

## Mounting Evidence Confirms Breast Cancer Incidence Decline Due to Decline in HRT Use

By Dr. Angela Lanfranchi

Published in Breast Cancer Research this past May 2010, a journal article reviewed the mounting evidence that hormone replacement therapy (HT) in women over 50 years old was the key factor in the recent declines noted in breast cancer incidence. Citing statistics from the California Teachers Study cohort, the Australian investigators found “a 26% reduction in invasive breast cancer in the cohort (group of women) from 2000-2002 to 2003-2005 which accompanied an estimated 64% drop in HT use between 2000-2001 and 2005-2006.” The decline was in women who had ceased HT. Notably, the decline was predominantly in tumors sensitive to estrogen for growth. Screening had remained stable in these groups. The argument that decrease in screening caused fewer cancers to be found could not be made. Remarkably, the abstract’s conclusion states, “...these findings support carefully targeted short duration use as an important ongoing strategy to minimize breast cancer risk.”

This study goes on to cite the many ecological and observational studies that show that elevated breast cancer risk sharply declines with cessation of HT use. And yet there is no mention of the 2005 UN’s International Agency on Research of Cancer’s Monograph 91 which, after review of the world’s literature, classified HT as a Group 1 carcinogen for breast, cervical and liver cancer. These authors did not suggest that there be a public awareness campaign so that women would be aware of this important and life saving information. The authors did not suggest research to find therapies to reduce hot flashes that would not cause cancers. They merely opined that women should be given a Group 1 carcinogen for a shorter duration! They also did not note that the reason 15 million women stopped their HT in 2002 was because THEY found out about the risk on the 6 o’clock news and not because suddenly their doctors told them about the risk. It was women

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### Worldwide Studies Continue to Support the ABC Link

Studies on risk factors for breast cancer continue to be published. An Iranian study published in the Asian Pacific Journal of Cancer Prevention by Naieni et al., showed a 62% increase in breast cancer with induced abortion. This risk was statistically significant.



In this study, higher education, late menopause, a first-degree family history of breast cancer (a mother or sister) were also significant risks. There were two protective effects observed: multiple full-term pregnancies and long duration of breast feeding.



### Spotlight on BCPI Board Member, Dr. John Bruchalski

Dr John Bruchalski is a founding board member of BCPI. He is an active Ob-Gyn practicing in Fairfax County, Virginia. He practices with 5 other MDs at the Tepeyac Family Center which he started in 1994, a year after receiving his board certification and 5 years before co-founding BCPI.

Since that time his practice has grown. He was featured in an article in the Washington Post as his group practice does not prescribe oral contraceptives, perform abortions or sterilizations, and uses natural family planning techniques only. He was criticized for this as not providing “complete” women’s health

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### Two Fundraising Events Are Planned for June



**Orchestral Concert for Hope to Benefit BCPI Is Set for June 25 in Massachusetts**



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**New Jersey Annual Golf Classic to Benefit BCPI Is Scheduled for June 30**

Robert Gerling, husband of BCPI board member, Jo Ann Gerling, has organized the **1st Annual Breast Cancer Prevention Institute Golf Classic**. This event is scheduled for Thursday, June 30, 2011 at the Cranbury Golf Club located in West Windsor, New

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## Mounting Evidence Confirms ...

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who called their doctors asking if it was true, were they on the same drug and shouldn't they come off their HT that preceded the decline.

A recent survey of young women in the US revealed that only 19% were told of a cancer risk with oral contraceptives when they were prescribed. Oral contraceptives are the same drugs as in HT except that they are in much higher doses.

The abstract/summary/conclusion of this paper is extremely disappointing to this author. They stated that 21% of the California Teachers Study were still using HT in the 2005-2006 resurvey. But instead of suggesting an educational program be started for women and doctors, they just said that the optimal prevalence of HT is not known, meaning what should we consider an acceptable number of women on HT. Would

### IMAGINE....

What declines of breast cancer there would be in women under 50 if oral contraceptive use declined!!!!

## Spotlight on BCPI...Dr. John Bruchalski

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care. Their center is known for taking care of the poor as well as those difficult obstetrical cases for which other doctors recommend abortion and the mother refuses to comply.

One such mother had lost her amniotic fluid at 12 weeks. Despite recommendations from many doctors to have an abortion, Dr. Bruchalski cared for her and delivered her son Joey, now 4 years old. He is a healthy child. Joey's mother travelled 35 miles to see him and over half of his practice comes from outside his county and 10% from out of state. He is an example to look to when it seems impossible to other Ob-Gyns that anyone could practice and thrive without prescribing oral contraceptives.

## Golf Classic...

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Jersey. The course is memorable and challenging yet player friendly. Participants will enjoy a day-long opportunity to play golf, enjoy good food and meet others who support BCPI's mission. The day begins with a breakfast buffet and ends with an Award Ceremony, gifts and prizes at the dinner buffet.

For more information about this exciting event, please go to our BCPI website. From there you can view and download a copy of the golf outing brochure with full details of the event, including the activities planned for the day and sponsorship opportunities.

The brochure contains a registration form for those of you wishing to participate as a golfer or to sign up as a sponsor.

[www.bcpinstitute.org/fundraiser.htm](http://www.bcpinstitute.org/fundraiser.htm)



we say that there should be an optimal prevalence for cigarette smoking, the use of another known Group 1 carcinogen?

Oral contraceptives are taken by 75% of all women of reproductive age in this country. Those same drugs causing breast cancer in their mothers are causing them to be at increased risk as well. Wouldn't we expect to see similar rates in decline as those seen when women stopped the HT or even more? What if women knew about all the risks for breast cancer that they are not generally aware of? How many women know that women who have not had a full-term pregnancy and smoke cigarettes have a 600% increase risk of breast cancer? Breast cancer incidence declined 26% in the California Teachers Study when they stopped HT, which was found to cause a 26% increase risk of breast cancer in the 2002 Women's Health Initiative Study. Imagine the decline in breast cancer if women knew and acted upon what we already know? That is why the mission of BCPI is so important.

## Concert for Hope...

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Last November, BCPI was contacted by two students at the University of Massachusetts who wanted to raise money for charity by having an annual orchestral concert. They said after months of looking at different charities, they thought BCPI would put the money to good use. The concert will be held in Durgin Hall on the southern campus at the University of Massachusetts at Lowell at 7:00 PM Saturday, June 25<sup>th</sup>, 2011. The concertmaster is Angie Shyr, who has played with Led Zeppelin and Aerosmith. What better place to promote the information BCPI has for young women than a college campus!

These wonderful musicians will be playing pieces from famous composers such as Rimsky, Korsakov, Schubert, Tchaikovsky and more.

Please visit the Concert for Hope website for more information: [www.concertforhope.net](http://www.concertforhope.net)

You can also download a flyer of the event from the BCPI website: [www.bcpinstitute.org/fundraiser.htm](http://www.bcpinstitute.org/fundraiser.htm)

## A REMINDER!

The Breast Cancer Prevention Institute moved to New Jersey a while back. Some of you might still have our old address in Poughkeepsie, NY, and we do not want your letters to us to go astray!

BCPI's correct mailing address is:

**Breast Cancer Prevention Institute  
30 Rehill Avenue, Suite 3400  
Somerville, NJ 08876 USA**



BCPI's telephone number, email address and website address have remained the same.

The **Breast Cancer Prevention Institute** is a non-profit, 501(c)(3) corporation, with headquarters at 30 Rehill Ave, Suite 3400, Somerville, NJ 08876 USA  
Phone toll-free: 1-86-NO CANCER (1-866-622-6237) • [www.bcpinstitute.org](http://www.bcpinstitute.org).  
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