

CHOICE CARE

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New ways to fight cancer

A new study suggests that women might decrease their risk for recurrent breast cancer by changing their life style. Obesity increased for recurrence by 50%, those who drank more than 7 alcoholic drinks per week increased their risk for recurrent cancer by 90%, and women who smoked had a 120% increased risk. The study was limited and included women who had cancer more than 20 years ago before we modified the recurrence of cancer with hormones receptor blockers. The study was not clear if losing weight, not drinking and stopping smoking decreased risk. So, the best I can say for now is don't get fat, start drinking or take that first cigarette. I'll leave to you to figure out what habits are left to entertain!

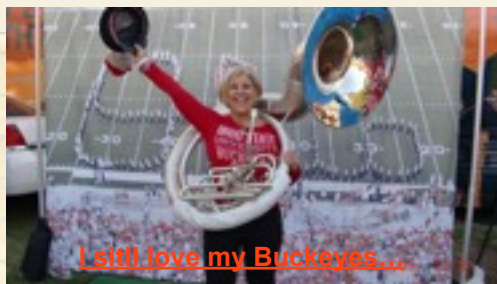
New vaccines are becoming available for some cancers. At the last meeting of the American Society of Clinical Oncology, an announcement was made about positive outcomes for those patients with advanced melanoma or a specific lymphoma receiving the vaccine. There are still questions about the timing of the vaccine. In the lymphoma study, a positive response was found when patients received the vaccine during a remission when their immune system was theoretically recovering. If you think about it, the vaccines against HPV and Hepatitis B also prevent cancer. But, not all cancers come from a virus. Other cancers are better at "fooling the body to think that the cancer cells are just like our own. Some of the work being done is more about teaching the body to recognize the cancer cell as "bad" and allowing the immune system to respond.

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Beware Statistics

It is important to carefully scrutinize government statistics. We have all heard that America ranks 37th in infant mortality. How can that be? That is because other countries to NOT measure a live birth until after 9 months full gestation. An 8 month old premature infant is not a live birth and therefore if that child were to die, it would NOT be counted.



It's not all your parents fault, after all

Genetics is not so simple as it would seem and it doesn't seem that simple at all. The genes may be there, but depending upon the circumstances, they command a different chemical reaction.

In the case of diabetes and insulin resistance, it seems that a bad diet and obesity might trigger an epigenetic marker to methylate cells in muscle and cause them to make smaller mitochondria. Mitochondria are the engines of our cells. Because the mitochondria are smaller, they require less fuel and so the muscle cells don't respond to insulin as vigorously leaving the glucose to continue to flow in our blood stream.

Will they ever stop with new evidence to try to make us eat better?