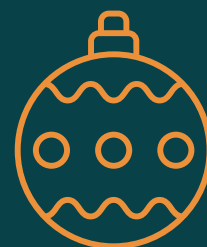


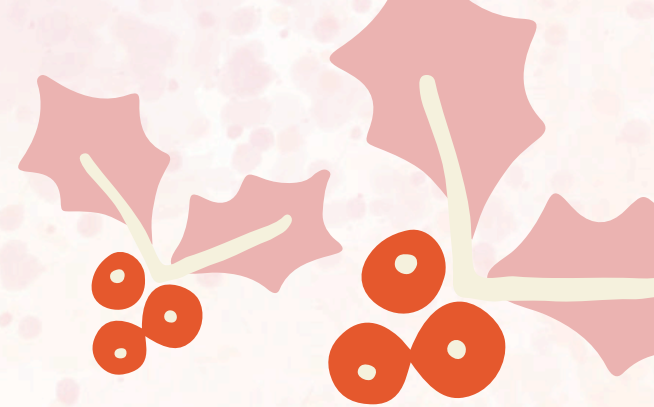
"Merry Breastmas!"

All About Breast Health



December 2024





Dear Reader,

As we embrace the warmth and joy of the holiday season, it's a perfect time to focus on what truly matters—your health and well-being. At The Teggatz Clinic, we are passionate about supporting women during the transformative seasons of perimenopause and menopause, empowering you to thrive and feel like your best self.

This month, we're shining a light on breast health—an essential aspect of whole-body wellness. Whether it's through proactive screenings, balanced hormones, or lifestyle changes, prioritizing your breast health is a gift to yourself that lasts a lifetime.

Wishing you a holiday season filled with joy, peace, and health!

See you in 2025,

The Teggatz Clinic Staff



Breast Health: A Holistic Approach to Prevention and Early Detection

At The Teggatz Clinic, we believe in empowering women with the knowledge and tools to take charge of their breast health. While conventional mammograms are commonly used for breast cancer screening, we understand that many women are concerned about the potential risks associated with mammography, such as radiation exposure and the physical harm and discomfort caused by compression.

Here are some of the most effective alternative screening tools:

1. QT Scanning (Quantitative Ultrasound)

QT Scanning is a non-invasive diagnostic tool that uses ultrasound technology to measure the density and structure of breast tissue. This is by far Dr. Teggatz's #1 choice for breast cancer screening.

Benefits of QT Scanning:

- No radiation exposure
- Painless and comfortable
- Ideal for women with dense breasts
- Higher resolution than mammography or traditional ultrasound
- Can detect structural changes and abnormalities
- Can count number of cells and monitor doubling time which can reduce unnecessary follow-up testing

2. Ultrasound: Sound Waves for Deeper Insights

Ultrasound uses sound waves to produce images of the inside of the body, offering a non-invasive way to detect and assess breast tissue. This is not a stand-alone test for breast cancer screening.

Benefits of Ultrasound:

- No radiation exposure
- Ideal for dense breast tissue or follow-up after mammography
- Helps differentiate between benign and malignant lesions
- Comfortable and painless

3. Breast MRI (Magnetic Resonance Imaging)

For women at high risk of breast cancer, MRI can be a more sensitive screening tool than mammograms. It uses magnets and radio waves to create detailed images of the breast tissue without the use of radiation.

The downsides of using MRI include use of gadolinium, a rare-earth metal that enhances the quality of MRI images by acting as a contrast agent. Serious but rare side effects such as gadolinium toxicity and nephrogenic systemic fibrosis, or NSF, can occur. Gadolinium ions in certain forms are toxic to mammals and can cause inflammation, neurologic damage, oxidative stress and can be damaging to DNA. Therefore, MRI is not a first choice for breast cancer screening.

Benefits of MRI:

- No radiation exposure
- Provides highly detailed images
- Sensitive in detecting early-stage breast cancer
- Often used for women with a high risk of breast cancer

The Role of Functional Medicine in Breast Health

In addition to alternative screening methods, a holistic approach to breast health includes lifestyle modifications, nutrition, and stress management strategies aimed at reducing the risk of breast cancer and promoting overall well-being:

- Diet and Nutrition- Eating a nutrient-dense, anti-inflammatory diet rich in antioxidants, vitamins, and minerals can help protect breast tissue.
- Hormone Balance- Our clinic offers hormone testing and individualized treatment plans, including compounded bioidentical hormone replacement therapy (cBHRT), to ensure your hormones are in balance.
- Stress Reduction
- Regular Exercise

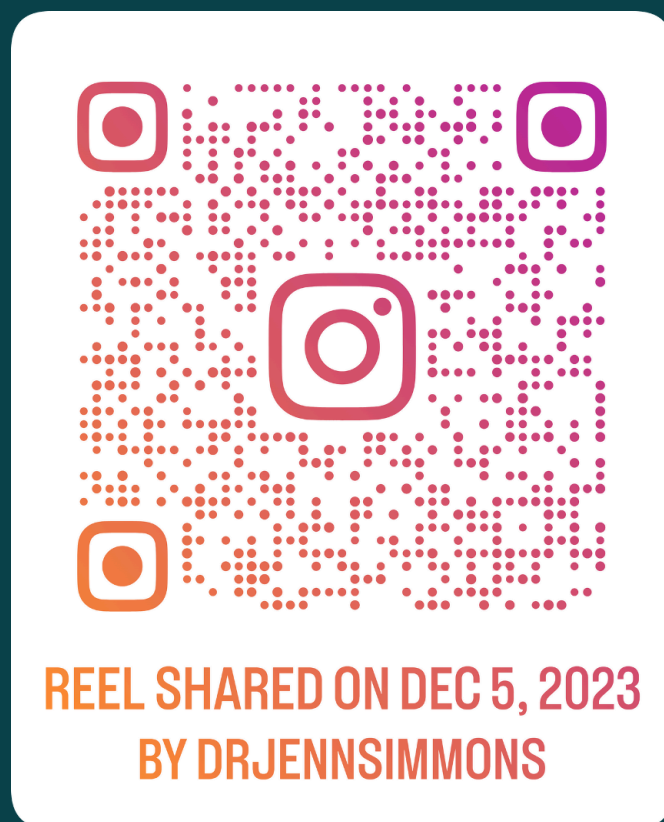
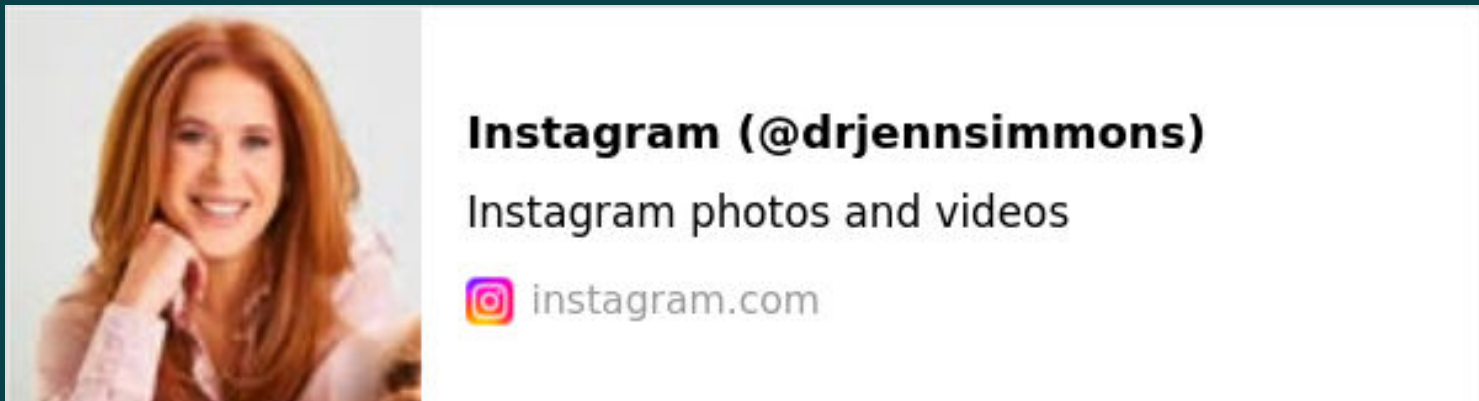
Self Breast Examination

Performing a self-breast exam (SBE) at home is a powerful tool you can use anytime anywhere to take your health into your own hands. It is best to perform an SBE every month to become familiar with your breast tissue and be able to identify any changes over time.

- **How Often:** Perform your SBE monthly on day 7 of your cycle – OR for postmenopausal women, the first of every month. Receive a clinical based exam from your provider once per year.
- **Lying:** Put a pillow under your head/shoulder and place one arm above your head. Use the fingertips of your opposite hand to gently but firmly press down on your breast, starting at the outer edge and work your way in toward the nipple. Do this in a radial/circular pattern until you have traveled all the way around your breast. Check your nipple for discharge by gently squeezing. Repeat on the other breast.
- **Watch for:** Feel and observe lumps, thick spots, puckering, dimpling, or changes in size, shape, or symmetry. Also watch for any nipple discharge.
- **Tips:**
 - Use lubricants (hand lotion, body oil, body powder) to decrease any friction skin to skin.
 - Wear comfortable, well-fitting clothes and bras. Too much compression around the breast can impede lymphatic flow.



*Visit Dr. Jenn's Instagram page
for more breast health info.*



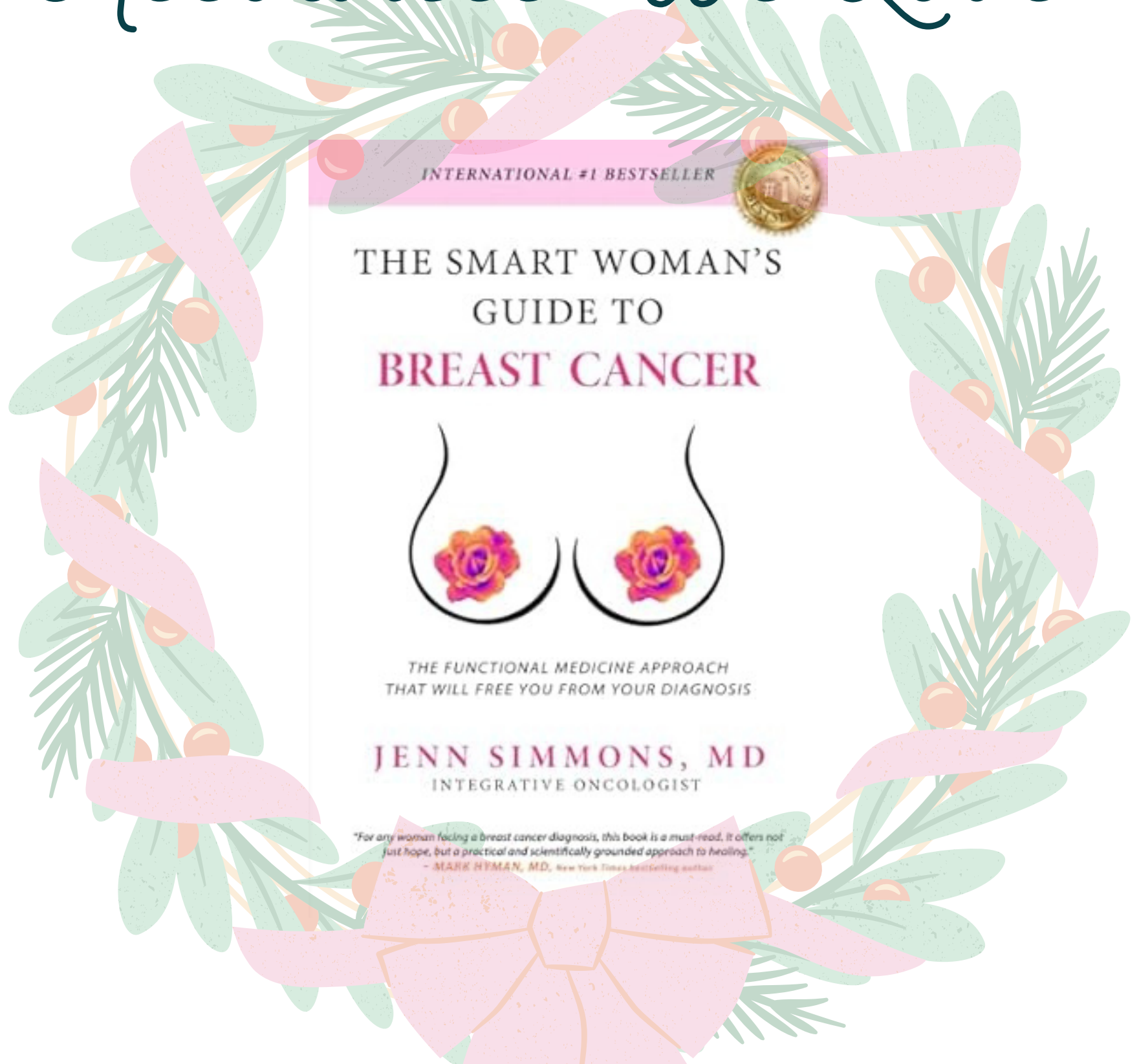
Scan the QR code above using your smart
phone's camera to see Jenn's self breast exam
video on Instagram.

Resources We Love



“Keeping Abreast with Dr. Jenn” is a podcast that explores breast health through a functional medicine perspective, covering prevention, diagnosis, treatment, and holistic strategies for enhanced well-being. Ideal for breast cancer survivors, those seeking to improve their breast health, caregivers, or anyone navigating today’s health challenges, the podcast offers insights on complementing traditional treatments with functional medicine, balancing hormones, optimizing nutrition, and managing lifestyle choices.

Resources We Love



*“Dr. Jenn Simmons is an Integrative Oncologist, Breast Surgeon, Author, Podcast Host, and the founder of PerfeQTion Imaging. Her journey into breast cancer care began with a personal tragedy. At the age of 16, Dr. Jenn's cousin, acclaimed singer-songwriter Linda Creed, died of metastatic breast cancer just weeks after Whitney Houston's recording of her iconic song, "The Greatest Love of All," topped the charts. This loss became a defining moment, inspiring Dr. Jenn to dedicate her life to transforming how we approach breast cancer treatment and prevention.” *Can be purchased on Amazon.*

Supplements for Breast Health



Fish oil, rich in omega-3 fatty acids, supports breast health by reducing inflammation, which can lower the risk of abnormal cell changes. Omega-3s also help regulate hormones, particularly estrogen, promoting balanced breast tissue health. Additionally, their antioxidant properties protect cells from damage, supporting overall breast wellness.

Vitamin D promotes healthy cell growth, reduces inflammation, supports hormonal balance, and strengthens the immune system. Research suggests it may also lower breast cancer risk by regulating cell function and boosting immunity.

