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Welcome to Best Think Pink News, which aims to offer information and inspiration to its readers, which will empower us all to take control of our breast health, whilst giving women the opportunity to join us in spreading the word.

The Breast Cancer Scandal

Have you ever thought about why more and more women are getting breast cancer?

Have you ever wondered what happens to all the billions of pounds which are raised in the name of charity and spent on breast cancer research?

Have you ever wondered how much of the money you raise is spent on prevention - ensuring that less women get breast cancer in the first place?

Women are willing to do anything in the name of breast cancer, from jumping out of aeroplanes to walking through the night with their bra on top of their clothes! And I believe that those women would be shocked to know how little of the money they raise is spent on prevention.

I believe that it is time for change. It is time to shift the current emphasis from breast cancer to breast health and prevention. It is time to focus on the positive things we can do to protect our breasts.

This is why I have launched a new campaign – Healthy Breasts For Every Woman – which offers women practical ways of being proactive about their breast health. It also invites women to get involved themselves and have a direct impact on the breast health of women in this country.

If you want to start to focus on encouraging more women to have healthy breasts, then go to: www.healthybreastscampaign.co.uk

In the News: HRT and Breast Cancer

Breast cancer rates among women in their 50s are falling at the same time as the number of women under 60 receiving prescriptions for hormone replacement (HRT) has halved – according to Cancer Research UK.

As you know, I am an active supporter of Breast Cancer UK, the only charity in this country concerned with prevention and the link between all the chemicals in our everyday lives and rising breast cancer rates.

I talk to people about chemicals, often called oestrogen mimickers or hormone disruptors, which act like oestrogen in our bodies and which may upset the delicate

balance of hormones. It is very worrying that we are mucking about with our bodies like this and, most of the time, unknowingly.

There are many scientists and health practitioners who believe that Hormone Replacement Therapy (HRT) can be a contributing factor in breast cancer. There is recent evidence from the States that this may be the case. To read a full article go to <http://news.bbc.co.uk/1/hi/health/7869679.stm>.

My stance is always that we should treat our bodies as naturally as possible – there are lots of natural alternatives to HRT, such as homeopathy, diet, reflexology. I would urge ladies to try these first before resorting to drugs which are an artificial way of controlling our hormones.

Three Solutions to Puberty Worries

There are so many pressures on young people these days and the changes happening to them during puberty can be a worrying time. Here are some tips on three areas which are usually of concern.

Starting Periods:

Did you know that one-in-eight girls now start their periods at primary school? Although the average age is around 12, it is becoming increasingly common for girls to start as young as eight. The arrival of a girl's first period can't be predicted, but there are two helpful indicators:

- .. periods tend to start about two years after the emergence of breast buds;
- .. girls will start getting a sticky white discharge 6-12 months before they start – easy to monitor when you're doing the laundry!

Most schools wait until Year 6 for the puberty lesson, but for some girls this is too late. To spare your daughter unnecessary distress, it's important to talk to her as early as possible so that she understands what will happen in the future – however far away that might be. Show her how to use sanitary pads, ensure there are always some in the bathroom and that she knows where they are. For peace of mind, give her a purse filled with pads to keep at school or in her bag so it's always to hand.



The PoGo Pack™ is a great way to introduce the subject of periods to girls, designed to support them with the transition into puberty. It's an all-in-one portable kit containing everything they need to manage their periods with confidence, including pads for girls that give a more comfortable fit, educational information, a planner for tracking their periods, and more. PoGo's website also provides lots more support and resources: www.pogopack.co.uk.

Period Pain:

The misery of menstrual pain can be a real strain on a young girl. Jo de Louvois, a Bowen Therapist and Reflexologist, tells about one young lady of 14 who she has been able to help.

When Laura first went to see Jo, a Bowen Therapist and Reflexologist, she had been menstruating for the past six months. Each month, prior to her period, the lower abdominal pains would start, with backache, nausea and emotional upset. Due to the severity of these symptoms Laura had to take 2 days off school every month and numerous amounts of painkillers. Her periods were heavy and lasted 8-9 days. After 4 Bowen/Reflex Treatments Laura did not get any PMS/PMT symptoms that month and her period only lasted 5 days. **Her mother also remarked that her daughter's hormonal mood swings had not been as frequent and that she was generally much calmer and happier in herself.**

Feeling emotional, irritable, tearful, tired, bloated, nauseas and in pain before a period are all the symptoms of pre-menstrual syndrome (PMS or PMT). Many pubescent girls have these symptoms and sometimes just knowing about it and predicting when it will happen is enough to help them through. But for some these symptoms can be so severe that it starts to affect their lives. The pain and discomfort of PMT/PMS can mean days off school every month, loss of confidence, no concentration which affects school work, mood swings which affect family and friends etc.

Problem Skin and Acne:

How you look is so important in your teens and having bad skin can be really depressing.

Many teenagers resort to harsh antibacterial products. Most of these include the following harmful ingredients as detailed in "What's In This Stuff" by Pat Thomas:

- Harsh detergents like sodium laureth sulphate which can be contaminated with the carcinogen 1,4 dioxane and the potential hormone disruptors cocamide DEA and triethanolamine (TEA).
- PEG or propylene glycol are preservatives and can be contaminated as above and can form carcinogens when mixed with DEA and TEA.
- Phenoxyisopropanol is an antibacterial agent, manufactured by combining carcinogenic phenel (coal tar) with the solvent isopropanol. It is an irritant are allergic reactions are possible.
- Carbomer is a gelling agent that can be irritating to the skin and eyes.
- Parfum does not clean the face and can be a source of skin and airways irritation.

So think carefully about what you choose for your child to help keep their skin as clear as possible.

The information in this newsletter has been compiled by Nikki Mattei and has been sourced from media articles and the internet. The opinions expressed are not intended as medical advice and should be used for information purposes only. Anyone requiring further details on any of the contents of the newsletter, should contact Nikki Mattei on 07814 504755 or email her at nikki@bestthinkpink.com. If you do not wish to receive this newsletter, please inform nikki@bestthinkpink.com or the person who sent it to you. No email addresses will be shared with third parties.