How Can Naturopathic Medicine Reduce Breast Cancer Risk Factors?

Our Portland naturopathic physicians offer natural therapies to support and strengthen the body and mind before, during, and after conventional medical breast cancer treatment. Naturopathic medicine can help optimize tolerance to conventional treatments so you can get maximum benefit from them, while also providing strategies to reinforce the body’s natural defenses and recovery systems to prevent unwanted long-term side effects.

Questions we get asked
• How can I reduce my risk of breast cancer?
• How do natural therapy options help me during treatment?
• How do I keep breast cancer from coming back?

What are the risk factors for breast cancer?
• Increased body weight
• Decreased physical activity
• Genetic factors
• Drinking alcohol
• Smoking
• Poor diet, low vegetables, high in processed foods, etc.

Modalities that natural medicine uses to address risk factors:
• Western and Chinese Herbal Medicine
• Acupuncture
• IV’s
• Craniosacral
• Supplements
• Food nutrition
• And more...

We start with the big goals
• Reduced inflammation
• Minimized risk from genetic factors
• Increased oxygen to the cells
• Reduced toxicity levels
• Decrease the effects of stress
• Improved hormone balance and quality of hormones

Did you know?
40% of cancers are preventable: Prevention comes often from health-related habits, including a healthy diet, physical activity, and maintaining a healthy weight.

1 in 8 women develop breast cancer: While it is rare, men can also develop breast cancer.

Naturopathic doctors in Portland are highly educated: Licensed naturopathic doctors are educated at four-year, post-graduate medical schools.

Ways naturopathy can reduce risk for breast cancer
Primary prevention: Naturopaths focus heavily on primary prevention measures, which seek to block diseases from occurring. “True primary prevention involves addressing a patient’s risk for disease and instituting a course of action designed to reduce controllable risk factors,” says the Encyclopedia of Natural Medicine. Naturopathic medicine excels at primary prevention, which typically includes lifestyle modifications such as:
• Reducing inflammation
• Eating more fiber
• Eating more plants
• Quitting smoking
• Ceasing alcohol abuse
• Managing stress
• Moving in ways that you enjoy

Secondary prevention: When traditional healthcare providers talk about prevention, they’re often referring to secondary measures that focus on the early detection of disease. These interventions aim to catch disease in its infancy, when it’s easier to treat and has had only minimal opportunity to damage your body. Secondary prevention tools include screenings for:
• Hypertension
• Cancer
• Osteoporosis
• High cholesterol
• High blood pressure

Tertiary prevention: Once disease has manifested, tertiary prevention aims to minimize the amount of damage or disability it causes.

We invite you to learn more about naturopathic medicine and how our providers can assist you with disease prevention and the healing of both mind and body during any treatment protocol.