



PROSTATE CANCER
Why Take the
Risk?



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Registered Charity Number 1102413 England.



PROSTATE CANCER

Why Take the Risk?

Introduction

One in two men and one in three women can currently expect to develop cancer in their lifetime.

Worse, the rate of cancer in the UK is predicted to double in the next twenty years. If that happens, 3 million people will then be living with cancer.

What might cause you to develop cancer? Who really knows?

The fact is that no single factor has been categorically proven, on its own, to cause cancer - not even smoking or asbestos. Cancer is simply too complex a disease. But what scientific research has shown is that, to varying degrees, there are a number of factors, which can contribute to an increased or decreased risk of developing the disease. No more, no less.

We have to be Grown Up about this.

The truth is that a variety of factors may have a **direct effect** by causing cellular damage; they may cause a cell to mis-function. But under normal conditions these rogue cells are 'mopped up' by your immune system.

However the problem is that a variety of factors may have an **indirect effect**:

- there are those that have been shown to weaken your immune system, allowing a

rogue cell to win through and develop its mayhem.

- there are those factors that may stimulate the growth of rogue cells or even cancer tumours - like heightened oestrogen (for example being overweight, from certain chemicals in pesticides or everyday toiletries), or reduced blood oxygen levels (for example, diesel fumes), increased body acidity (for example, salt) or heightened glucose levels (glucose is the favourite food of a cancer cell).

The World Health Organisation has recently stated that at least 30% of cancers are preventable.

Our own research showed that 70% of people thought cancer could be prevented but 95% said there was no information available.

We simply believe that people have a right to know what the main contributory factors might possibly be, so they can make up their own minds accordingly.

Why not start now?

Reducing your Risk.

Research studies from around the world have suggested that some of the following may alter your level of risk:

Reducing your Risk

BACKGROUND

1 Until 2003 no-one knew with any certainty what might cause prostate cancer. But the evidence was coming together. Research from Singapore, and both Concorde and Monash in Australia, for example, was all in agreement. The prostate could grow in size under the effects of localised oestrogen. Yes, that's right. A female hormone. In order to develop cancer, though, a man needed to have both testosterone and oestrogen present.

2 Some oncologists argue that prostate cancer is caused by high testosterone – this is incorrect. If it were that simple all 18 year-old, red-blooded males in the world would have prostate cancer! Clearly this is nonsense.

3 In 2003 Dr Thompson of Houston, Texas showed that what was happening was that localised oestrogen was turning nice safe testosterone into a very aggressive chemical called DHT, and this was doing the damage.

4 Now, we have known of the dangers of localised oestrogen on the male reproductive system for quite some time. For example work from Athlone, supported from Sweden and the USA shows that chemicals found in plastics, toiletries, pesticides can mimic the action of oestrogen and cause everything from declining sperm counts in humans, to problems in the genitalia of unborn human boys, to hermaphrodite fish in water

contaminated by such effluent. Indeed research in Singapore shows that anti-oestrogens (like Finasteride and ICI) can reduce the size of an enlarged prostate. (See our book, '*Oestrogen: The killer in our midst*')

5 As always, we need to point out that not every case of prostate cancer may work like this. About 5% of all such cancers are 'fast growing' and can develop at any age. Whereas for 95% of men the prostate cancer develops late in life. Sometimes when Finasteride has been used it has caused a rapid deterioration of the patient; quite the opposite of what was hoped for. So, let's be clear – cancers are as individual as you are.

6 It should be noted that, sometimes, prostate cancers are treated with high doses of oestrogen. There is no conflict in this logic. High oestrogen will depress the natural testosterone to virtually zero in the male, so no DHT can be made. Whether it is a long-term solution is arguable as all animals are in a state of homeostasis – what this means is that they try to balance their hormones and will eventually try to make more testosterone to compensate.

7 The lifetime risk of Prostate cancer is one in thirteen. But by the time you reach the age of 50 you have a 40% chance of developing the disease. About 7% of all men carry hereditary genes, which increases this risk. For example, the BRCA1 and BRCA2 genes repair the cells

DNA and help the immune system 'see' any rogue cells. In some men these are defective and extra preventative care is essential. You can be tested.

8 By the time most western men are in their 50's they will have enlarged prostates. As we shall see this is in part due to dairy consumption. The normal test for this is a digital rectal examination. If an enlarged prostate is found, your doctor will probably send you for a PSA test, but you should be aware that in the USA especially these have been largely discredited. Sloan-Kettering New York showed that you should have 4-6 over a three month period. And that 50% of men with high PSA readings indicating the need for an operation, had no such need after the follow up reading one month later.

9 Do not rush into an operation. 90% of prostate cancers are slow growing and may be left for ten years or more'. So says the leading US charity. The Royal Marsden in the UK says 50% of all operations are unnecessary and patients should simply undergo active surveillance. Especially since side effects may be horrendous. One new treatment – the use of Ablatherm – is proving highly successful, and is non-invasive. Unfortunately it is only available in one UK center.

POOR DIET

10 Several studies, notably from the US and Sweden have linked the volume of dairy consumed with the risk of breast cancer. Organic, low fat milk may help but

the real culprit is said to be IGF-1, which makes a calf's cells grow very rapidly. Not something a male human necessarily wants. Swedish research was clear – a straight-line graph linked dairy consumption with prostate risk.

11 Harvard Medical school has done a lot of work on the risks of prostate cancer. One big influence is lycopene, an anti-oxidant found in tomatoes, tomatoes and especially well released in cooked tomatoes. Seven to ten helpings per week were said to reduce risk and symptoms by 40%.

12 Eat more oily fish or take daily fish oils. Long-chain omega 3, found in fish oils, and vitamin D from exposure to sunshine or from fish oils also reduce risk by 40%. Long chain omega 3, salicylin (aspirin, aloe vera), garlic and ginger can all reduce local inflammation, often the precursor to a cancer. Black males, who have high skin pigmentation, living in sunless cities like London in the winter develop three times the prostate cancer levels. The limited sun has a hard job affecting the cholesterol layers under the pigmentation, and little vitamin D is produced in this way.

13 Oestrogen is not a single hormone, but a family. Oestradiol is the most powerful of the oestrogens but can be converted to its much safer sister oestrone by something called indole 3 carbinol. Found in broccoli and in cruciferous vegetables, like cabbage and

Reducing your Risk

cauliflower. Research shows other polyphenols have a significant protective effect. Try eating more greens and drinking green tea.

14 Oestradiol sits on receptor sites on the cell and passes a 'havoc' message inside the cell. Oestrone can sit on the same site, is much, much weaker and effectively blocks oestradiol from getting there. Phyto-oestrogens are much weaker still. They are found in pulses (eg chick-peas, lentils, kidney and other beans, soya and in red clover, the herb of Hippocrates). Add these to your diet.

15 Garlic has been shown to stop breast tumour formation. (Ingredients in onions and leeks are weaker but still effective). Selenium, found in fish, brazil nuts and pulses has also been shown to reduce risk.

16 The oestrogen pool in the body can be increased significantly if a man is overweight or obese. Fat makes steroids and thus oestrogen. Several studies show that being overweight increases your risks of prostate cancer.

A 55 year-old overweight male may have a higher oestrogen level than his post-menopausal wife.

LIFESTYLE

17 Take regular exercise. Men who take half an hour a day have less cancers, so say several studies.

18 And try yoga. People who tried their first ever yoga lesson experienced significant declines in their stress hormone cortisol, far better than taking a week at home in bed!

19 The good news? Men who have most orgasms have the least prostate cancer – you have US research to thank for that little gem.

TOXINS

20 There are no recorded studies of smoking increasing prostate risk – but it is unlikely to help. Increased alcohol consumption increases risk of some cancers too.

21 Pesticides contain chemicals, some of which can mimic the action of oestrogen in the body, whilst others hurt the immune system. DDT and Lindane (still found in our blood streams in the UK, and on some imported fruit and vegetables) were shown in Israel to have caused a four-fold increase in breast cancer over Western rates. The FSA recently stated that pesticides were breaching safe levels on certain imported foods. In *'The Tree of Life: The Anti-cancer diet'* we talk about which foods are contaminated most by pesticides and which foods are the least. Pesticides undoubtedly contribute to a male's oestrogen pool.

22 Phthalates, caused by the use of certain plasticisers in some plastic bottles, have been shown to mimic the

action of oestrogen. US experts and the WWF have called for them to be banned. But Bisphenol A (BPA) is just as concerning – it is found in the plastic lining of cans and even babies drink bottles. California is also looking at passing a law to clean up babies' toys!

23 Toluene is another oestrogen mimic. It is often in perfumes, as are up to 100 other ingredients, some of which can also disrupt the hormones in your body. For example, Swedish and US research shows the dangers of DEHP inside the blood system. The safest solution? Never use perfumed products; never spray 'perfume' directly onto the skin; look for a manufacturer that does not use potentially dangerous ingredients.

24 Recycled water in major international cities can contain oestrogen. The answer is to use glass bottled water, reverse osmosis, or evaporation systems if you want no added oestrogen from your water or plastic bottles.

INFECTION

25 Recent US research showed that women who had taken antibiotics more than 25 times in their lives had double the risk of breast cancer. This is unlikely to be a direct cause – and more likely due to the indirect effect of antibiotics destroying the body's first line of immune defence allowing microbes, yeast and fungi to thrive in the body. Some cancers are thought to be caused this way.

A registered Homeopath with a Vega machine can test for yeasts and viruses and recommend appropriate action. It is possible some prostate cancers are caused this way. Certainly an indirect link has been shown between the incidence of the cold sore (Herpes) virus and increased prostate risk.

Summary

What a lot of things to think of!!! Actually, read it all again. Most, simply involve just little changes in the products you use, your diet or your lifestyle.

And let's be clear. We are not saying any one of these factors causes cancer. But some of them may just contribute to the overall picture and we are merely asking, 'Why Take the Risk?'

It's your life, after all.



**We're here to prevent
you dying of cancer**