

# THE BETTER HEALTH NEWS

## TOXIC EXPOSURE AND CANCER

### DETOX

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In 1993, Mary Wolff, an associate professor at New York's Mount Sinai Medical Center, published a paper in the *Journal of the National Cancer Institute*, indicating that exposure to certain chemicals may indeed play a role in breast cancer. Women with high blood levels of DDE, a DDT breakdown product, had a much greater risk of developing breast cancer -- four times higher than women with low levels of DDE. DDT, an insecticide banned in the US in the 1970s, can mimic the hormone estrogen and is a known endocrine disrupter. Scientists from the University of Liverpool published research in the *Journal of Nutritional and Environmental Medicine* stating that exposure, even to small amounts of certain chemicals can increase the risk of developing cancer - particularly for infants and young adults. A study on rats published in the Dec. 6, 2006 online edition of *Reproductive Toxicology* found that environmental exposure to bisphenol A during fetal life may possibly cause breast cancer in adult women.

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Research appearing in *Environmental Research* (2015 Nov 9;144(Pt A):60-65. doi: 10.1016. Epub before print) showed a relationship between the increase in air pollution and the incidence of lung cancer in China. Other research, appearing in the journal, *Endocrine* (2015 Oct 5. [Epub ahead of print]) found that thyroid cancer incidence in volcanic areas suggests an environmental effect of volcanic-originated carcinogens. Metal toxicity also seems to play a role. Urine of the residents of the volcanic area, showed an average level of many trace elements that were significantly increased, with values higher two-fold or more than in residents of the control area: cadmium (×2.1), mercury (×2.6), manganese (×3.0), palladium (×9.0), thallium (×2.0), uranium (×2.0), vanadium (×8.0), and tungsten (×2.4).

Bladder cancer is also connected to pollution, according to research found in *Critical Review of Oncology/Hematology* (2015 Jul 20, epublished ahead of print). It found a connection between pollution in Naples and the Caserta provinces and an increase in bladder cancer.

## CHEMICAL EXPOSURE & HEALTH

The incidence of diabetes and obesity may be increased by toxins in the environment. Research appearing in the journal *Diabetes Care* (30:622-628, 2007) indicates that pesticides and nondioxin-like PCBs may be associated with type 2 diabetes risk by increasing insulin resistance, and persistent organic pollutants (POPs) may interact with obesity to increase the risk of type 2 diabetes. Researchers at the University of New Hampshire found a connection between obesity and environmental pollution.

Research appearing in *The Journal of Clinical Endocrinology & Metabolism* (Vol. 92, No. 1 196-202; July 2013) observed declining levels of testosterone that does not seem to be attributed to health or lifestyle and the authors concluded that "These results indicate that recent years have seen a substantial, and as yet unrecognized, age-independent population-level decrease in testosterone in American men, potentially attributable to birth cohort differences or to health or environmental effects not captured in observed data." One possible explanation of the lower testosterone levels is chemicals in the environment. Studies have that found environmental impacts on testosterone levels. For example, testosterone levels were lower in US Air Force veterans exposed to

dioxins (*Environmental Health Perspectives*, Nov. 2006, vol. 114, #11). Testosterone levels were also lower in men exposed to phthalates at work (*Environmental Health Perspectives*, Nov. 2006, vol. 114, #11). Infertility in women has also been linked to chemical exposure. Exposure to BPA (bisphenol A) is linked to prostate cancer in men.

Individually we know that many of these chemicals are dangerous. Very little research is done on combinations of chemicals. An article appearing in the May 10, 2006 issue of *Scientific American* did look into the dangers some of these chemicals have in combination. Scientists at the University of California, Berkeley, have tested four herbicides, two fungicides and three insecticides commonly used in American cornfields. Low concentrations (0.1 ppb) of the chemicals did not have much effect on developing tadpoles. When the tadpoles were exposed to all nine chemicals they developed endemic infection. The survivors ended up smaller than their counterparts raised in clean water--despite taking longer to mature into adults. So individually the chemicals did no harm, but in combination they had a negative effect. When you consider that there

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are about 100,000 different chemicals that we are exposed to, it may make you wonder what the long-term health effects are.

Chemicals can bother you on a cellular level and the fats you consume can make the situation worse. Trans fats are produced when oil is hydrogenated. The food industry bubbles hydrogen through an oil, making it a solid fat. This makes the food have a longer shelf life and look more appealing. Have you ever made a meal that had a sauce? When it is stored in the refrigerator overnight, the sauce separates into oil and a solid material. This would happen to packaged food if the oil was not hydrogenated. Look at any bottled, creamy salad dressing; with few exceptions, they contain hydrogenated oil. Hydrogenated oils are in a lot of commercial baked goods as well. They are everywhere and you need to avoid them. This is one reason that taking essential fatty acid supplements is so important.

# Got Health Questions?

## We've Got Answers!

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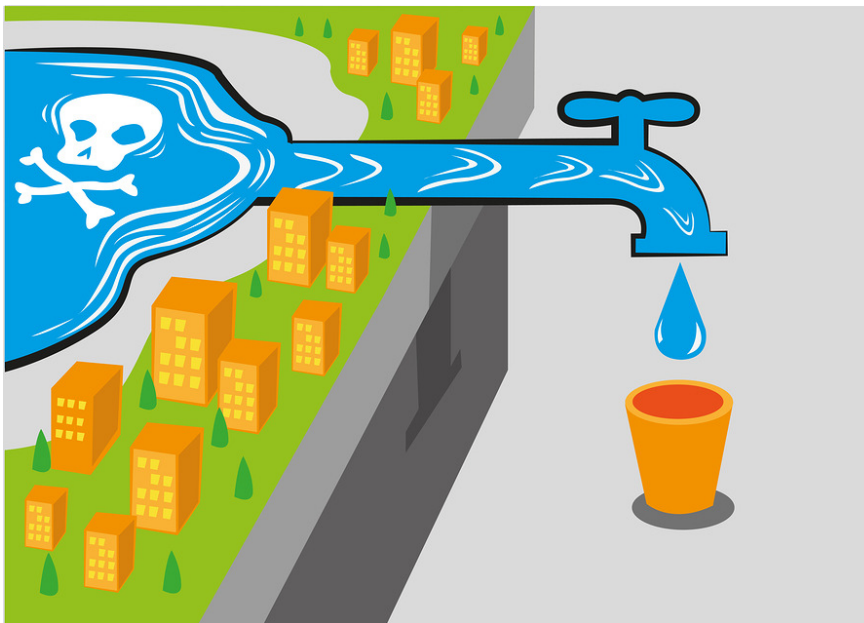
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## OUR DECLINING WATER QUALITY

Toxic runoff from agriculture, industry and suburban lawns is making drinking water unsafe, destroying the fishing industry and creating mutant fish and animals. The Clean Water Act, passed in 1972, but, according to the New York Times, in the last five years alone, chemical factories,



manufacturing plants and other workplaces have violated water pollution laws more than half a million times. The violations range from failing to report emissions to dumping toxins at concentrations regulators say might contribute to cancer, birth defects and other illnesses.

A recent U.S. Geological Survey (USGS.gov) study found an alarming rate of white sucker fish with prominent tumors in several of Wisconsin's Lake Michigan tributaries. The three-year study looked at White Sucker tumor prevalence in the Sheboygan River and Milwaukee Estuary, which

have both been listed as "Areas of Concern (AOC)" under the International Joint Commission Great Lakes Water Quality Agreement between the United States and Canada. "There was an elevated prevalence of skin and liver tumors on fish from both Areas of Concern as well as one of

the non-Areas of Concern," said Vicki Blazer, USGS Research Fish Biologist and lead author of the study. Because white suckers, also called mullet, eat from the sediment on river bottoms, their overall health is considered an indicator of the environmental degradation within an ecosystem.

An estimated 19.5 million Americans fall ill each year

from drinking water contaminated with parasites, bacteria or viruses, according to a study published last year in the scientific journal *Reviews of Environmental Contamination and Toxicology*. That figure does not include illnesses caused by other chemicals and toxins.

The Safe Drinking Water Act only regulates 91 contaminants. The problem is that more than 80,000 chemicals are used in the United States. How many of these chemicals, and at what levels, end up in the water supply is anyone's guess, because no one is testing and measuring these unregulated chemicals in drinking water.

# HOW HEALTHY ARE YOU?

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## **CAN YOUR SYMPTOMS BE DUE TO CHEMICAL EXPOSURE?**

Chemical exposure can cause a wide variety of symptoms, including fatigue, headaches, skin problems, digestive problems, recurrent Candidiasis, allergies and even cancer. Some occupations that involve chemical exposure are farmers, hairdressers, photographers, refinery and factory workers, airline employees, truck drivers, auto mechanics, painters, doctors and x-ray technicians. But in reality, all of us have an inappropriate amount of chemical exposure.

Just living on Earth gives us a fair amount of chemical exposure. How close do you live to a highway or airport? Air pollution is concentrated in the cities, but exists throughout the country. Farmers use liberal amounts of pesticides on their crops and liberal amounts of antibiotics in

their animals. The amount of chemical exposure Americans get is unprecedented in history. Cancers of the liver, kidney and lymphatic system are on the rise. For people who are chronically ill, people who have multiple symptoms, who may be described as “just plain sick,” chemical toxicity is often one of their issues.

In the midst of this chemical bath we all are taking are people who suffer from many symptoms; they are like canaries that coal miners used to take into the mines. If the canary died, the miners knew that there were dangerous gases present in the mine. In our society we have people who are exposed to the same chemical burden we all are, and some may be predisposed to a higher degree of symptoms.