

Well Women Network

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Sign the Petition!

Legislation to halt so-called "drive-through" mastectomies was re-introduced in 2007, with support from Lifetime Television and 14 million concerned Americans.

[Add your signature](#) to support this very important bill and let Congress know it should be up to a woman and her doctor to determine how long a mastectomy patient needs to be hospitalized, not the insurance companies!

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7 Risk Factors for Breast Cancer

The Harvard Women's Health Watch has compiled a list of seven key factors that may affect your risk of developing some types of breast cancer. Something to keep in mind. (Medical News Today, January, 2007)

Dietary Fat Not Linked to Increased Breast Cancer Risk

A study in the American Journal of Epidemiology finds no correlation between a high fat diet and increased breast cancer risk in postmenopausal women. Researchers looked at 20 years' worth of data and found that there might actually be a slight decrease in risk for some women on these types of diets. (Reuters Health via Cancerpage.com, November 2006)

Herbal Supplements & Cancer Prevention

If you're interested in learning more about natural and holistic approaches to cancer prevention, check out this article on Essiac, an herbal formula that has shown great promise and some surprising results over the years. (Shareguide.com)

Breastfeeding Reduces Cancer Risk

For every year that a woman breast feeds her baby, her risk of developing breast cancer declines by four percent, according to a study conducted by the Guttmacher Institute. Incidence of breast cancer is lower in developing countries than in Western culture; the greater number of children and longer amount of time spent breast feeding likely accounts for this difference. (Guttmacher Institute, 2002)

Obesity's Impact on Ovarian Cancer

Researchers have shown a definite link between obesity and reduced survival rates among ovarian cancer patients. Obesity impacts overall health, and often leads to conditions such as diabetes and heart disease, which may impact on the body's ability to fight cancer effectively. Even accounting for differences in body mass index, women with ovarian and some other cancers have a lower survival rate overall than their

cancer

My cancer scare changed my life. I'm grateful for every new, healthy day I have. It has helped me prioritize my life.

—Olivia Newton-John, singer

In 2003, 70 percent of women age 40 years and over had a mammogram within the past 2 years. Poor women living below the poverty threshold were less likely to have a recent mammogram (55 percent) than were women in families with incomes at least twice the poverty threshold (74 percent).

—Centers for Disease Control and Prevention



New Lymphoma Drug Shows Promise

Eleven of 38 non-Hodgkin patients respond to blinatumomab, study

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non-obese counterparts. (Reuters, August, 2006)

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Older Adults Reluctant to Question Surgical Treatment They only raised about half their concerns, so

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Do AntiDepressants Do More Harm than Good?

There is a good deal of anecdotal evidence that some antidepressant medication, including well-known drugs such as Paxil and Prozac are linked to violent incidents among some patients. The level of serotonin in some patients on these and similar drugs is at a very high, or excitotoxin level, and *may* lead behavior that mimics mental illness. Many different side effects, from nausea to sexual dysfunction have also been reported. So why are so many doctors still prescribing these meds? (*NewsTarget*, April, 2006)

SSRIs: What You Should Know Before Taking Them

Many different types of antidepressant medications, such as Prozac, Zoloft, and Paxil are prescribed to women for treatment of anxiety and depression. This class of drugs is known as SSRIs, or selective serotonin reuptake inhibitors. Some two-thirds of SSRI prescriptions are written for women. If you're taking this medication, or thinking about it, this article from *Women and Health Protection* provides a good overview of what the drugs do, potential side effects, and possible alternatives. (*Women and Health Protection*, October 2005)

Stress Busting Tips

We're all under stress. Having a calm, relaxed place to unwind can create a sense of peace and well-being. Here are some ideas to create an environment that can surround you with calm. (*WomenOf.com*)

Coping with Panic Attacks

If you suffer from panic attacks or other related anxiety disorders, a combined therapeutic approach that includes cognitive-behavioral therapy, and medications, can help 70 to 90 percent of people lead normal, active, healthy lives. (*the Anxiety Panic Internet Resource*)

Depression & Medication: Things to Consider

mental & emotional health

Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.

— Louise Hart U.S. psychologist, educator. *The Winning Family*, ch. 20 (1987).

Depression affects roughly one in ten Americans. If you're a woman, your chances are two to three times that of a man.

— Society for Women's Health Research



Can all episodes of depression be treated by medication? What about therapy? Or a combination of the two? Many physicians are quick to prescribe antidepressants, but many of these drugs can cause addiction, have strong side effects, and patients may suffer severe withdrawal symptoms. And drugs may not really address some of the underlying psychological issues contributing to depression. Here are some things to consider and discuss with your health provider before you fill that prescription (Helpguide.org)

Minimizing Stress Helps Reduce Headaches

Many women suffer stress-related headaches, which just adds more fuel to the tension already being experienced. The American Council for Headache Education has some stress-busting tips that can help reduce headache frequency and severity. (ACHE)

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