

is never the fault of the individual. A balanced diet, a lifestyle that includes abstaining from smoking and drinking alcohol in excess, and regular exercise are all ways to stay healthy, but none will guarantee a woman or man will not get breast cancer.

Are There Risk Factors for Breast Cancer?

BreastCancer.org notes that there are factors a woman or man can control that might lessen their risk for breast cancer. Those risks include:

Weight. Post-menopausal women in particular can reduce their risk of breast cancer by maintaining a healthy weight. Fat tissue is the body's main source of estrogen after menopause, and having more fat tissue means higher estrogen levels, which increases breast cancer risk.

Diet. Many cancers are linked to diet, but studies have yet to show for certain which types of foods increase the risk for breast cancer. In general, it's good to restrict sources of red meat and other animal fats, such as fats from dairy products. Some studies have shown that eating a lot of red or processed meats is associated with a higher risk of breast cancer. Eating a diet low in fat and

rich in fruits and vegetables is often recommended to reduce cancer risk.

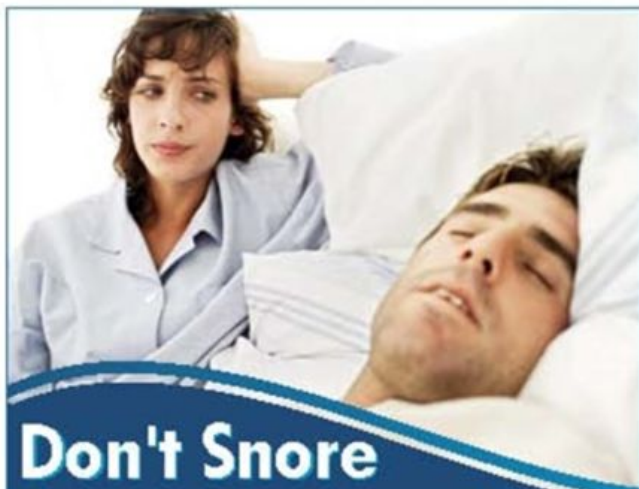
Exercise. The American Cancer Society recommends engaging in 45 to 60 minutes of physical exercise five or more days per week, as evidence continues to mount that exercise can reduce breast cancer risk.

Alcohol and smoking. Alcohol limits the liver's ability to control blood levels of estrogen, which can increase risk of breast cancer. Similarly, smoking has been associated with a small increase in breast cancer risk.

BreastCancer.org also notes additional risk factors for breast cancer can include recent oral contraceptive use, stress and anxiety and exposure to estrogen.

While all of the mentioned risk factors are within an individual's control, there are a host of additional factors beyond a person's control that can increase risk of breast cancer. These factors include age, family history, personal history, and race among others.

For more information on breast cancer, visit www.breastcancer.org.



Don't Snore Your Life Away!

Snoring Can Be More Than Obnoxious; It Could Be Fatal.

- Are you tired during the day or wake up tired?
- Are you a man over 40?
- Are you a post-menopausal woman?
- Are you noticing that your child doesn't sleep well?
- Is your child hyperactive?
- Do you have diabetes or acid reflux?
- Are you a post-menopausal woman?
- Are you wearing a CPAP?
- Does your head ache when you wake up?
- Do you suffer from high blood pressure?

All these can be signs of one very serious and possibly fatal health condition: **Sleep Disordered Breathing**

Sleep-disordered breathing: Commonly referred to as sleep apnea, is characterized by numerous brief interruptions (often just 10 seconds) of breathing during sleep. Blood oxygen levels can fall dangerously low.

Sleep Disordered breathing is linked to obesity, Cardiovascular Disease, Alzheimer's Disease, insulin resistance (Diabetes), glucose intolerance (metabolic disorders), sexual dysfunction, attention deficit/hyperactivity disorder and a host of other problems—and it can be fatal.

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