



The 1st Way to a mother's heart is to see her baby's heartbeat!



“Oral Contraceptive Use increases a woman’s risk of developing Breast Cancer”

Mayo Clinic Foundation for Medical Education and Research - October 2006

Have you seen the above headline on the front page of newspapers since this research study came out in October '06? Is Larry King interviewing the President of the American Cancer Society, or the Susan B. Koman Foundation? Has CNN interviewed the writers of this article or the spokesperson for Mayo Clinic's Foundation? Has Fox News called in the representative spokesperson from the Breast Cancer Prevention Institute? Why not?

This is deadly important news. Our women are being kept in the dark. The research paper was authored by Drs. Kahlenborn, Modugno, Potter and Severs. The report is entitled: *“Oral Contraceptive Use as a Risk Factor for Premenopausal Breast Cancer: a Meta-analysis”*, supported in part by a Grant from the National Institutes of Health. Report may be found at www.mayoclinicproceedings.com Report was dated October 2006.

The highest standards of methodology were utilized to bring a high confidence level to the results. (You can check this on the “Methods” paragraph number 2 in the report.) These doctors focused on the following parameters for their study, “premenopausal risk of

early oral contraceptive use in case control studies in which cases developed breast cancer primarily after 1980; omitting 4 of 39 studies that collected data before 1980.” One of the conclusions of the Mayo Study was “that women have used oral contraceptives for longer periods before their first full term pregnancy in more recent decades (1980's and 1990's) vs. older decades (1960's and 1970's).”

This research found that the greatest risk for cancer is for women who have never carried a baby to full term and have used oral contraceptives for 4 or more years. Studies included in this research focused on women who experienced high exposure to prolonged oral contraceptive use at a young age, (premenopausal women or women younger than 50 years old) and have concluded they are at elevated risks. One study from within this paper, “Delgado-Rodriguez et al” reported between 1966 to 1990 an increase of occurrence of breast cancer in women who were premenopausal who used oral contraceptives for 96 months or more before their first full term pregnancy.

“Breast cancer is the leading cause of cancer in women worldwide and the most common form of deadly cancer in US women aged 20-59 years. Each year in the United States, approximately 211,000 women develop breast cancer and more than 47,000 do so before the age of 50 years. During the past 4 decades, breast cancer rates have risen steadily worldwide and have risen even faster in more developed countries, especially in younger women. For example, from 1973 to 1999 the rate of

breast cancer in the United States increased in white women younger than 50 years by 9.8% and by 26.4% in African American women younger than 50 years.”

“The Women's Health Initiative Clinical Trial reported that prolonged exposure to exogenous estrogens and progestins in hormone therapy increases a woman's risk of developing breast cancer. In addition the World Health Organization recently classified both postmenopausal hormone replacement and oral contraceptives (OCs) as group 1 carcinogens.” (*Press Release July 29, 2005 available at: www.larc.fr/ENG/Press_Releases/pr167s/html. Accessed by Mayo group on September 1, 2006*)

The Breast Cancer Prevention Institute, a research and educational public charity with headquarters in New York, (see www.bcpinstitute.org) authored and published a booklet in 2005 by Drs. Angela Lanfranchi and Joel Brind, *“Breast Cancer, Risks and Prevention”* in order to “help women understand what their risk factors are for the development of breast cancer and how they can reduce their risk.” Here is an insightful explanation given under the heading, *“Lifestyle Habits”*: “The method a woman chooses to control her fertility also greatly affects her breast cancer risk. While synthetic steroid drugs in the form of birth control pills, patches or injectable progestins can increase breast cancer risk by up to 1,000%, as one study showed, the use of natural family planning (NFP) will not cause any increase in breast cancer risk. Natural family planning teaches a woman to reliably determine her

fertile days by recognizing her own bodily changes during her fertile and infertile days of her menstrual cycle. Studies have shown efficacy rates similar to those of the “pill” without the cost and side effects. NFP is **NOT** (*emphasis theirs*) the “rhythm method” and can be used effectively by women with regular or irregular menstrual cycles. There are several NFP methods in wide use, including the Billings Ovulatory method, and NaPro-Technology, which is based on the Creighton model. These methods are also used by women to overcome infertility, thus avoiding the use of synthetic fertility drugs such as Clomid.” (*Breast Cancer: Risks and Prevention, p. 18*) We thought you might be interested in these very credible studies. We certainly owe it to our clients to give them the truth!

THROUGH OUR DOORS

We recently received a phone call from a very scared and confused mom, who found out the night before that the girlfriend of her 15 year-old son was pregnant. The young girl, who also happens to be the next-door neighbor, is only 14 years old. Clearly, this family was in need and here was an opportunity for 1st Way to reach out to the “other side of pregnancy”, the father, with empathy and kindness.

How do we encourage acceptance and reconciliation for both families? What are this father’s rights? The young man came in to the Center with his mom and dad and sat quietly and respectfully until it was his turn to speak. Debbie Accomazzo, our first staff counselor, was very impressed with his display of intelligence, maturity and his wide-eyed hope for the future. His

mother’s concern and love for him and his respect for both of his parents was inspiring. Although much about the future was unknown, it was clear that this family would face their future fully intact. At the end of the first session there seemed to be hope.

A few weeks later, seven family members from both families came in to observe the little life seen through the ultrasound screen. Though they were still adjusting to this unexpected intersecting of lives, for this moment, they celebrated and wept as a whole family.

Particularly in this month of Father’s Day, let us not forget that a father has no less value than a mother when both are partners in that child’s life. The people whose lives we touch here at 1st Way often humble us. We saw clearly on that day, that these two families, and this young mom and dad, had dedicated themselves to keeping the family whole, regardless of what “whole” actually looks like.

We thank the following families for their support in May!

Agster Family❖Anderson Family❖ Mary Lou Anton❖Asher Family❖Theresa Bachman❖ Michael Barbieri❖Wilbur Bayham❖Bellizzi Family❖Bielecki Family❖Boeddeker Family❖Bogart Family❖Bonacci Family❖ Maurie Brashaw❖Gloria Brown❖Burr Family❖Cahill Family❖Norma Callender❖ Campbell Family❖Casagrande Family❖ Chenevey Family❖Kevin Cleary❖Connolly Family❖Margaret Dardis❖Sandra Dickmann❖Diocese of Phoenix❖DL Donovan❖Doran Family❖Dowswell Family❖Drisler Family❖ Dugandzic Family❖Christine Dupont❖ Dupont Family❖Ernest Duran❖Ebertz Family❖Ehrhard Family❖Fait Family❖ Marion Fait❖JoAnn Faix❖Janet Fimbres❖ Catherine Fischer❖Flanigan Family❖Fox Family❖Sabina Frink❖Shelby Futch❖ Gangi Family❖Carmelita Gonzales❖ Gonzalez Family❖Eugenia Gorecki❖Groner Family❖Guardiola Family❖Rosie Hacker❖ Herman Family❖Herrmann Family❖Hess Family❖Hodges Family❖Fred Holmes❖

Howard Family❖Howe Family❖Mary Hoyer❖ Irwin Family❖Michael Kingman❖ Knutson Family❖Shirley Kohler❖Kohn Family❖Kunasek Family❖Kunasek Family❖ Lasak Family❖Leovic Family❖Lewis Family❖Beatrice Liska❖ Mary Liska❖ Loignon Family❖Alice Mahoney❖Kirk Mahoney❖Martin Family❖Mary’s Knights❖ Carol Masser❖McCann Family❖Donna McGahey❖McLeod Family❖Gloria McNally❖ Meyer Rodgers Family❖Rose Marie Mikula❖ Mary Mulligan❖Mulligan Family❖ Norton Family❖Arlene Nuckton❖O’Connell Family❖O’Connor Family❖ Peggy O’Neill❖ O’Sullivan Family❖Otondo Family❖Phalen Family❖Ginny Plescia❖Pletka Family❖ Rezzo Family❖Elizabeth Riddell❖Robaina Family❖Charles Robrecht❖ Rogers Family❖Roth Family❖Ryan Family❖ Loretta Ryan❖Reed Santa❖Schindlbeck Family❖Schuler Family❖Serio Family❖ Mary Shadowens❖Shaw Family❖Smith Family❖State of Arizona❖Statt Family❖ Teslevich Family❖Thayer Family❖ Tidmarsh Family❖Ruth Toman❖Jim Trant❖Vandergrift Family❖Venezia Family❖Columbia Watson❖Willer Family❖Wintergalen Family❖Wirth Family❖Wyse Family❖Yu Family

Wish List

✓ **Volunteers!** **1st time ever**
COOPERATIVE VOLUNTEER
TRAINING AT ARIZONA RIGHT TO
LIFE! 1st Way/ Life Choices / Aid to
Women Center will train new volunteers
Friday June 22 and Saturday June 23.
(8:30-4:30) Call for more information!!
WE NEED YOU!!

602-261-7522

Another Way to support 1st Way--the United Way! (Give at work)

1st Way of Maricopa County, Inc is a non-profit organization that operates a pregnancy support center.

The Mission of *1st Way* is to provide education and assistance to any woman or teen who is pregnant or thinks she may be. This is accomplished through the free, loving, and non-judgmental provision of information, counseling, and practical services

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 Staff Nurse: Laurie Pittsenbarger, RN
 Staff Counselor: Debbie Accomazzo
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