

YOUR HORMONES & CANCER



Hormone Health
NETWORK®
Keep your body in balance

Hormones regulate some of our body's most important functions, such as metabolism and sexual development. When your hormonal balance is off, negative effects can occur—sometimes leading to cancer.

Visit hormone.org for more information.

THYROID CANCER

Associated organ/gland:
Thyroid, pituitary gland

Related hormones:
Triiodothyronine (T3), thyroxine (T4),
thyroid stimulating hormone (TSH)

Nearly two out of three cases of thyroid cancer are diagnosed in people younger than age 55. About 2% of cases occur in children and teens.

BREAST CANCER

Associated organ/gland: Ovaries

Related hormones:
Estrogen, progesterone

Breast cancer is the most common type of cancer in U.S. women, regardless of race or ethnicity.

PROSTATE CANCER

Associated organ/gland: Prostate, testes

Related hormones: Testosterone, androgen

In 2014, there were an estimated **233,000** new cases of prostate cancer, making it the leading type of new cancer cases in U.S. men.

BONE CANCER (OSTEOSARCOMA)

Associated organ/gland: Pituitary gland
Related hormone: Growth hormone

Most cases occur between ages 10 and 30, with teens being most commonly affected. About 10% of all osteosarcomas occur in people over age 60.

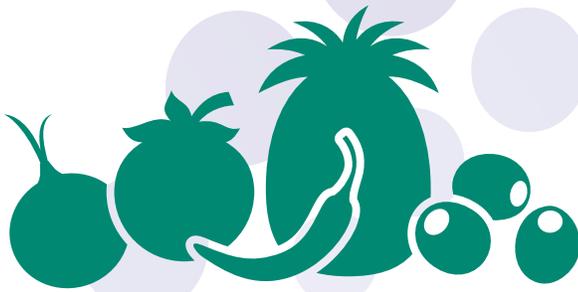
OVARIAN CANCER

Associated organ/gland: Ovaries, uterus, fallopian tubes

Related hormones: Estrogen, progesterone

About 90% of women who get ovarian cancer are older than age 40, with the greatest number of cases occurring in women age 60 or older.

healthy lifestyle = hormone health = cancer prevention



Eat a healthy, Mediterranean diet with lots of fruits and vegetables



Don't use tobacco products



Maintain a healthy weight



Avoid alcohol—or, if you drink, do so in moderation



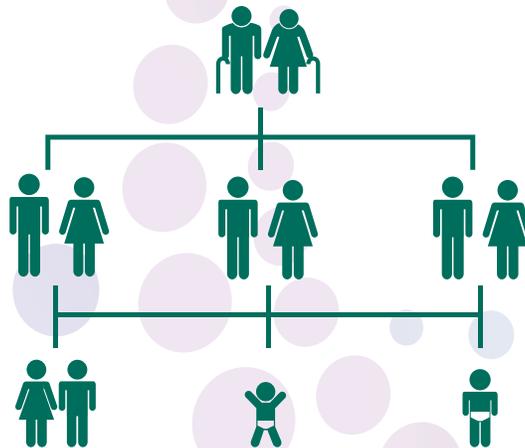
Take vitamin D3 (4000IU/day) and aspirin (6 tablets/week)



Get plenty of daily activity



Have your recommended cancer screenings and check-ups



Know your family history and cancer risk factors



Protect your skin when outdoors

You have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org.

Additional editing by Carol A. Lange, PhD, University of Minnesota