

## Not really a mystery

I wanted to share this latest important information with you from Cancer Research about the benefits of progesterone for breast cancer. This is because I am often asked what it means when a woman has both oestrogen positive and progesterone positive tumours. Many people, including doctors, thought that having progesterone receptor sites in the tumours made the cancer worse, but I knew this was not the case and that the opposite was true. There is much research from many years ago that shows if a woman has more progesterone receptor sites in breast tissue and breast cancer tumours, her survival rates are increased dramatically years later.

One such study was published in Medical Journal CANCER, 15 November 1999 and released by the Imperial Cancer Research Fund titled 'Timing of Surgery Could Improve Survival Rates For Pre-Menopausal Breast Cancer Patients'. The research found that younger women with breast cancer, who were still having their periods, had a survival rate of 45% 10 years later if they had the tumours removed during the first part of their menstrual cycle when oestrogen is at its highest. However, if they have the same operation during the second part of the month **when progesterone is at its highest, their survival rates go up to 75% 10 years later.** This is just by the body producing its own progesterone as part of a normal menstrual cycle.

As Dr Lee said, 'Can you imagine the survival rates of women who were given progesterone cream as a supplement if they did not produce high levels of progesterone due to menopause or hysterectomy before, during and after surgery for breast cancer'. Also, if younger women were given the opportunity to time their operation to be done when their progesterone is highest and then supplemented for the rest of their lives, the survival rates could be as high as a 100%.

Yet still this information is not well known and only part of it is just making it to main cancer research websites - see here: <http://scienceblog.cancerresearchuk.org/2015/07/08/solving-a-breast-cancer-mystery-why-do-double-positive-women-do-better/>

Please pass on this newsletter to as many women as possible. It can make a huge difference for some just by knowing when to time their breast cancer operations.

Thank you.

Judy

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