

- Oestrogens do not cause breast cancer
- Breast cancer is commonest in elder women where Oestrogen levels are low in the body. It's very rare in younger women where Oestrogen are at their highest
- If you give Oestrogen to a woman with an intact uterus, there's an increased risk of endometrial cancer
- Endometrial cancer is not a killer, but it does involve a hysterectomy. It's scary but it's pretty well controlled by simple surgery
- We have to balance benefits and risk
- We've made enormous progress in the treatment of breast cancer over the last 30 years. The mortality rate started falling in about 1985
- Mortality has fallen close on 50% since 1985
- As a result of which, it has dropped in the league to position 7 for causes of death
- Top of the league is dementia
- 2nd and 3rd in the list is coronary artery disease (heart attacks) and strokes
- Lower down is dying of lung disease
- Oestrogens are beneficial in reducing the risk of these commoner causes of death.
- If women are suffering with menopausal symptoms (i.e.oestrogen deficiency syndrome), give them Oestrogen. Which also happens to improve the chances of not dying from all of these other diseases
- When it comes to risk reduction of breast cancer, what is not in our control, is the choice of our parents and the choice of our sex!
- Within our control is to understand the risks you are facing despite how much it is talked about in the media
- In women under the age of 50, the risk of getting breast cancer is 1 per 1000 per year
- Women over the age of 50, where most of breast cancer occur, is about 2 per 1000 per year
- There are several things that can reduce the risk of getting breast cancer such as exercise and avoiding obesity

- The Mediterranean diet is ideal
- Women need to be aware that a lump or dimple in the breast needs to be reported.
- We should not be single issue fanatics
- Do not rely on ritualistic breast self-examination, it does more harm than good. Instead be aware of the signs and symptoms of all disease, in the same way we should be aware that chest pain, can be a symptom of coronary heart disease
- Every breast cancer is different
- Make an informed joint decision with a specialist that knows what they are talking about
- Treat women as equal in all respects and give them the knowledge to make the decisions
- Breast cancer surgery has been reduced to a minimum and cure rates are rising