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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Gift Giving for Breast Cancer Patients and Their Families

By Adriana Copaceanu

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Did you know that each year, 182,000 women are diagnosed with breast cancer and 43,300 die? One woman in eight either has or will develop breast cancer in her lifetime. In addition, 1,600 men will be diagnosed with breast cancer and 400 will die this year.

The above statistics are scary to say the least. If you have loved ones or friends that have been diagnosed with breast cancer, I am sure you've often wondered what, if anything, you can do to help them.

Here are some gifts that are appropriate for cancer patients, and their families to give encouragement, and support.

Probably one of the most important gifts you can offer, is the gift of your time: time to listen, and time to be with them as they accept the fact that they have cancer, and go through their treatment.

A small journal is another idea: they can put on paper their thoughts, their struggles, and their accomplishments as they fight this battle.

A book of inspiring, encouraging words will do wonders for their soul. One suggestion would be *Chicken Soup for the Surviving Soul: 101 Stories of Courage and Inspiration from Those Who Have Survived Cancer*.

Don't forget a nice teddy bear they can hug, and a CD of soft, comforting, music.

Some cancer patients develop sensitivity to fragrance, so please stay away from scented items.

Again, remember that at times, all they need is to have someone to talk to, or hold their hand: be there for them!

Gift Giving for Breast Cancer Patients and Their Families

For your information:

If detected early, the five–year survival rate for breast cancer exceeds 95%. Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had a mammogram.

Don't miss your mammogram this year. Several national organizations will have a list of the facilities that participate in National Mammography Day. To find a place near you, call:

American Cancer Society
1–800–ACS–2345

The Susan G. Komen Breast Cancer Foundation

1–800–IM–AWARE

National Alliance of Breast Cancer Organizations (NABCO)
1–888–80–NABCO

National Cancer Institute
1–800–4–CANCER

Y–ME National Breast Cancer Organization
1–800–221–2141

Adriana Copaceanu provides people with creative gift ideas that don't blow the bank. Gift Baskets for Baby to Birthday and Beyond, are just some gift ideas you'll find at her site:

. Want regular reminders on gift–giving? Sign up for her free
monthly newsletter at

Solution To Breast Cancer!

By Camry James

How long should a patient take tamoxifen for the treatment of breast cancer?

Patients with advanced breast cancer may take tamoxifen for varying lengths of time, depending on their response to this treatment and other factors. When used as adjuvant therapy for early stage breast cancer, tamoxifen is generally prescribed for 5 years. However, the ideal length of treatment with tamoxifen is not known.

How Often Should I Take Tamoxifen?

Two studies have confirmed the benefit of taking adjuvant tamoxifen daily for 5 years. These studies compared 5 years of treatment with tamoxifen with 10 years of treatment. When taken for 5 years, the drug reduces the risk of recurrence of the original breast cancer and also reduces the risk of developing a second primary cancer in the other breast. Taking tamoxifen for longer than 5 years is not more effective than 5 years of therapy.

What is Tamoxifen

Tamoxifen is an oral selective estrogen receptor modulator which is used in breast cancer treatment, and is currently the world's largest selling breast cancer treatment. It is used for the treatment of early and advanced breast cancer in pre- and post-menopausal women. It is also approved by the FDA for the reduction of the incidence of breast cancer in women at high risk of developing the disease. It has been further approved for the reduction of contralateral (in the opposite breast) breast cancer.

Tamoxifen and Cancer

Tamoxifen is used to reduce the risk of breast cancer for women who:

1. are at high risk of breast cancer but have no personal history of the disease
2. have non-invasive, hormone-receptor-positive breast cancer, or DCIS (ductal carcinoma in situ)
3. have hormone-receptor-positive invasive breast cancer at any stage.

Tamoxifen is sometimes used to treat gynecomastia in men. Tamoxifen is also used by bodybuilders in a steroid cycle to try and prevent or reduce drug-induced gynecomastia caused by steroids that are used in the same cycle.

Tamoxifen is also used to treat infertility in women with anovulatory disorders. A dose of 10–40 mg per day is administered in days 3–7 of a woman's cycle.

Tamoxifen has been proven to be the cure to Breast Cancer. We urge you to find out more about Tamoxifen at

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