

# Are You at Risk For Breast Cancer?



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cancer growth, exhibit anti-cancer effects, have anti-cancer effects, initiate cancer development and encourage tumor growth. These factors, when looked at comprehensively, may be an excellent predictor of breast cancer risk much like the BRCA test.

The BRCA test is a blood test that looks at your genetics to identify harmful changes in one of the two breast cancer susceptibility genes. Women with inherited changes in these genes are more likely to develop breast cancer (and ovarian cancer). The BRCA test is not usually offered to women unless they have a personal or family history of breast cancer. What's important to know about BRCA is that women who are BRCA negative may still develop breast cancer, making this type of urinary screening test particularly important. If a woman undergoes breast cancer risk urine testing and finds she is at a higher risk for breast cancer, she can choose to aggressively and proactively reduce her risk through

diet modification, physical activity, weight loss and smoking cessation.

Here's an example: If estrogen ratios are out of range and breast cancer risk is elevated, the ratios may be modified through the addition of brussel sprouts, broccoli, and cabbage to the diet. Nutritional supplements such as soy isoflavones, flax seed and omega 3 fatty acids may also aid in risk reduction in this particular situation. So, some simple

dietary changes in conjunction with supplements and a retest 3 to 6 months later will get this patient a measurable way to see risk reduction.

If you are interested in identifying if you have a potential risk for estrogenic-induced cancers such as breast cancer, please contact (636) 928-5588 to set up a time for consultation with Dr Crosby or go to [crosbychiropractic.com](http://crosbychiropractic.com) to read about the urine testing available for determining risk.

Now there is a simple urine test available that can help identify your risk for breast cancer.

This urine test looks at waste products eliminated through your urine. It measures for metabolic waste products that have been shown to inhibit

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