

Kevin M. Logan, MD
Inner Peace Yoga Center
Thursday, March 9, 2006
6:00-7:30 pm

Cancer: An Emerging Epidemic

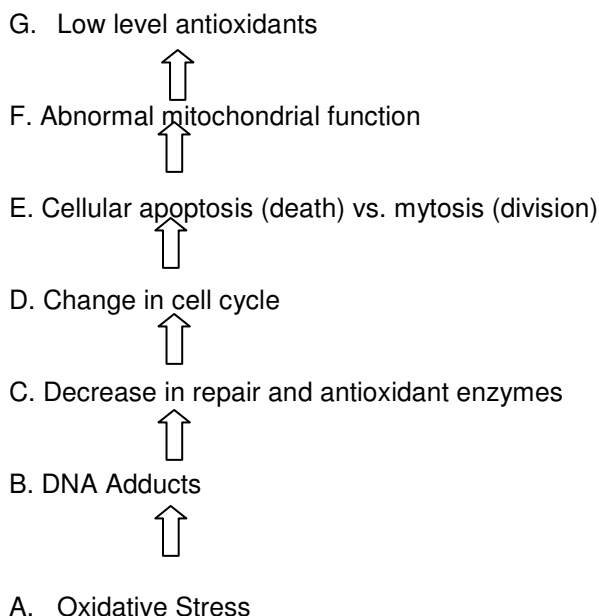
I. And Now for Some Very Important News that May Threaten Your Health - US Cancer ("CA") Statistics

- A. #1 cause of death
- B. 1 in 2 men will develop CA
- C. 1 in 3 women will develop CA
- D. Breast CA doubling every two generations
- E. Testicular CA doubling every 1.5 generations
- F. 5 men will die of prostate CA during this presentation
- G. 5-10 % of all CA due to inherited genetic factors
- H. All others depend on environmental factors

II. Environmental Factors – It's a Toxic World! Be Aware

- A. Chemical Distribution
 - 5000 chemicals in cosmetics
 - 3200 chemicals added to food
 - 1000 chemicals in 11700 consumer products
 - 500 chemical active ingredients in pesticide
 - We live in a sea of plastic - pthlates
- B. Heavy Metal Exposure
 - Mercury from dental amalgams
 - Mercury from coal-powered electric plants
 - Cadmium from cars and cigarettes
 - Arsenic from fungicides, and treated lumber
- C. Infectious Agents
 - Viruses: HPV, EBV, Hepatitis B, Hepatitis C, HTLVI 2
 - Mycotoxin/Fungal – Afalatoxins from foods
 - Bacteria – H. pylori, Salmonella
- D. Genetics
 - BRCA1, BRCA2
- E. Other
 - Hormonal, Radiation
- F. All of the above contribute to a xeno-biotic load and are potential endocrine disruptors. An endocrine disruptor is an agent that may bind to a normal hormone receptor and cause depression.

III. Cancer Volcano



IV. Factors Contributing to Breast CA

- A. Age
- B. Endocrine disruptors
- C. Decreased immunity, chronic stress
- D. Poor nutrition – excessive sugar
- E. Low antioxidants, minerals, iodine in our food supply
- F. Geography – US rate is 5 times higher than other countries – Mammography, diet, and environmental

V. Diagnosis of Breast CA

- A. Needle biopsy should only be done during progestational phase of menstrual cycle
- B. Needle biopsy should never be performed – use excisional
- C. Consider Thermography

VI. Treatment of Breast CA - ****Please see 'Breast Health Protocol' handout****

VII. And Now for the Men and their Beloved Prostate Gland

- A. If you live to be 100, then there is a 100% chance of developing Prostate Cancer
- B. Most often you will die of other causes. But when should you pay attention? *"How Do I Use a PSA Test?"*
 - i. Men over 50 with a PSA between 2-4 have a 5-9 time increase of developing aggressive form of cancer in the next 10 years.
 - ii. A value of greater than .7 in men ages 40-50 or greater than 1 over 50 increases likelihood of prostatitis significantly.
 - iii. Prostatitis is virtually a precursor to cancerous changes
 - iv. Expressed prostatic secretion is virtually diagnostic of prostatitis.
- C. Nutritional supplements known to aid in the treatment of Prostate Cancer:

Vitamins C, D, & E
Turmeric
Zinc
Alpha Lipoic Acid
Quercetin
Green tea extract
CoQ10
Selenium

I3C/Dim
Calcium D Glucarate
Saw Palmetto
Pygeum
Pumpkin seed
Garlic
Modified citrus pectin
Mushroom extracts