

Focus on Health

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Gynecologic Endocrinology

Whole Grain

An article in *The British Journal of Cancer*, August 2010 studied the benefits of consumption of whole grain products to colon and rectal cancer risk. The findings suggest that higher whole grain product intake is associated with a lower risk of colon and rectal cancer in men, but not in women. An explanation for this difference in sexes is not yet clear.

Alcohol

Results from the United Kingdom Dietary Cohort Consortium suggest that excessive alcohol intake does not increase colorectal cancer risk in either sex.

Gall Bladder Cancer

Resveratrol enhances the sensitivity of gall bladder cancer to chemotherapeutic agents, says a study from Texas A&M Health Science Center College of Medicine at Temple, Texas. This may be a useful adjunct to 5-FU treatment.

Breast Lumps

Swab both breasts with Lugol's solution (2%) each night for 6 weeks until the color stays after application. This resolves benign breast lumps.

Muscle Loss From Cancer

There are few treatments for the muscle loss that accompanies cancer. Researchers have created a new molecule that, in mice, can fully reverse this devastating muscle loss and thereby increases the lifespan of animals with the disease (called cachexia). Does it work in humans? That question has not yet been answered.

Breast Cancer Rates Increase

There has been a continued climb in breast cancer rates despite the decline in hormone therapy that occurred as a result of the Women's Health Initiative Study in 2002. This fact suggests other causative factors unrelated to hormone replacement therapy (HRT).

Obesity

A study from the Duke University Center for Health Policy on United Methodist clergy to assess the prevalence of obesity and having ever been told certain chronic disease diagnoses revealed an obesity rate between ages 35-64 which is 39.7% higher than their North Carolina peers. Health interventions that address obesity and chronic disease among clergy are urgently needed.

Tumor Research

After a decade and a half of effort, biochemists have succeeded in isolating a pure extract of the tumor suppressor protein BRCA2 from human cells. Three independent labs have now achieved this feat. The BRCA gene was discovered in 1994. With this protein in hand, says Patrick Sung, a biochemist at Yale University in New Haven, all types of mechanistic experiments can now be undertaken. The significance is enormous.

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