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## Hormones and breast cancer

Are you or your loved one at risk for breast cancer? The more of the following you have, the more at risk you are: Age greater than 50, early menstruation, late menopause, having no pregnancies, having the first child after age 30, stress, fat consumption, obesity, not taking much aspirin, family history of ovarian or breast cancer, living in a civilized society, and the worst, having the wrong hormones at the wrong time.

This is being exposed to xenon (foreign) hormones due to pesticides or animal hormones in the milk we drink. Another is taking the hormones orally where they go through the digestive tract and thus are metabolized by the liver into the so-called renegade hormones. This factor is the easiest to change and has the greatest effect. The hormones can just as well be given through the skin or under the skin as pellets. The bad actor is, Medro-Progesterone Acetate (MPA), Provera<sup>®</sup> that causes not only cancer of the breast, but blood clots which leads to an increase of both heart attacks and strokes. Fortunately, the medical profession has recognized this and the drug has been rarely prescribed in the last two years.

It is a shame that most physicians discourage women from taking any hormones and treat only with reassurance the hot flashes, mood swings and declining health that go along with the skewed information that many doctors have about HRT (Hor-

Dr.

J.E.

Block



mone Replacement Therapy).

The natural female hormones prevent coronary artery disease, Alzheimer's disease, osteoporosis, bladder infections, aging skin and premature death from all causes. In addition, they will protect women against breast cancer and allow her to be younger at any age, and, of course, be healthier. Natural hormones are bio-identical to our bodies' own production.

There are other advantages of using the under the skin, such as a steady level of hormone which mimics the natural production of the body and the no hassle factor in that once inserted lasts four to six months. Many insurances pay for the procedure, but not for the hormone, which costs less than \$15 a month. Not only are estrogens used, but androgen, which is also naturally produced by the ovary. This promotes fat loss, increases vim, vigor and libido. A small trocar is used during this five-minute procedure in which this small tube is put in above the hip. There is no down time as far as doing any physical activities.