



# Health Awareness

## Tennis Star Mom, Betty Agassi, Champions Breast Cancer Awareness

(NAPSA)—Women with breast cancer often breathe a sigh of relief when they reach the five-year disease-free mark. While this is a significant milestone, breast cancer recurrence remains an ongoing risk for many women. Tumors can be removed, but can grow back, invade surrounding tissues and organs and travel to other parts of the body. Approximately one-third of women with estrogen-receptor positive early breast cancer will experience a recurrence.

While medical experts have seen a decline in cancer deaths, breast cancer remains a leading cause of cancer death in women in the United States. Prevention of breast cancer recurrence has now become an urgent priority for the more than 2 million women who have had breast cancer in the United States.

Betty Agassi, a six-year breast cancer patient and mother of tennis legend Andre Agassi, is championing the need for patient education around the risk of breast cancer recurrence. She wants all breast cancer patients, their families and friends to be aware that breast cancer can return and often does in some women.

“The thought of my breast cancer returning is very frightening. With the support of my family, I’ve learned that the battle with breast cancer never ends. If the risk of breast cancer recurrence is an ongoing one, then so should the



effort to minimize this risk. The fight is never over,” said Betty, who was diagnosed in 2000.

As part of her effort to raise awareness, Betty is asking that all breast cancer patients talk with their doctors and find out how they can reduce their risk of cancer returning. And, she encourages family and friends to show their support in helping the woman in their life who has breast cancer to do all she can to reduce her risk of recurrence.

“Knowledge, communication and support are key to winning this ongoing battle,” Betty added.

**Knowledge**—Learn all you can about diet, lifestyle changes and appropriate treatment options as directed by your doctor to help reduce the risk of recurrence. Visit [www.RibbonofPink.com](http://www.RibbonofPink.com) for helpful information.

**Communication**—Discuss your risk of recurrence and treatment choices with your health care professional at diagnosis, throughout treatment and beyond. Your healthcare professional can guide you through the breast cancer continuum.

**Support**—Let a loved one know you are proud of her accomplishments and concerned about her well-being. Send her an e-card full of encouragement. A free e-card is available at [www.RibbonofPink.com](http://www.RibbonofPink.com).

### How to decrease your risk of recurrence

- Maintain a healthy weight
- Exercise
- Stay informed about new treatment options
- Learn about treatment options for which you may be a candidate
- Avoid products containing estrogen, progesterone and pesticides
- Communicate regularly with your healthcare professional. Questions you can ask:
  - Can you talk to me about my personal risk of recurrence?
  - What lifestyle modifications can I make to help reduce my risk of recurrence?
  - What is my nodal status and how does it affect my risk of recurrence?
  - What else can I do to help prevent a recurrence of my cancer?
  - What are the benefits and risks of the various treatments?