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BREAST HEALTH:



by Dr. Gary Snyder

An Ounce of Prevention

Hi, I'm Dr. Gary Snyder, the owner and director of the Alternative Medicine Center in Fort Lauderdale. Having been in practice almost 38 years, I am amazed by the early detection tests and related therapies that are almost entirely ignored by mainstream medicine. Breast Cancer Awareness Month always provides an excellent example of this.

Without getting into the politics of medicine and the likely economic reasons why, I'll just list and briefly discuss tests that I routinely recommend to my female patients and am convinced that all doctors should also. Let me begin discussing an "early detection" procedure that women will be repeatedly encouraged, if not urged, to get throughout the month of October and to a lesser degree year round.

Mammography is not an early detection procedure. It takes eight to ten

years for a breast cancer to reach the "lump or bump" stage that is detectable by x-ray or exam. Also, mammograms increase your risk of breast cancer by exposing your body to radiation that can be 1,000 times that of a chest x-ray. Additionally, mammograms compress the breasts tightly and painfully, which can cause a lethal spread of any existing malignant cells.

Thermography

Concerned about this ongoing fallacy forwarded by the medical field, and faced with the fact that many of my female patients were reluctant or refusing to get mammography, I looked for an answer. Based on diligent research I purchased a thermography unit in 2002. Thermography, approved by the FDA in the mid 80s, uses an infrared camera that is completely non-invasive, and uses no ionizing radiation or compression. Thermography breast scans

can detect inflammatory vascular patterns indicative of cancer as much as eight years before detection by mammography. Over the years this has allowed us to provide hundreds of women a safe and effective early detection tool and reduced risk from radiation exposure. Also, in early stages natural therapies are effective in reversing these tendencies before they've progressed to a difficult to treat stage. The availability of thermography is expanding rapidly across the U.S. and is a procedure every woman should investigate.

25 - Hydroxyvitamin D

Would you like to reduce your risk of breast cancer by 50-77 percent? Research in the United States and Canada indicates that proper blood levels of vitamin D can provide this protection. Other studies suggest optimizing vitamin D could help prevent 16 types of cancer and reduce overall cancer risk by as much as 60 percent.

A simple blood test available through all conventional laboratories, 25 (OH) D is the best marker for overall D status. The optimal range is between 50 and 70 ng/ml and never below 32 ng/ml. Identifying your need and taking the right amount and right type of vitamin D3 can truly be life saving.

Estrogen Dominance

In his ground-breaking research in the 90s, based on thirty years of clinical practice, Dr. John Lee taught us the

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direct correlation between hormonal imbalances and breast cancer. His books, *What Your Doctor May Not Tell You about Menopause (1996), *Premenopause (1999), and *Breast Cancer (2002) should be must-reads for all doctors and all women (don't wait for your doctor!).

I had the privilege of knowing and consulting with Dr. Lee for 10 years before his untimely death in 2003. His research has stood the test of time and has been confirmed often, especially involving the relationship between two primary female hormones — estrogen and progesterone. The delicate female cycle during ovulation should be estrogen dominant half the cycle, from flow to ovulation, then progesterone dominant from ovulation to flow. The problems arise when the female body is estrogen dominant at times of the month when it shouldn't be. This is when breast and other female cancers develop. The most sensitive method of analyzing these imbalances is through salivary hormonal testing which is much more sensitive than serum (blood) testing and allows you to collect multiple samples (11) throughout the month so the lab results include a graph of the entire cycle. This allows us to be specific about dosing with appropriate plant source, bio-identical hormone support. The lab also has panels for peri-menopause and post-menopause, for similar risk assessment and to help get women through the "change of life" without discomfort or horse urine doses!

Estronex (good estrogens vs. bad estrogens)

Why are some women susceptible to breast cancer but not others? Researchers at Rockefeller University have found that the body metabolizes estrogens into several different forms that can impact cancer development. One form, 2-hydroxyestrone (2-OHE1), tends to inhibit cancer growth. Another, 16-a-hydroxyestrone (16-a-OHG1), actually encourages tumor development. A woman's "biochemical individuality" determines how much of each is produced. Studies have shown that measuring the ratio of these two forms of estrogen, along with other important ratios, provides an important indication of future risk for development of breast cancer. Most importantly,

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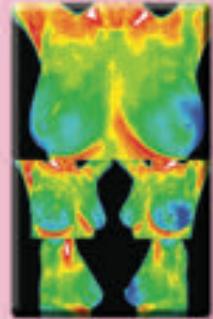
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the studies also show that this risk can be modified. This means if you show a high risk ratio, we can reverse the ratio with a vegetable source supplement, thus reducing the risk. A simple urine sample test provides a simple solution and a marked reduction in risk.

Iodine Loading Test

Guy Abraham, M.D., former professor of obstetrics, gynecology and endocrinology at UCLA School of Medicine, has shown in his research a direct relationship between iodine deficiency and breast cancer. In fact, ovarian and uterine cancer, as well as fibrocystic breast disease, share the same iodine connection. Japanese women living in Japan consume a daily average of total elemental iodine that is more than 100 times the RDA in the U.S. They also experience one of the lowest rates of breast, ovarian and uterine cancer.

Through Dr. Abraham's research, a simple urine test was developed that allows us, for the first time, to assess iodine levels. Once determined, the right type and right amount of iodine can be

recommended for each patient.

Iodine is also essential for proper thyroid function as well as other hormone producing glands. Once again, a simple test, a simple solution and a marked decrease in breast cancer risk.

Dehydration

One of the simplest tests and solutions may be one of the most important factors regarding your overall health and well being, including risk of cancer and most other conditions.

As a student in the 70s, I was taught about the importance of water. In fact, over the years it seems all of the true "healers" or alternative medicine gurus I studied under recommended water. I have passed this on to my patients for 35 years. About 15 years ago, we started seeing a new twist with hydration. Patients were testing as dehydrated even when drinking the right amount of water. This led to the understanding that the cumulative effect of environmental toxins were building up and causing a hardening effect of the cell wall, reducing cellular absorption. Water, like any

other nutrient, has to absorb into the cell to be effective. If not, you can drink water all day long and still suffer cellular dehydration. This research led to the development of homeopathic rehydrating formulas that increase cell-uptake and enhance total body hydration.

Suggested readings about the importance of water are *Your Body's Many Cries for Water: You're Not Sick, You're Thirsty, and *Obesity Cancer Depression: Their Common Cause and Common Cure, both by F. Batmanghelidj, M.D.

Remember, every cell in the body requires water, so any and everything can go wrong without it. This includes cell inflammation, which precedes all cancer.

These days, an ounce of prevention is probably worth ten pounds of cure. Take advantage of these and other tests and protocols that can provide you with your life saving ounce.

For more information contact the Alternative Medicine Center at 954-486-4000 or visit DrGarySnyder.com. See ad this page.