



# Sensible News

Issue 12, December 2003

## 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.

### In the News:

#### Fruit prevents skin cancer.

There is new evidence that topical application of extracts from pomegranates, grapes, cherries and citrus prevent skin cancer. The fruit acids and bioflavonoids were shown to interfere with signals that cause rapid cell division. (1)

#### Trans Fat: A disaster

Major food processors in North America are scrambling to remove Trans Fat from their products, after they have been identified as the "biggest food processing disaster in history" by leading health public-health experts.

Partially hydrogenated vegetable oils (including margarine) are now known to be a leading cause of heart disease, Alzheimer's, diabetes and cancer. Pressure on Kraft and Kellogg's to remove trans fat was initiated by the California group Ban Trans Fat Inc. (2)

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays from 8am to 8pm. 498 Miller St. Cammeray

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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 (3).

In addition, alternative screening methods such as thermography and breast ultrasound are available in Sydney.

## Dangerous Estrogen Mimics

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 (4,5).

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, and breast cancer by ingesting plant estrogens, and by using natural progesterone cream (bio-identical progesterone).

### References:

- (1) Association for Cancer Research, Science Daily, 10/30/03
- (2) Sept 25, 2003. *The Globe and Mail*.
- (3) 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
- (4) Gotzsche PC and O Olsen, "Cochrane review on screening for breast cancer with mammography." *Lancet*. 2001; 358:1340-1342
- (5) 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.
- (6) Pietinen, P et al. "Serum enterolactone and risk of breast cancer: A case-control study in eastern Finland." *Cancer Epidemiology Biomarkers & Prevention*, 2001, Vol 10, Iss 4, pp 339-344.

## Plant Estrogens: Natural Protection

A recent Finish study confirms the theory that plant estrogens protect against breast cancer. Women with the highest blood levels of the plant estrogen, enterolactone, were found to have the lowest incidence of breast cancer (6).

Plant sterols in soy, linseed, and red clover are not true hormones. They are plant compounds with mildly estrogenic properties. Our bodies are designed to have a steady supply of them. They act as a buffer against our own estrogens, and also protect against the strong chemical estrogen mimics.

Phyto-estrogens are found in the following foods or supplements:

<b>soy</b>	yams	lentils
<b>flaxseeds</b>	sesame seeds	beetroot
<b>red clover</b>	apples	garlic
<b>mung sprouts</b>	pumpkin	rye
<b>licorice root</b>	millet	sunflower seeds
<b>parsley</b>	carrot	broccoli

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, dairy, 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, a major cause of obesity and cancer.

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