

Living Life After Breast Cancer: Surviving And Thriving TM

(NAPSA)—Breast cancer survivors are growing in numbers. Recent medical advances now allow us to detect breast cancer earlier than ever before, while cutting-edge research has led to more effective treatment plans. As a result, more women are surviving breast cancer and living longer, healthier lives. In fact, the 2.3 million women who have previously been treated for breast cancer now make up the largest group of cancer survivors in the United States.

After breast cancer patients finish an often rigorous treatment regimen, which may involve breast surgery (a mastectomy or lumpectomy), radiation and chemotherapy, they must return to their “normal” everyday lives. However, many breast cancer survivors agree that their experience with cancer forever alters their outlook on life. These women will go on to face many significant changes and challenges in the months and years after completing their treatment. For example, breast cancer survivors may be faced with the possibility of the cancer coming back (recurrence), as well as an increased risk of getting a new breast cancer. The chance of breast cancer recurrence without treatment like radiation, chemotherapy or hormonal therapy (referred to as adjuvant treatment) is highest in the first five years after an initial diagnosis of early breast cancer, and actually peaks within the first three years, although the timing of maximum risk of recurrence is as described with treatment. Moreover, even 10 years after the first diagnosis of the disease, there is still some risk of recurrence.

Following are five tips to help breast cancer survivors stay healthy and disease-free.

1) Follow-up Care

Regular doctors’ appointments, exams, and tests are essential. A careful examination is recommended every 3 to 6 months for the first three years after primary therapy, every six to 12 months for the next two

years and then annually.

Follow-up exams usually focus particularly on the breasts, chest, neck and underarm areas. In addition, your doctor may conduct or order blood tests or imaging studies. Regular doctor visits are also an opportunity to discuss any treatment side effects or other health problems.

You may want to bring along a spouse or friend to your appointments so as to have an extra set of ears listening to the doctor’s guidance.

2) Mammography Screening and Self-examination

Mammography screening, a simple X-ray scan of the breasts, is still the best available method to detect breast cancer early. Although no medical tests are always accurate, mammograms, as well as monthly breast self-examinations, are important steps to guard against recurrence. Please note that monthly self-exams are not meant as a substitute for periodic exams by your doctor.

3) Continuing Treatment

Breast cancer treatment often includes long-term hormonal therapy. Survivors who are being treated with these drugs should continue to take them regularly for the prescribed time. Hormonal treatment has been shown to lower the risk of cancer returning, while at the same time lowering the risk of new breast cancers for many women.

4) Healthy Eating

Breast cancer research has shown that women who lose weight and exercise have a lower risk of breast cancer recurrence. An overall healthy diet—one that is low in fat and high in fruits, vegetables and grains—may lower the risk of breast cancer recurrence.

Working with a doctor is the best way for survivors to develop a safe nutrition and exercise plan that matches their needs.

5) Exercise

Regular exercise provides real benefits for breast cancer survivors. A recent study in the

Journal of Pain and Symptom Management, March 2007, showed that women with breast cancer that has spread beyond the breast may benefit from participating in a tailored yoga program that includes gentle yoga postures, breathing exercises and meditation.

In addition to helping maintain a healthy weight, physical activity such as yoga can rebuild strength and energy while reducing stress. So choose an activity that suits you and get active. Be sure to check with your doctor before starting any exercise program.

For more information on breast cancer and breast cancer recurrence, visit www.arimidex.com.

Information about ARIMIDEX: *ARIMIDEX is approved for adjuvant treatment (treatment following surgery with or without radiation) of postmenopausal women with hormone receptor-positive early breast cancer.*

Important Safety Information About ARIMIDEX

Prescription ARIMIDEX is only for postmenopausal women. ARIMIDEX should not be taken if you are pregnant because it may harm your unborn child.

In the early breast cancer clinical trial, the most common side effects seen with ARIMIDEX include hot flashes, joint symptoms, weakness, mood changes, pain, sore throat, nausea and vomiting, depression, high blood pressure, osteoporosis, swelling of arms/legs, and headache. Fractures (including fractures of the spine, hip, and wrist) occurred more frequently with ARIMIDEX than with tamoxifen (10% vs 7%).

ARIMIDEX should not be taken with tamoxifen or estrogen-containing therapies.

Please see full Prescribing Information <http://www.astrazeneca-us.com/cgi-bin/az_pi.cgi?product=arimidex&country=US&inFrame=no&popup=no> at <http://www.astrazeneca-us.com/pi/arimidex.pdf>. For more information, see your doctor.