

Focus on Health

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Breast Cancer Screenings

A brouhaha has erupted over screening for breast cancer. It is brilliantly chronicled in an article by Gina Kolata in *The New York Times* of November 22, 2009. In it she refers to a 2008 Norwegian study in the Archives of Internal Medicine that suggests that some invasive breast cancers may go away without treatment thereby raising the possibility that some cancers detected by mammograms may spontaneously regress.

Unfortunately neither she nor anyone else suggests that screening for breast cancer with a yearly blood Ca 27-29 is more sensitive than mammograms anyway and can easily be started at age 40 without radiation risk. This is detailed in both my United States patents on breast cancer screening.

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

Hair Dye

Many hair dyes sold in this country contain lead acetate. Canadian and European Union health officials have banned lead from hair dyes and personal care products. The FDA has not! Given the requirements to continually reapply these hair coloring agents, the user becomes a living purveyor of lead contamination.

Andy Rooney

A quote from Andy Rooney: The biggest seller is cookbooks and the second is diet books – how not to eat what you’ve just learned how to cook.

Flu Carriers ?

Doctors’ neckties are seen as a flu risk. The British Medical Association recommended in 2006 that “functionless” articles of clothing such as ties should not be worn in hospitals since they are rarely cleaned and may carry resistant bacteria.

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