


The METRO SPORTSMED FALL NEWSLETTER

Friday, October 2, 2009

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METRO SPORTSMED®
Physical & Occupational Therapy

October is Breast Cancer Awareness Month.

The **METRO SPORTSMED®** Team of physical and occupational therapists understand the benefits of exercise and its preventive/curative role. We consider it our mission to empower you with the most beneficial protocol of exercise, rehabilitation and injury prevention measures possible.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
www.metrosportsmed.com
718.METROSPORTSMED
718.638.7677

Exercise and Prevention of Breast Cancer

What is breast cancer?

Breast cancer is an uncontrollable growth of cells. It is a result of abnormal changes in the cells responsible cell growth and function. When that happens, these cells begin dividing without control forming a tumor. Although cancer may originate in many parts of the body, breast cancer is a primary concern for women of all ages. Breast cancer puts our mothers, sisters, and friends at risk and the reason is often unknown. Chances are, someone you know may be at risk.

Breast cancer is caused by a genetic abnormality. Only about 5-10% of cancers are due to an abnormality inherited from a parent. About 90% of breast cancers are due to genetic abnormalities that occur with the aging process. Since cancer affects many lives, medical researchers are constantly searching for new preventative methods. Science is making great progress in finding ways to decrease the risk of developing breast cancer. While some risk factors like family history cannot be avoided, there is a silver lining...



The good news is that exercise helps decrease your risk of breast cancer!

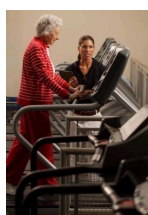
- The recommended duration of exercise to reduce the risk of breast cancer is only 6 hours per week. Researchers are not yet able to explain the link between exercise and a decreased risk, although women have nothing to lose by starting a regular workout regime.
- Age is not an issue: Exercise plays a positive role in preventing breast cancer in women of all ages.
- Overall, an appropriate exercise program may reduce the risk of developing breast cancer by more than 20 percent.



It gets better. Exercise appears to be a beneficial choice for women currently battling breast cancer. According to researchers, exercise not only boosts the mood of cancer sufferers, but also improves their physical function. As we all know, a strong body is better able to ward off diseases, even breast cancer.

In addition to an individualized exercise program, women are highly encouraged to perform regular breast exams. These exams take only a few minutes and have proven to be a very helpful tool in the early detection of breast cancer. To learn more about breast self-examination, consult your physician or reputable breast cancer association.

An Ounce of Prevention...



For all women concerned about breast cancer, a little bit goes a long way.

Exercise does not have to be very challenging in the beginning. **METRO SPORTSMED®** can develop a unique exercise program that takes your individual medical history and preferences into consideration and provides the best possible results.

The fact of the matter is, exercise gets easier with time, and there is no good reason to ignore any activity that could help you (or someone dear to you) battle cancer.

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: October 5th, 2009

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metroportsmed.com

**ASK US ABOUT THE
METROFIT™ Nutrition Program**
Daniel Spira-Bleier, RD, CDN
Registered Dietician

Our goal is to help you achieve a healthy lifestyle. We offer nutrition management for weight loss and chronic diseases. At **METROFIT™** your success is our top priority, therefore we work with you to find the diet that best fits your lifestyle. Our Registered Dietitian* will ensure you receive medically sound nutrition advice.

For more information or to register please call:

CALL 718 METROFIT (718-638-7634) or email:

jsheinberg@metrofitonline.com

FREE LECTURE; ARTHRITIS FRIENDLY COOKING TIPS

Guest Speaker: Jenny Shulman, OTR/L
Occupational Therapist METRO SPORTSMED®
Date: Thursday, October 8th

Take Control Of Your Life... and Your Health!

TIME: 12:00-1:00

PLACE: METRO SPORTSMED
1309 Avenue J (East 13th Street)

PLEASE CONTACT JSHEINBERG @ 718.369.8041 or
email : jsheinberg@metrosportsmed.com

Refreshments will be served

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK
locations

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At **METRO SPORTSMED®**, our team of therapists are best positioned to develop exercise programs that are customized to each individual, based on their background and needs. We can help you take control of your life by creating a personalized exercise regime to improve your overall health, achieve or maintain and health body weight, and even reduce the risk of breast cancer.

A Final Word: Don't Think You Are Immune:



Relying solely on an annual physical examination is not the best strategy. Take charge of your future and your health by performing a breast self-exam on a regular basis.


Many professionals recommend a monthly exam, performed at the same time each month, since hormonal changes can bring variations in the feel of the breasts.

The exam itself is quick and painless, capable of bringing your attention to changes that may otherwise have gone unnoticed. Keep in mind that while trained medical professionals are well-qualified to perform this type of exam, they will never be able to recognize changes in your body as quickly as you can. For more information on the role of exercise in the prevention of breast cancer, and our programs and services, please call us at your earliest convenience.

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