

Nutrition for Your Health

Your guide to better living

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Cancer, Infertility and Double Standards

Studies in both the New England Journal of Medicine and the journal Drug Safety estimate that 106,000 – 218,000 Americans die each year due to adverse drug events (ADE's). This includes over the counter and prescription drugs.

Aspirin and Ibuprofen Increase Breast Cancer Risks by 50%

A study reported by *Journal of the National Cancer Institute*, June 1, 2005, Vol. 97, No. 11: 805-812, stated that researchers evaluated data on 114,460 women who were aged 22 to 85 years. The women were free of breast cancer when they enrolled in the study a decade ago. During a follow-up period, some 2,400 of the women were diagnosed with breast cancer. When researchers broke their findings down by pain reliever or type of breast cancer, the results showed:

- Taking ibuprofen every day for at least five years increased a woman's chance of developing breast cancer by 50 percent, compared to women who did not regularly take the drug.
- Daily use of aspirin for five years or more caused a woman's risk of ER/PR-negative breast cancer (not sensitive to estrogen or progesterone) to spike by 80 percent, compared to non-regular aspirin users.

Trying To Get Pregnant? Try Avoiding Soy

Researchers had some surprising and telling data in the June 21, 2005 issue of [BBC News](http://news.bbc.co.uk/2/hi/health/4115506.stm) <http://news.bbc.co.uk/2/hi/health/4115506.stm> regarding soy's harmful effects on human health. It turns out that it takes smaller doses of genistein [a component of soy] to create infertility problems in human females than in mice. Women who are trying to conceive may want to try to avoid eating too much soy. The compound genistein [found in soy] has been found to impair sperm as they swim toward the egg. Even tiny doses of the compound in the female tract could destroy sperm. Even more daunting is that researchers stated that avoiding soy around a woman's more fertile days of the month might actually aid conception.

Genistein can be found in all soy-containing products, including:

- Soy milk
- Tofu
- Soy supplements
- Many vegetarian foods
- Some pre-packed meals and pizzas
- Most "Meatless" products

Fertility issues aren't the only problems with soy. If you are not familiar with these issues, ask for our more extensive newsletters on the adverse effects of soy.

Double Standard

The FDA notified healthcare professionals of updated labeling for Cialis, Levitra and Viagra to reflect a small number of post-marketing reports of sudden vision loss, attributed to NAION (non arteritic ischemic optic neuropathy), a condition where blood flow is blocked to the optic nerve. FDA advises patients to stop taking these medicines, and call a doctor or healthcare provider right away if they experience sudden or decreased vision loss in one or both eyes. Patients taking or considering taking these products should inform their health care professionals if they have ever had severe loss of vision, which might reflect a prior episode of NAION. Such patients are at an increased risk of developing NAION again. Read the complete MedWatch 2005 Safety summary, including links to the new labeling information and additional information for healthcare providers and consumers at: <http://www.fda.gov/medwatch/SAFETY/2005/safety05.htm#ED>

Erectile dysfunction [ED] is not life threatening therefore the side effects of these drugs clearly outweigh any benefits in this case. I think the public has been misled into thinking these drugs have no negative consequences. The fact that these drugs are still on the market regardless of

side effects just baffle's the logical mind. Now...the cause of erectile dysfunction could be life threatening. Sexual performance is a secondary sex characteristic. If you are having ED, this could be a warning sign that something more serious is going on such as cardiovascular issues. The body is not going to waste valuable nutrients and energy on a secondary issue, if you've got more serious primary issues at hand.

It's interesting that natural products are held to a different standard than pharmaceuticals. If Cialis, Levitra or Viagra had been a natural product, they would have been removed from the market immediately and labeled a banned substance. Studies in both the *New England Journal of Medicine* and the journal *Drug Safety* estimate that 106,000 – 218,000 Americans die each year due to adverse drug events (ADE's). This includes over the counter and prescription drugs. No vitamins or natural dietary supplements are included in these numbers. These are just death statistics. It does not include those who are permanently disabled or who have a close call with death due to ADE's. No matter how you look at it, adverse reactions to prescription and over-the-counter drugs are one of the leading causes of death in the United States.

Compare this with the track record of natural dietary supplements. An FDA Medwatch search shows a complication with infant formulas. Apparently infant formulas are lumped in with natural dietary supplements. Even though I don't consider infant formula a viable dietary supplement, these are still only "complications" not deaths.

It baffles us that someone who has been prescribed anywhere from 2-12 drugs at a time can be so cautious about taking a vitamin pill. Yes, we have seen this. We've had patients who were taking 14 different prescription drugs at one time! Have there been any studies to determine how all of these drugs would interact with each other? Absolutely not. If you're taking this many prescription drugs, your just a guinea pig.

There was a time when these medications were not needed. Is it possible to restore your health such that you may not need the medications or not so much medication? Testing from a nutritional perspective is the only way to truly determine the best course of action to start you on your journey toward health. A consultation, blood test and toxic element testing is the beginning.

**Don't Guess About Your Health...
Schedule a Nutritional Consultation Today!**

To make an appointment for a nutritional consultation, please call 775-358-6824

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