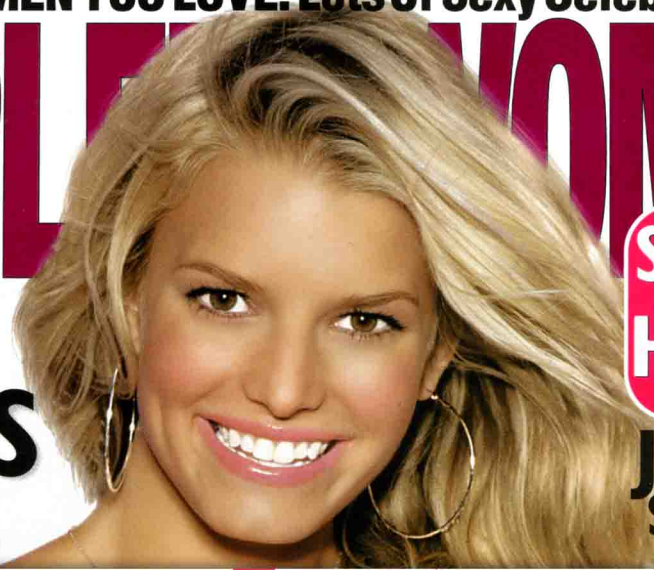


ALL NEW! HOT MEN YOU LOVE! Lots Of Sexy Celebrity Photos P.79

COMPLETE WOMAN

SEX GODDESS SECRETS

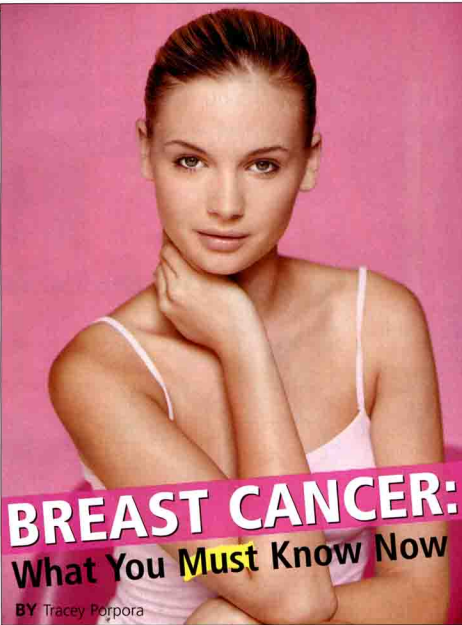


SEXY AUTUMN HAIR STYLES



JESSICA SIMPSON
How She Is

your health



BREAST CANCER: What You Must Know Now

BY Tracey Porpora

women, to prevent recurrence of the disease, says Debbie Saslow, Ph.D., director of breast and gynecologic cancer for ACS. In fact, a recent ACS study revealed a sharp decrease in the incidence of breast cancer from 2002 to 2003 among women age 50 to 69 years old. "This is partly due to fewer women using hormone replacement therapy since studies came out in 2002 that said this wasn't really helping for heart disease, and had a higher breast cancer risk," she says.

However, the decline in breast cancer diagnoses is also due to a harsh reality: fewer women are getting mammograms. In fact, many women still don't have access to lifesaving cancer screenings. ACS reports that 40 percent of American women age 40 and older neglected to have a mammogram in the past year. "If we're not doing as many mammograms, then we're not detecting as many cancers early," explains Dr. Saslow. "We can expect in the next few years the rates are not only going to go back up, but the rates of larger, more advanced cancer are also going to go up. So we're going to lose ground in all the progress we've made in detection. It's important to not only get mammograms, but to get them regularly."

It's important to not only get mammograms, but to get them regularly.

GOOD NEWS/BAD NEWS

Although breast cancer death rates among women have been decreasing steadily since 1990 due to earlier detection and better treatments, the fact remains that this year an estimated 178,480 women will be diagnosed with breast cancer, and about 40,460 will die from the disease, according to the American Cancer Society (ACS). "Breast cancer is still a dangerous disease that takes precious lives," says Dr. Marisa Weiss, president and founder of Breastcancer.org. "Many women in the prime of their lives with families are still dying of this disease." *CW* investigates where we are in the fight against breast cancer... an annual update in each October edition.

"This is a very exciting time in breast cancer. We are developing newer technologies, women are more aware and the media has been a great ally in helping us achieve this goal," says Dr. Rachel F. Brem, director of the Breast Imaging and Interventional Center at George Washington University Medical Center in Washington, DC. "The consequence of this is that breast cancer is being diagnosed earlier in its curable stage, and the death rate from breast cancer is decreasing."

Breast cancer rates are on the decline, largely due to mammography screening and the use of drugs, like Tamoxifen, an estrogen blocker for

EARLY DETECTION SAVES LIVES

While it's recommended by the ACS and US Preventive Services Task Force (USPST) that women age 40 and older get a mammogram every year, women with a strong family history should be tested earlier. "Women with a strong family history are those with multiple people all related by blood who have had breast cancer early in life, ovarian cancer at any age, a male relative with breast cancer or a female relative who had breast cancer in both breasts," says Dr. Saslow. It's recommended that women have regular

continued on page...
following page...

your health

mammograms and breast Magnetic Resonance Imaging (MRI) done at least five to 10 years earlier than the age in which their relatives were diagnosed.

A September 2006 study revealed that more cancers were picked up by digital mammograms in women under 50, premenopausal women and women with dense breasts, says Dr. Carol H. Lee, chairperson of the American College of Radiology Breast Imaging Commission, and Professor of Diagnostic Radiology at Yale University School of Medicine in New Haven, CT. "Digital mammography, which records images onto a computer instead of a film, has become available in many places around the country, and will be increasingly available in the next few years," she says.

GENETIC TESTING

Women should know their family breast and ovarian cancer history for up to three generations. "We know we have effective intervention for women who may be at an elevated risk to develop ovarian or breast cancer based on genetic testing results."



strategies so women don't have to get these diseases. Women must remember that it's not all about breast cancer. Breast cancer goes hand-in-hand with ovarian cancer. "Genetic testing is now more readily available to women today than ever before. "Genetic testing has moved outside of only academic centers and into the family practice of oncology," says Poynter.

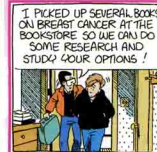
Abraxane, which uses an albumin formulation to deliver paclitaxel and treat advanced metastatic breast cancer by stopping cancer cells from repairing themselves and making new cells.

Also, there are new targeted therapies, which destroy cancer cells. "A new medicine in that arena is Tykerb, which is taken by pill, and works against abnormal genes in breast cancer cells," says Weiss. "In addition, we're seeing an expanded use of Herceptin [which is a monoclonal antibody that uses the immune system to kill tumor cells], and it's helping more people. Also, Avastin is a medicine that blocks the formation of new blood vessels that cancers will use to feed themselves. By blocking the food supply to cancer, you end up starving the cancer," says Weiss.

Meanwhile, there are more sophisticated methods for delivering radiation therapy today. "We can maximize the radiation to where it needs to go, which is the breast area, and at the same time, avoid it from going to normal tissue," says Weiss. Radiation therapy is a way to control the cancer

COMFORTING COMICS

Lisa, husband Les and their friends struggle to cope with Lisa's breast cancer diagnosis.



comic strips on Lisa's initial battle with cancer and the current series examining more struggles since. The book also contains resource material on breast cancer, including early detection, information sources, support systems and health care.

The 240-page Lisa's Story: The Other Shoe will be available in bookstores in October 2007 and is a **Complete Woman** must-read for women of all ages. Know someone with breast cancer? This is the perfect showing-you-care present.

LISA'S STORY: THE OTHER SHOE
In 1999, Lisa Moore, one of Funky Winkerbean's friends and a main character in the comic strip *Funky Winkerbean*, discovered she had breast cancer. Comic strip creator Tom Batiuk, unsure about dealing with such a serious subject, decided to go ahead with the story line. He approached the topic

with the idea of mixing humor with serious and real themes to heighten the readers' interest. Lisa and husband Les faced the same physical, psychological and social issues as anyone else dealing with the disease.

Lisa's Story: The Other Shoe (The Kent State University Press, \$24.95) is a brilliant collection of both the 1999

says Dr. Elizabeth Poynter, a gynecological oncologist with a private practice, Poynter Oncology and Pelvic Surgery, in New York City, who formerly worked at Memorial Sloan-Kettering Cancer Center in New York City for 14 years. "Today, there is more recognition of the importance of family history and detecting hereditary breast cancer, ovarian cancer, and implementing prophylactic, or prevention,

NEW TREATMENTS
The good news for breast cancer survivors is there have been more new drugs approved to treat the disease. "There are three categories of medicine therapies: chemotherapy, targeted therapies and hormonal therapies," explains Weiss. "In traditional chemotherapy we now have more agents to use, such as Abraxane." In January 2005, the FDA approved

within the breast itself, explains Dr. Michael Naughton, assistant professor of medicine, and a breast cancer oncologist at Siteman Cancer Center at the Washington University School of Medicine in St. Louis, MO. "After surgeons remove a tumor, if there are any microscopic cancer deposits left, you need to eliminate those through radiation therapy," he says. *CW*

A Hot New Shape

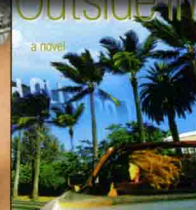
OCTOBER/NOVEMBER 2007

\$3.99 (CAN. \$4.99)



Retailers: Display Until Dec. 18, 2007

Hot Bachelors!
Music's Most Eligible
You Can E-Mail Now!



NEW FIRST BOOK!