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.

**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.

**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.
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

Protect your skin when outdoors

Know your family history and cancer risk factors

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.

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