



Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

Addendum on Male Menopause:

For those who attended the lecture on bio-identical hormones last month, please make note of this addendum. Male menopause, or andropause, is a decline in testosterone and growth hormone. Symptoms may include erectile dysfunction, depression, and cardiovascular disease. Testosterone deficiency can be detected by saliva hormone testing and the correct treatment is bio-identical testosterone.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays from 8am to 8pm.

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Concerns about mammograms

An October 2001 article published in the British Medical Journal *The Lancet* concluded that “[mammography] screening is unjustified because there is no reliable evidence that it reduces mortality”. The authors of the Danish study argued that previous studies showing reduced mortality had used a faulty definition of breast cancer survival.

Areas of calcification that represent ductal carcinoma in situ (DCIS) are easily detected by mammogram. In fact, since the use of mammograms became widespread in the early 1980's, DCIS represents 43% of breast cancers detected in women 40 to 49 years. DCIS is technically not a cancer, and treated or not (most are treated unnecessarily) survival rate is 99%. And yet, its “cure” is statistically attributed to mammograms. When DCIS is eliminated from the statistics, breast cancer mortality rates have actually increased by 10% in the last two decades.

Furthermore, there are dangers from mammograms. Screening mammography provides 1000 times greater radiation exposure than that from a chest X-ray. This contributes to new cancers as well as damage to the blood vessels and heart.

Fortunately, there are alternatives. Skilled physical exam is as effective as mammography in preventing breast cancer mortality. In addition, alternative screening methods such as thermography and breast ultrasound are available in Sydney.

See next page for references and for more information on preventing breast cancer.

Pesticides are an Oestrogen Mimic

The evidence is in. Pesticides, solvents, plastics, and some sunscreens (see last issue) are xenoestrogens (*xeno* means foreign), also called endocrine disruptors. By poisoning the body's hormone receptors, these substances suppress immunity, damage reproductive tissue and cause hormonal imbalance. The worst culprits are organochlorines (PCBs), which increase the incidence of breast cancer by 400% when concentrated in breast tissue.

Avoid whatever exposure you can. Throw out your pesticides. Choose cosmetics that do not contain harmful solvents. Never microwave food in plastic containers.

You can also protect yourself from xenoestrogens by ingesting plant estrogens, and by using natural progesterone cream (bio-identical progesterone).

References:

Mandelson MT, et al. "Breast density as a predictor of mammographic detection: comparison of interval-and screen detected cancers." *J Natl Cancer Inst.* 2000; 92: 1081-1087

Gotzsche PC and O Olsen, "Cochrane review on screening for breast cancer with mammography." *Lancet.* 2001; 358:1340-1342

Wolff, MS, and PG Toniolo et al. "Blood levels of Organochlorine residues and risk of breast cancer." *J Natl Cancer Inst* 1993; 85(8):468-652.

Plant estrogens

Natural Protection from Xenoestrogens

A diet high in plant foods protects the body's hormone receptors from xenoestrogens. Phyto-estrogens are found in the following foods or supplements:

soy	yams	lentils
flaxseeds	sesame	beetroot
red clover	apples	garlic
mung sprouts	pumpkin	rye
licorice root	millet	sunflower seeds
parsley		

Foods in the first column contain the highest levels.

This is a partial list. The best approach is to regularly consume a wide variety of vegetables.

Whenever possible, choose organic produce.

Even more importantly, choose organic or hormone-free when you purchase animal products. Eggs, poultry and meat contain concentrated amounts of the pesticides and hormones that are present in the animal's feed. Do not stop eating animal products entirely as this can cause insulin resistance. (Next issue.)

Upcoming PUBLIC LECTURE - Bio-identical Hormones

Natural help for menopause, PMS and other hormonal conditions.

With Lara Grinevitch, Naturopath

Saturday, 15 March, 2003 11:30am-12:30pm

498 Miller St. Cammeray NSW

Childcare available on request.

Seating is limited so phone to register early!

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