

The Natural Pharmacy Newsletter

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In The News

by Brad Roseborough, R.Ph.

Increased Levels of Bisphenol-A May be Associated With Childhood Obesity

Last month we took a look at the use of BPA (Bisphenol-A) in some types of dental fillings. Within the last month a new study has been published that may link childhood obesity to this plastic chemical found in many food packaging material.

In the new study, researchers at New York University found that children with the highest levels of BPA in their urine were about twice as likely to be overweight as those with the lowest levels of BPA. 22% of children with higher BPA levels were obese versus 10% in those with the lowest BPA levels.

An interesting sidelight of this study was the fact that the increase risk of obesity was found only in white children and not in black or Hispanic children. Several studies have suggested that BPA disrupts metabolism and enlarges fat cells. One theory over the last few years that seems to be credible is that persistent organic pollutants (POPS) like BPA can cause increased fat with increasing toxic load. As these fat soluble POPS increase in the blood stream, the number of fat cells necessarily need to increase to keep an equilibrium between POPS and fat.

Concerns about childhood obesity have increased as studies have shown that obese or overweight children are more likely to have increased risk of

cardiovascular disease, high blood pressure, increased cholesterol and triglycerides, and elevated blood sugar.

www.energytimes.com/pages/news

The New Suzanne Sommers Show

There is a new show on Lifetime at 7:30 AM on Wednesdays that I find interesting. It's not a show that guys would necessarily watch, but when 80%+ of your patients are women, it's good to know what they are watching and reading because you'll most likely end up hearing about it.

One of the interviews this last week was with Suzanne Sommers personal physician. The topic of treating women that have had breast cancer with estrogen and progesterone came up since Suzanne has had breast cancer. Her physician made the statement that a recent study indicated that there was a significant reduction in recurrence of breast cancer when hormone replacement is used during remission. There may be a study to that effect but I can't find it. The only thing that I can find is part of the Women's Healthcare Initiative. About two years ago the study made the observation that women that had had a hysterectomy and used estrogen alone (read that no synthetic progestin) had about a 20% reduction in risk of breast cancer. So am I to determine from this study that the estrogen caused the decreased

risk, the hysterectomy, or that the lack of synthetic progestin use had the positive effect. I think when it is all said and done, that the findings will show that it was the lack of progestin, in this case medroxyprogesterone acetate (Provera-TM). This is not to be confused, as many researchers do with progesterone that is body identical.

So where does this leave women with breast cancer that want to consider hormone replacement? Here is my opinion. Please understand that this is just an opinion and not based on any studies that I could find. If a woman has had breast cancer that is estrogen receptor positive, my standard reply is that no estrogen should be used. If it is progesterone receptor positive, I think traditional wisdom would say no progesterone and definitely no synthetic progestin. I'm not sure that that is the case. I wouldn't recommend it but I wouldn't be strongly opposed either. I just don't know. One thing that is a game-changer however is when symptoms of low hormones are so significant that it changes a woman's life to the point that they are not sure they can "go on". In that case, I think you have to consider low dose hormone replacement and recommend the treatment with the least amount of risk and measure actual hormone levels regularly. The risk is certainly not 0% based on studies I can find and I don't agree with Suzanne's physician on issue.

Should Baby Boomers be Tested for Hepatitis C?

In a new recommendation by Centers for Disease Control (CDC) published on August 17, 2012, it is suggested that all people born between 1945 and 1965 (Baby Boomers) be tested for the hepatitis C virus. Research indicates that 1 in 30 adults in this age group or 2 million Americans have been infected with hepatitis C. Many of them don't know yet. In fact, 75% of American adults with hepatitis C are baby boomers.

Thomas Frieden, MD, MPH states that "a one-time test for hepatitis C should be on every baby boomer's medical checklist". Diagnosis can help protect the health of a whole generation and save thousands of lives. More than 15,000 Americans, mostly boomers, die each year from hepatitis related illnesses such as cirrhosis and liver cancer.

Hepatitis C has few noticeable symptoms so most patients don't know that the virus is slowly damaging their liver. The CDC estimates that a one-time test could identify more than 800,000 additional cases of hepatitis C. Since new treatments can cure up to 75% of the infections, proper care and treatment could save up to 120,000 lives.

Magnesium May Reduce Risk of Colon Cancer

In a recent meta analysis of 10 previously published works, a team of researchers from the Imperial College of London and Netherlands Wageningen University examined the link between magnesium intake and the occurrence of benign tumors called adenomas and colorectal cancer. The researchers found that for every 100 mg. increase in dietary magnesium, there was a 13% decrease in adenoma risk and a 12% reduction in cancer risk.

A note from Brad

I'm sure many of you will agree that this election may be the most important in our lifetime. I encourage you to set political party loyalties aside and look at all the facts, listen to what each candidate is saying, and listen closely to the debates. I also encourage you to get to know the local and state candidates in order to make an informed choice. Don't forget to also take a close look at the very important judicial positions. I have faith that our country will be better because of your informed choice.



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