

DONATE

zero breast  
cancer

Proud to Partner With

*Every Body*  
**WALK!**

## ZBC Looks Ahead

**We reviewed and reflected in 2016 and now we are delighted to share our updated platform. For a more detailed strategic road map [click here...](#)**

### **Vision**

We envision a world with zero breast cancer.

### **Mission**

Zero Breast Cancer promotes breast cancer risk reduction through translation of scientific research and evidence-based recommendations that support health and wellness at key stages of life.

### **What we know**

Breast cancer risks are not clear cut or sudden; they are complex, they interact and they are embedded in our physical and our social environments. Therefore, risk reduction and prevention efforts must be multi-faceted, incremental and sustained.

### **What we do**

At Zero Breast Cancer, we focus on modifiable risk factors - things that we can change - either individually or within our community. We recognize that social and economic conditions impact our ability to live in healthy places and pursue healthy behaviors. While many disparities are systemic, through education and empowerment we can increase our resilience and change our environments to improve the health of all.

## We address issues such as:

- Physical activity
- Stress management and adequate sleep
- Nutrition and healthy eating habits
- Reduced exposure to radiation and chemicals that affect hormones or otherwise raise breast cancer risk
- No or limited alcohol consumption
- Breast feeding
- Health equity

## How we do it

We share integrated, scientific evidence-based information in order to educate and empower girls, women and communities.

## Who we serve

Women (and men) with a focus on youth, teens and breast cancer survivors in under-served communities.

# Read More

## Also in this edition:

- [Survivorship Info](#)
- [Teen Info](#)
- [Book Review](#)
- [Volunteer Spotlight - Ruth Baillie](#)

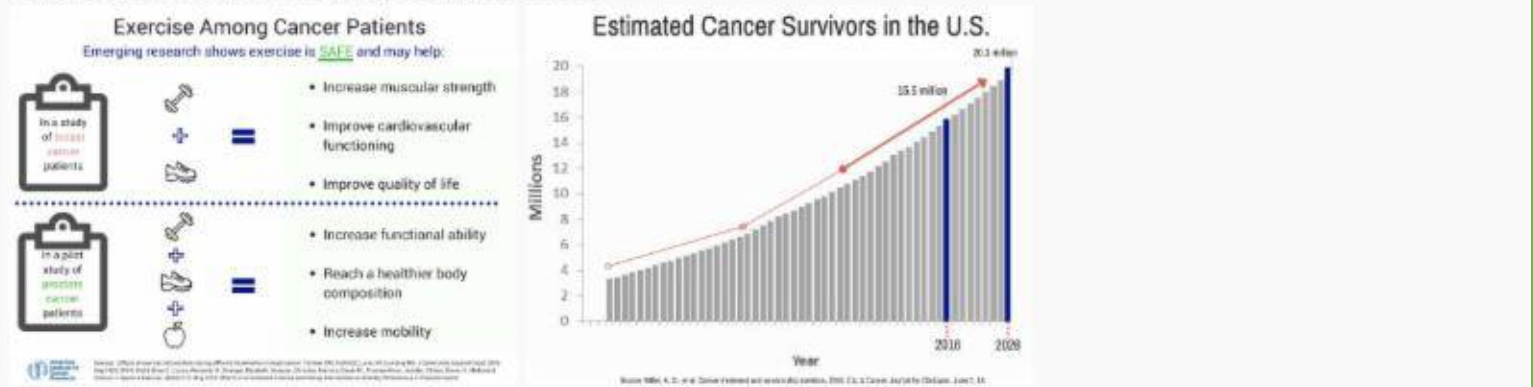
# Exercise & Breast Cancer Survivors

Read more about the benefits of exercise for breast, and other cancer, survivors by clicking on the image below

# New Studies Show Exercise Is Safe, Provides Meaningful Improvement for Breast and Prostate Cancer Patients

WASHINGTON, DC — New studies presented today at the American Institute for Cancer Research (AICR) Research Conference provide evidence that exercise is safe and likely offers powerful benefits for breast and prostate cancer patients, both during and after treatment.

The studies offer new insights into how aerobic and resistance exercise during treatment may prevent or delay many of the physical and mental effects that survivors experience. For example, women undergoing chemotherapy for breast cancer may face significant decline in aerobic capacity, placing these survivors at heightened risk of cardiovascular disease.



## For teens interested in cancer science

Do you have teens that love science? Your 10th and 11th grade students can enter the Emperor Science Award program for a chance to work with a mentoring scientist and explore the world of cancer research!



The Emperor Science Award program is committed to helping all students that have a passion for science join the next generation of cancer researchers. Through this award program, 100 winning students from across the country will be paired with a university-level

mentoring scientist to collaborate on an important cancer research project. Whether virtually, or in a lab, students will be able to connect with their mentors to develop valuable research, organization and communication skills! Plus, students will receive a FREE Google Chromebook to help facilitate communication and \$1500 for project expenses. Students from all backgrounds are encouraged to apply!

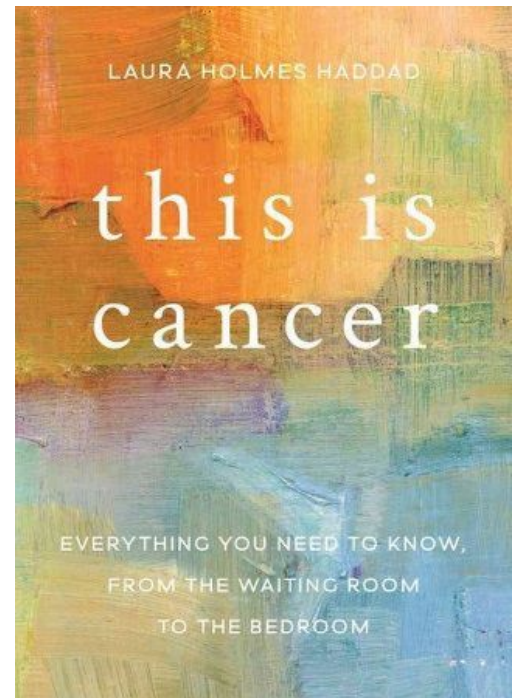
Click [here](#) to learn more!

## ZBC Blogs about Books - # 5

### New Book Review on "This is Cancer" by Laura Holmes Haddad

In her first book, "This is Cancer: Everything you need to know, from the waiting room to the bedroom," Laura Holmes Haddad takes us on her personal encounter with breast cancer, which she describes as a road trip. The mother of two small children, at 37 the author was diagnosed with stage IV inflammatory breast cancer. She knew little about cancer, and had to learn quickly about the different types of breast cancer and what staging means. She started her road trip from mile zero. She shares much of what she learned along the way in "This is Cancer," providing practical guidance for others.

To check out the blog click [here!](#)



## Spotlight on Blogging ZBC Volunteer

### Volunteer Ruth Baillie reviews books, web sites and more...

An avid advocate and a talented writer, Ruth Baillie has dedicated her time to helping survivors of breast and other cancers navigate the emotions, challenges, and treatment decisions associated with overcoming the often overwhelming disease. In September 2016 Ruth reached out to ZBC to volunteer as a blogger. Together we came up with the idea that it would be valuable to start to review breast cancer related books and other resources - of which there are many. Since then Ruth, and her colleague Kathie Farrell, have written detailed book reviews on Bald is Better with Earrings, Be Good to Your Breasts, Dig in Your Heels, and



This is Cancer available on our [website](#) now.

To read more about Ruth and visit her own blog CalmerMe [here!](#)



**Zero Breast Cancer promotes breast cancer risk-reduction through translation of scientific research and evidence-based recommendations that support health and wellness at key stages of life.**

**We envision a world with zero breast cancer!**

[Visit Our Website](#)

STAY CONNECTED:

