

## Celebrate Your Health!

It has been shown that, girls and young women who exercise regularly between the ages of 12 and 35 have a substantially lower risk of breast cancer before menopause compared to those who are less active. In the largest and most detailed analysis to date of the effects of exercise on pre-menopausal breast cancer, the study of nearly 65,000 women found that those who were physically active had a 23 percent lower risk of breast cancer before menopause. In particular, high levels of physical activity from ages 12 to 22 contributed most strongly to the lower breast cancer risk.



One-fourth of all breast cancers are diagnosed in women before menopause. Numerous studies have shown that physical activity reduces the risk of postmenopausal breast cancer, but the few studies that have looked at the influence of exercise on breast cancer risk before menopause have produced conflicting results.

For the current analysis, researchers examined data on a subset of women enrolled in the Nurses' Health Study II, a prospective study of registered nurses ages 24 to 42. These 64,777 women had filled out detailed annual questionnaires about their levels of physical activity from age 12 on. After six years of follow-up, 550 women had been diagnosed with breast cancer.

The researchers found the age-adjusted incidence rates for invasive breast cancer dropped from 194 cases per 100,000 person-years in the least active women to 136 cases in the most active. The levels of physical activity reported by the most active women were the equivalent of running 3.25 hours a week or walking 13 hours a week. The benefit of exercise was not linked to a particular sport or intensity but related to total activity.

One theory to explain the lower risk of breast cancer among active young women is that exercise reduces their exposure to estrogens. Numerous studies have shown that the more estrogen a woman is exposed to, the greater her risk for breast cancer. Thus, women who begin menstruating later or enter menopause early have a lower risk of breast cancer. And young women who are physically active are more likely to start their periods later and less likely to have regular cycles when they begin their periods. (This research was funded by grants from the National Cancer Institute and the American Cancer Society).

Please remember to do your breast self-exam this month. For more information on breast health and breast cancer prevention, or to join us at our **Celebrate Your Health! Club**, contact **Stephanie F.** at (517) 999-2894 or [stephanie@nwlansing.org](mailto:stephanie@nwlansing.org).

## Welcome and Goodbye!

NorthWest Initiative is pleased to welcome our new Food Systems Project Assistant, **Suellen Hozman** and our new FSP intern, **Aaron Stotenbur**. We would also like to welcome **Robert McElwee** as our new intern for the Westside Alliance and **Maxine Mills** as our new office assistant. Unfortunately, we would like to say goodbye to **Gary McMillan** who also served as an office assistant. You will be missed.

## Upcoming Events

### "A Pet Fair"

Sponsored by  
Letts Community Center & The  
Capital Area Humane Society  
Examinations, Vaccinations, Flea  
Treatment, De-Worming, Dog Collars,  
Leashes & Pet Food  
Also, **Appointments** taken for **FREE**  
spay and neuter surgeries  
All services **FREE** for those in the  
area of Letts Community Center  
(1220 W. Kalamazoo)  
April 20, 2009; 4:00 - 7:00pm  
Call (517) 483 - 4311 for details

### "Kindergarten Round-Up"

Sponsored by the Mid-Michigan  
Leadership Academy  
Kindergarten Round-Up for  
2009 - 2010 school year  
(Students must be 5 years old by  
December 31, 2009)  
Activities, Enter to win \$50 gift card  
Thurs, April 30<sup>th</sup>; 8:30am - 2:00pm  
Call (517) 485 - 5379 for details

### "Meijer Bowl for Kids' Sake"

Sponsored by Meijer  
for Big Brothers Big Sisters  
Become a participant, a sponsor, a  
prize donor or a committee member  
Starts Friday, April 24<sup>th</sup>  
Call (517) 372- 0160 for more details

### March Food Resource Dates

**Angel Food Ministries**  
Place orders in the middle  
of the month and pick up at  
the end of the month.  
Call Julie @ (517) 485 - 0174  
(Must enroll prior to distribution)

**Great Food for All**  
Place orders at the beginning  
of the month and pick up in  
the middle of the month.  
Call Jack @ (517) 374 - 2650  
(Must enroll prior to distribution)

**Food Movers Distribution**  
April 8<sup>th</sup> & 22<sup>nd</sup>, from 11 -12 pm  
Mid-Michigan Leadership Academy  
(Must enroll prior to distribution)  
730 W. Maple St. Lansing,  
(517) 482-1270

**NorthWest Initiative**  
(Panera supplemental Bread Location)  
Thursdays; 12:00-4:00 pm,  
1012 N. Walnut St. Lansing,  
(517) 999-2894