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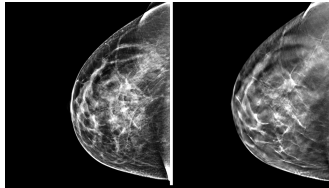
## Differences in breast cancer screening

### Mammography: Early detection with Radiation exposure



In mammography (X-ray examination of the breast), the breast is compressed between two plates to examine the glandular body.

- About 1000 X-ray examinations are required to detect one single breast cancer earlier.
- One breast cancer is overlooked because it cannot be represented by an X-ray examination
- and presumably one breast cancer is caused by the X-rays.
- The interval every 2 years is very rough and before 50 and from 70 no diseases are detected early.
- In the case of very dense tissue, the X-ray image cannot be assessed – then an ultrasound examination is also required.



The Canton of Zurich has decided against the reimbursement of the mammography screening program (X-ray series examination every 2 years at the age of 50 to 69).

### Breast ultrasound: Early detection without radiation exposure



From the age of 40, I recommend a breast ultrasound examination every 2 years, in high-risk patients annually.

From the age of 50, a breast ultrasound examination should be carried out annually.

- While in Europe and the USA every 8th woman suffers from breast cancer, in Japan/Asia it is only one in 60 women.
- Dietary behavior has an influence on the

likelihood of the disease.

- Little red meat, rather chicken and fish (omega-3 fatty acids) and soy (protective isoflavones contained in it – also in domestic red clover) as protein suppliers obviously reduce the likelihood of the disease.
- Exercises, the compensation of a vitamin D deficiency - the target values can only be achieved by dietary supplementation -
- and if possible, the renunciation of alcohol has a beneficial effect.

#### Notice:

- **Mammography is early detection with radiation exposure.**
- **Breast ultrasound is early detection without radiation exposure and**
- **"Real prevention" is the prevention of the development of diseases.**
- **Breast ultrasound as a precaution can be reimbursed by supplementary insurance.**