

**For Immediate Release**

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## **Breast Cancer and Stress Related?**

**ATLANTA, October 1, 2006 --** By the end of this year, an estimated 212,920 new cases of invasive breast cancer will be diagnosed in the United States. Three million women are living with breast cancer. Two million have been diagnosed and one million do not know they have it. Breast cancer is the second leading cause of cancer death in women following lung cancer in the United States.

During Breast Cancer Awareness Month, international stress expert Dr. Kathleen Hall urges women everywhere to re-evaluate the stress in their lives and learn how it can lead to cancers and other serious diseases.

Studies continually support the theory that stress may promote cancer development. Evidence is accumulating that chronic stress is linked with developing certain kinds of cancer. Some studies show that women who have had chronic stress had higher rates of breast cancer.

Regular self-breast exams and mammograms are standard tools to fight breast cancer, but with statistics on the rise, women must think holistically about their health. Practicing stress techniques can not only reduce the risk of cancer, but improve health on multiple levels and make life worth living.

### **Dr. Kathleen Hall's S.E.L.F. Care Program**

#### **S=SERENITY**

- Meditation. Research shows that meditation produces antibodies, boosts the immune system and helps your mood. Additional research demonstrates the positive effects meditation has on your brain and immune function.
- This month enroll in a meditation class, buy a meditation CD or DVD or learn guided imagery to boost your immune system and your mood.

#### **E=EXERCISE**

- Moderate exercise three times a week. Studies show us that during moderate exercise immune cells circulate through the body more quickly and are better able to kill viruses and bacteria. Research also tells us that too much exercise can reduce immunity as it stresses the body. Research shows women with breast cancer who exercise regularly report lower depression, weight loss and increased satisfaction with their lives.

- Get out and walk three days a week for 20-30 minutes. Put your treadmill in front of your television and when your favorite show is over you have given yourself an immune boost.

### **L=LOVE**

- Group support helps. Dr. David Spiegel at Stanford studied women with metastatic breast cancer and women in a weekly support group lived on average twice as long as did the women who did not participate in a group.
- Join some type of group that meets regularly. Start a reading club, card group, support group, it doesn't matter what kind, just get together with others and share your life.

### **F=FOOD**

- Food is medicine!
- Tomatoes. Studies underway now, reveal lycopene may reduce the risk of breast and cervical cancer.
- Green tea. Research tells us there is evidence tea consumption decreases the risk of most cancers, including breast cancer. Many studies show tea can inhibit the formation and growth of tumors.
- Broccoli. John Hopkins discovered a compound found in broccoli that not only prevents the development of tumors by 60% in the studied group, it also reduced the size of tumors that did develop by 75%. Broccoli is among the most powerful weapons in our dietary arsenal against cancer. 87 studies confirm that broccoli and other cruciferous vegetables lower the risk of cancer.
- Orange juice. The National Cancer Institute calls oranges a complete package of anticancer power. The soluble fiber, or pectin, which is so effective for heart health, is also an anticancer agent.

### **Dr. Kathleen Hall**

Dr. Kathleen Hall, an internationally recognized stress and work-life balance expert, is the Founder and Director of The Stress Institute. She has been featured on all major television networks including NBC's Today Show, FOX, and CNN, as well as other reliable media outlets such as Good Morning America Radio, ESPN.com, USA Today, Fortune, Redbook, and Real Simple. Author of *A Life in Balance: Nourishing the Four Roots of True Happiness* (AMACOM, January 2006) and *Alter Your Life: Overbooked? Overworked? Overwhelmed?* (Oak Haven, April 2005), she offers simple methods for reducing stress and living a balanced life of true happiness. For more information about Dr. Hall, and The Stress Institute, please visit [www.drkathleenhall.com](http://www.drkathleenhall.com).

**For more tips on how to beat stress, or to set up an interview with Dr. Kathleen Hall, please contact:**

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