

[IMAGE]

Breast Health 101: Movement Is Life

By Editorial Staff

It's been said that "movement is life," and from a health perspective, there's no better example than the dramatic impact consistent physical activity has on disease risk. In fact, regular exercise has been shown to reduce the risk of developing many forms of cancer, including breast cancer. But exercise isn't the only form of "movement" that may affect breast cancer risk, according to a recent study. Results of the investigation, presented at the American Society for Cell Biology meeting in San Francisco, suggest that applying physical pressure to malignant breast cells helped the cells regain a normal growth pattern, rather than triggering cancer.

Guatham Venugopalan, one of the study researchers, emphasized that, like other studies, this investigation emphasizes the health benefits of physical movement / activity:

"People have known for centuries that physical force can influence our bodies," said Venugopalan. "When we lift weights our muscles get bigger. The force of gravity is essential to keeping our bones strong. Here we show that physical force can play a role in the growth – and reversion – of cancer cells."

Breast Cancer - Copyright © Stock Photo / Register Mark An estimated one in eight U.S. women develops breast cancer, making it one of the most prevalent cancers and a serious public health issue, to say the least. Yet if caught early, more than 90 percent of breast cancer victims survive, making prevention, early diagnosis and treatment strategies critical. That's why regular self-examinations are encouraged, along with periodic mammograms. For more information on breast cancer prevention and screening, [click here](#). For more detailed information regarding the study, [click here](#).

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=1727&no_paginate=true&no_b=true