

October 20, 2002

## The cancer that shouldn't be

October is designated as breast cancer month. One in eight women will develop breast cancer in her lifetime. Breast cancer will be diagnosed every three minutes. In North

America, a woman will die from this disease every 12 minutes. This year, there are over 200,000 women expected to be diagnosed with

breast cancer in the United States alone -- worldwide, it is two million. 40,000 women are expected to die this year from breast cancer. This is like having a tragedy like 9-11 every month. Where are the terrorists? They are here and society is not getting rid of them. Breast cancer has increased by more than 40 percent in the last 25



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years, paralleling the increase of hormone prescriptions given to patients. Despite the fact there has been much advance in medicine, the risk of surviving malignant breast cancer is the same as it was 50 years ago.

So why is there an increase of cancer today? For more than a century, physicians have known the biggest risk for breast cancer is hormonal. We need to incriminate our hormones -- Estrogen, Progesterone, Testosterone, Cortisol and Insulin. Estrogen is not bad at the right concentration and at the right time, but if this does not occur, a good angel will turn into a bad one.

Estrogen excess and xenoestrogens, which are foreign to our bodies, are extremely harmful. Natural Progesterone is a protector from breast cancer, but doctors are still prescribing Medro-Progesterone Acetate (MPA) that was not only incriminated, but found guilty of causing cancer as noted in a July, 2001 "JAMA" article. Testosterone is needed for both men and women, but

must be the natural hormone and not too much. An excess of cortisol, which is due to the stressors of today's living in modern civilization, as well as insulin excess, (related to the fattening of America), are definite players in the cause of breast cancer. In fact, the obesity trend in adult women is paralleled by the increasing incidence of breast cancer. While hormone replacement can be beneficial for certain body parts, it can cause almost a two-fold increase of breast cancer if it is the wrong kind.

Doctors have been doing hormonal profiles on patients for the last 20 years. Scientists now have the answer. In over 80 percent of patients who were at high risk to develop breast cancer, they found high estrogen, testosterone and night-time cortisone with low progesterone and DHEA levels. The latter is a hormone that is high early in life, but as it gets lower, it heralds the onset of death from many causes including that of cancer.

What is a poor woman to do? Read next week's column.