

Breast Awareness  
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God made women different than men. (Thank God!) Throughout history, men and women have focused on certain anatomical differences. By the time a woman reaches the age of 50 in America, she has heard just about every loveable, awful, demeaning, eye-rolling, cute and hysterical term for those two mammary glands that sit on her chest. They've been called bosoms, cleavage, melons, headlights, tatas, knockers, boobs, hooters, jugs, the girls, and more.

There's no question that the names for breasts are as varied, descriptive and nuanced as the women who own them.

October is Breast Cancer Awareness Month, so it's a good time to take stock of how to take care of our breasts, ourselves and our sisters who are battling this insidious disease. In honor of those brave Warriors in Pink whom I know and those I have never met, this is for you. God has blessed us with certain foods and nutrients that help us in our fight against breast cancer.

Plums and peaches have antioxidant levels to rival "superfood" blueberries, and contain two types of polyphenols (antioxidants) that may help kill breast cancer cells while leaving healthy cells intact.

Experts think walnuts' anti-inflammatory properties may give them their tumor-fighting potential.

Sulforaphane, a compound in broccoli, reduced the number of breast cancer stem cells (which cause cancer spread and recurrence). To get the most, eat broccoli raw or briefly steam or stir-fry the green florets. (Boiling destroys some of the sulforaphane.)

It's thought that the omega-3 fats in fish oil reduce inflammation, which may contribute to breast cancer.

Researchers found that olive oil's antioxidants and oleic acid (a mono-unsaturated fat) quelled growth of malignant cells. According to a new report published in the *American Journal of Clinical Nutrition*, upping fiber intake may help lower the risk of breast cancer (and the more you eat, the more your risk decreases).

And if you are a coffee drinker, drink up! Recent studies have shown that drinking five or six cups of coffee a day reduces the risk of breast cancer as well as lowering the risk of prostate cancer in men and may protect against head and neck cancers. It may also ward off Alzheimer's disease.

For every friend- sister- mother- daughter- wife- lover- partner- woman who has removed a lump, gotten a scare, lost a breast, had a mastectomy, taken care of and nurtured someone who has brushed up against the evil of "The Big C", I salute you. Stay in the race, and keep fighting. Our hearts and prayers are with you.