientific controversy advocacy and public policy Chapters on the history of breast cancer the health care system the environment and the marketing of breast cancer among others tease apart the complex social forces that have shaped our collective and individual responses to breast cancer The Hidden Structure of Violence Marc Pilisuk, Jennifer Achord Rountree, 2015-07-17 Acts of violence assume many forms they may travel by the arc of a guided missile or in the language of an economic policy and they may leave behind a smoldering village or a starved child The all pervasiveness of violence makes it seem like an unavoidable and ultimately incomprehensible aspect of the modern world But in this detailed and expansive book Marc Pilisuk and Jen Rountree demonstrate otherwise Widespread violence they argue is in fact an expression of the underlying social order and whether it is carried out by military forces or by patterns of investment the aim is to strengthen that order for the benefit of the powerful The Hidden Structure of Violence marshals vast amounts of evidence to examine

the costs of direct violence including military preparedness and the social reverberations of war alongside the costs of structural violence expressed as poverty and chronic illness It also documents the relatively small number of people and corporations responsible for facilitating the violent status quo whether by setting the range of permissible discussion or benefiting directly as financiers and manufacturers. The result is a stunning indictment of our violent world and a powerful critique of the ways through which violence is reproduced on a daily basis whether at the highest levels of the state or in the deepest recesses of the mind Special report on environmental endocrine disruption an effects assessment and analysis: prepared for the Risk Assessment Forum, U.S. Environmental Protection Agency. ,1997 Alternative Raguel Martin, Judi Gerstung, 2004-11-22 With almost 100 000 copies sold in earlier editions this revised edition provides the most up to date information on natural alternatives to synthetic hormone replacement therapy A must read for any woman taking synthetic hormones for infertility birthcontrol PMS or menopause Includes the latest research on using natural progesterone to combat osteoporosis endometriosis heart disease PMS fibroids and breast ovarian and uterine cancer More and more women are seeking alternatives to synthetic hormones and their harmful side effects Despite increasing awareness of the dangers of synthetic hormones over prescription of estrogen is still rampant as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy HRT outweigh the risks This updated fourth edition offers the latest information on how botanical progesterone therapy also known as natural HRT can provide safe natural relief for many of the problems women face from hormone deficiency including PMS fibromyalgia depression menstrual irregularity miscarriages uterine fibroids and infertility Botanical progesterone supplementation can be also extremely effective in relieving hot flashes insomnia night sweats vaginal dryness and even cancer The authors sift through misinformation and contradictory studies warning against corporate sponsored research in a multi billion dollar menopausal industry and guide readers to natural alternatives This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer more effective methods of cancer detection are also well documented Reducina Environmental Cancer Risk Suzanne H. Reuben, 2010-10 Though overall cancer incidence and mortality have continued to decline in recent years cancer continues to devastate the lives of far too many Americans In 2009 alone 1 5 million American men women and children were diagnosed with cancer and 562 000 died from the disease There is a growing body of evidence linking environmental exposures to cancer The Pres Cancer Panel dedicated its 2008 2009 activities to examining the impact of environmental factors on cancer risk The Panel considered industrial occupational and agricultural exposures as well as exposures related to medical practice military activities modern lifestyles and natural sources This report presents the Panel s recommend to mitigate or eliminate these barriers Illus Reexamining the Scientific Basis for the Linear No-threshold Model of Low-dose Radiation United States. Congress. House. Committee on Science. Subcommittee on Energy and

Environment, 2001 **No Mammo?** Rachel Campergue, 2025-07-23 Every year the month of October is decked out in pink with countless posters calling on people to crusade against breast cancer through mammography Why are public health officials doctors associations and laboratories so keen to do this Are women really well informed about the risks they run by undergoing screening And do the promised benefits really exist Rachel Campergue was outraged by gynecologists obstinacy in forcing her to undergo mammography What she discovered was appalling By infantilizing women public authorities promote confusion between prevention and screening Doctors do not have adequate knowledge to ensure that the consents they obtain from their patients are indeed informed As for the associations they are the agents of a juicy business that benefits above all the manufacturers of health products The conclusion of this abundant precise and humorous work is without appeal a cancer detected by mammography does not equal a life saved and if you choose to have one every two years do so with full knowledge of the facts Social Epidemiology Julie Cwikel, 2006 By tracking the distribution of disease and pinpointing relevant risk factors social epidemiology reveals how social problems are intrinsically linked to the health of populations The practice also takes into account the psychosocial biological and medical determinants of disease and health encouraging a rich and multidisciplinary approach to analyzing and solving complex contemporary social issues This book provides a clear and comprehensive set of tools for practice Julie Cwikel begins with an overview of the historical roots of public health and social medicine and shows how they formed the theoretical basis for current social epidemiological methods Cwikel then explains the theoretical and programmatic tools social epidemiologists use in their research program planning and evaluation In conclusion Cwikel demonstrates how the SOCEPID model can be applied to a range of topics including chronic illness obesity violence prevention occupational health sexually transmitted diseases especially HIV environmental hazards and addressing the needs of vulnerable populations such as immigrants and trafficked women With compelling authority Cwikel shows readers how the exciting and growing field of social epidemiology is both practical and activist drawing on cutting edge empirical findings to conduct policymaking research and promote health at both the personal and population levels Cancer-gate Samuel Epstein, 2019-08-22 Award winning author Samuel S Epstein M D whose 1978 book The Politics of Cancer shook the political establishment by showing how the federal government had been corrupted by industrial polluters has written a book that is sure to be of equal consequence Cancer Gate How to Win the Losing Cancer War is a groundbreaking new book It warns that contrary to three decades of promises we are losing the winnable war against cancer and that the hand in glove generals of the federal National Cancer Institute NCI and the private nonprofit American Cancer Society ACS have betrayed us These institutions Epstein alleges have spent tens of billions of taxpayer and charity dollars primarily targeting silver bullet cures strategies that have largely failed while virtually ignoring strategies for preventing cancer in the first place As a result cancer rates have escalated to epidemic proportions now striking nearly one in every two men and more than one in every three women This translates into approximately 50 percent

more cancer in men and 20 percent more cancer in women over the course of just one generation Life's Delicate **Balance** Janette Sherman, 2014-05-01 With breast cancer rates soaring Life's Delicate Balance defines and documents many causes highlighting means to prevention Applicable to other cancers as well this book is being published at a critical time Patients their families environmental activists physicians attorneys and all of those working toward prevention will find this book interesting informative and insightful **Pink Ribbon Blues** Gayle A. Sulik, 2012-10-18 Explores the hidden costs of the pink ribbon as an industry and analyzes the social impact on women living with breast cancer the stereotypes and the Anticipation and Medicine Mihai Nadin, 2016-10-22 In this book practicing physicians and experts in anticipation stigmas present arguments for a new understanding of medicine Their contributions make it clear that medicine is the decisive test for anticipation The reader is presented with a provocative hypothesis If medicine will align itself with the anticipatory condition of life it can prompt the most important revolution in our time To this end all stakeholders medical practitioners patients scientists and technology developers will have to engage in the conversation The book makes the case for the transition from expensive and only marginally effective reactive treatment through spare parts joint replacements organ transplants and reliance on pharmaceuticals antibiotics opiates to anticipation informed healthcare Readers will understand why the current premise of treating various behavioral conditions attention deficit disorder hyperactivity schizophrenia through drugs has to be re evaluated from the perspective of anticipation In the manner practiced today medicine generates dependence and long lasting damage to those it is paid to help As we better understand the nature of the living the proactive view of healthcare within which the science and art of healing fuse becomes a social and political mandate Making Better Environmental Decisions Mary O'Brien, Environmental Research Foundation (Annapolis, Md.), 2000 This work recommends a simple yet profound shift to another decision making technique alternatives assessment Instead of asking how much of a hazardous activity is safe alternatives assessment asks how we can avoid or minimize damage

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