

OUTREACH

A Publication for Members of the Select Benefit Services Association • 2022



Advances in Breast Cancer Screening and Treatment Get Personal

Breast cancer is the second most common cancer among American women. Breast cancer death rates have been falling over the past 30 years. But nearly 13% of women are still diagnosed in their lifetime. Men can get breast cancer too, although it's rare.

Cancer is caused by changes to genes that control the way our cells function. These changes affect how cells grow and divide. Cancer results when cells divide uncontrollably. In breast cancer, this happens in the breast tissue.

Researchers are studying the risk factors for different types of breast cancer. They're also searching for more personalized treatments.

Unraveling The Risks

"Breast cancer is caused by a combination of factors," says Dr. Montserrat García-Closas, a cancer researcher at NIH. Your genes, lifestyle, and environment all contribute to your risk. Researchers are trying to better understand how each plays a role.

People with a family history of breast cancer are at increased risk for the disease. Some are born with rare versions of certain genes that put them at high risk. These include the genes BRCA1 and BRCA2.

"But the vast majority of patients have no known family history and no known gene that causes cancer," explains Dr. Margaret Gatti-Mays, a breast

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About Your Breast Cancer Risk

Certain factors put you at higher risk for breast cancer. These include:

- **Being 40 years old or older**
- **A personal history of breast cancer or benign (noncancer) breast disease**
- **Radiation exposure to the breast or chest**
- **Having a close relative who's had breast cancer**
- **Greater exposure to estrogen over time. (Starting menstruation early or entering menopause later in life.)**
- **Hormone therapy for symptoms of menopause**
- **Obesity**
- **Drinking alcohol**

cancer treatment specialist at The Ohio State University.

So researchers are also searching for combinations of genes that may lead to breast cancer. "Women can inherit hundreds or thousands of common versions of genes that each have tiny effects, but in combination can put them at substantial risk for developing breast cancer," García-Closas says. An NIH study called the Confluence Project is trying to unravel these combinations.

Other factors can increase your risk for breast cancer, too. These include your age, whether you've had children, alcohol use, and obesity.

Studies are examining how all these factors—genes, medical history, and lifestyle—interact to affect cancer risk. One is called Connect for Cancer Prevention. "It's recruiting 200,000 people in the U.S. and following them for years to see who develops different types of cancers," says García-Closas.

Staying Ahead of Breast Cancer

Another study, called the Wisdom Study, is exploring how to best personalize breast cancer screening. Screening tests look for signs of a disease before symptoms appear. Finding cancer early may increase the chance that it can be treated and cured.

If you're at high risk for breast cancer, your doctor may advise you to get screenings at an earlier age than most, or more often.

"Women from 40 to 50 should talk with their doctor about when they should start screening. And that should be based on their personal risks," says Dr. Brandy Heckman-Stoddard, an NIH expert on breast cancer.

Mammograms are the most common way to screen for breast cancer. These are X-ray pictures of the breast. An NIH study called TMIST is comparing whether 2D or 3D mammograms are better for screening. 2D mammograms are taken from two sides of the breast. 3D mammograms are taken from different angles around the breast. Then, a computer builds a 3D-like image.

Magnetic resonance imaging (MRI) is sometimes used to screen women at high risk of breast cancer. MRIs can create a clearer image of the breast and don't use radiation.

Researchers are looking for other ways to detect breast cancer, too. García-Closas' team is trying to detect cancer using blood samples. These "liquid biopsies" detect DNA from cancer cells, which travel around the body in the bloodstream.

"Liquid biopsies should reflect what's going on in your whole body," García-Closas says, "versus when you look at a tissue biopsy, you're taking a tiny sample of tissue in a particular location."

Liquid biopsies may one day be able to detect cancer before other clinical tests, she says. "And, they might be able to better monitor what's happening in your body after cancer has been diagnosed."

Fighting Back

When breast cancer is found, treatment depends on the type of tumor. Surgery and radiation are common. Chemotherapy may also be used. Doctors might recommend other treatments as well, depending on the type of breast cancer.



“There are three main types of breast cancer,” Gatti-Mays says. “The subtype is determined by the presence or absence of three receptors.” These receptors respond to the hormones estrogen or progesterone or a protein called HER2.

“If your tumor has estrogen and progesterone receptors, then you can be treated with hormone therapies,” says Heckman-Stoddard. These block the action of hormones that can cause certain cancers to grow.

Hormone treatments can also be used to prevent or lower the risk of cancer for certain women. One such drug is called tamoxifen. But it has side effects that make it unappealing for prevention. Heckman-Stoddard’s team is studying whether using the drug as a gel lessens the side effects.

There are newer treatment options called targeted treatments. These block specific proteins that control how cancer cells grow, divide, and spread. Targeted treatments for HER2-positive cancer have improved survival over the last decade.

The most recent type of cancer treatment is called

immunotherapy. It trains your body to fight cancer using your own immune system.

“Immunotherapy is very promising, but the benefits are still limited to only some patients with triple negative breast cancer,” says Gatti-Mays. These cancers lack all three receptors. But researchers are trying to expand this treatment to more patients with breast cancer. They’re also testing whether using it in combination with other treatments will work better.

Scientists continue to look for ways to improve screening, prevention, and treatment. “In the next five to 10 years, there should be better ways for women to determine their risk of breast cancer,” says García-Closas. “That should help them have a conversation with their physicians on what will be the best tailored prevention strategies.”

No matter what your personal risk of cancer, a healthy lifestyle is the best way to prevent it. Eat a heart-healthy diet, reduce alcohol intake, don’t smoke, and get regular exercise.

Article reprinted from NIH-News In Health



Better Oral Health May Help Protect Your Heart

(Family Features) Many people are aware healthy habits like regular exercise and eating nutritious foods promote better heart health. However, it's lesser known that your oral health and heart health risk may be connected.

In fact, a study from "Inside Dentistry" suggests as many as 50% of heart attacks may be triggered by an oral infection.

While research continues to fully understand the relationship between oral hygiene and cardiovascular health, studies have revealed correlations between the two. For example, according to a study published in the "European Journal of Preventive Cardiology," patients with improved oral hygiene had a lower risk for atrial fibrillation and heart failure compared with those with poor oral hygiene.

What's more, according to the Centers for Disease Control and Prevention, by age 34, approximately 50% of people have experienced periodontal disease, which suggests a high percentage of the population could benefit from improved oral hygiene and preventative care.

"Given the prevalence of poor oral hygiene in the U.S., understanding the crucial link between oral health and heart health is a game-changer in developing treatment plans," said Dr. Eric Goulder, founder of the Heart Attack and Stroke Prevention Center of Central Ohio.

To help protect your oral and heart health, consider these tips from ProBiora Health, a leader in oral-care probiotics:

Think of your care providers as a team. This means sharing your health conditions with your dentist and your dental concerns with your doctor. While each specializes in different aspects of your health care, when everyone involved is aware of potential problems, they can help you create a proactive care plan.

Practice good oral health habits. If you don't already have regular oral hygiene habits, it's never too late to start. Brush at least twice a day and after every meal, if possible. Flossing daily can also help remove plaque and trapped particles between teeth.

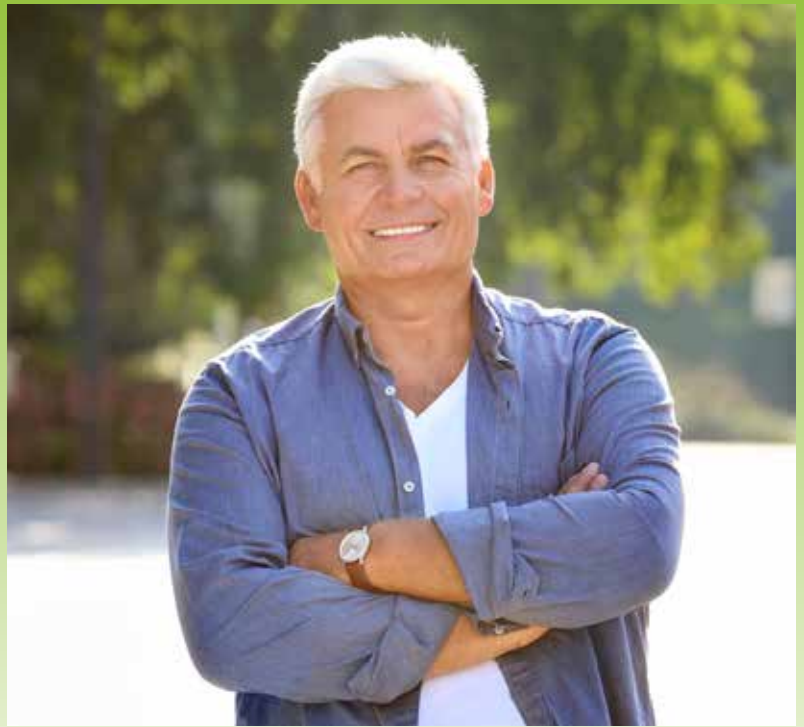
Protect your mouth with probiotic bacteria daily. In addition to brushing and flossing, add beneficial bacteria (probiotics) by taking an oral care probiotic to balance the natural bacteria load in your mouth. Used

daily, an oral care probiotic lozenge can effectively replenish the good bacteria naturally found in the mouth, crowding out harmful bacteria that can cause plaque, gum disease, cavities and inflammation. For example, when ProBiora Health probiotics dissolve in the mouth, saliva hydrates the probiotics, which migrate to mouth tissue, gums, gum pockets and tooth surfaces where they work to reduce bad bacteria.

Schedule regular preventive care. Visiting your dentist regularly can help manage potential problems before they become major concerns. Most dentists suggest scheduling checkup and cleaning appointments every six months. When using oral care probiotics, your checkup may go better than expected.

Don't wait to take action. If you notice any concerning symptoms that could be an indication of an oral health problem, schedule an appointment immediately rather than waiting for your next checkup. Possible concerns could include signs of infection such as red, swollen or sore gums; bleeding when you brush, floss or eat; an unexplained bad taste in your mouth; or problems with bad breath.

Learn more about protecting your oral health at probiorahealth.com.



Membership Benefits

- **Car Rental**
 - Up to 15% savings
 - Includes USA and Canada
- **Theme Parks**
 - Theme Park tickets
 - Universal Parks®, Legoland®, Six Flags® Nationwide and more
- **Flower and Gift Baskets**
 - Up to 20% savings
 - Includes flowers, gourmet baskets, sweet treats, collectibles and more!
- **Movie Tickets**
 - Up to 40% on movie tickets
 - Includes many major movie theater chains in the U.S.
- **Hotel/Motel**
 - Up to 60% savings
 - Hotel, motel and resort chains nationwide
- **Phone and Tablets**
 - Earn cash back at stores you're shopping at today
 - Safe, simple, free
- **Fitness Health**
 - Up to 50% off membership dues at over 600 locations nationwide
 - Includes discounts on sporting goods, magazines, gourmet foods and more!

Visit www.selectbenefitservicesassociation.com to find more information on product benefits available with your association membership.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Select Benefit Services Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Thursday, March 24, 2022 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

Select Benefit Services Association March 24, 2022 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF SELECT BENEFIT SERVICES ASSOCIATION

The undersigned member of Select Benefit Services Association does hereby constitute and appoint the President of Select Benefit Services Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Select Benefit Services Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
John Stratman, Tom Ebner, and Kim Darling
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
February 15, 2022
Date



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Outreach is published by:

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change.

Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

