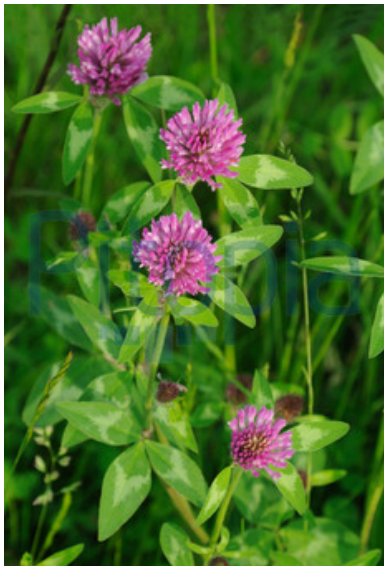
Zeit für gute Vorsorge ...

Dr. med. Bodo Grahlke

Facharzt Gynäkologie und
Geburtshilfe FMH

Protection against breast and prostate cancer
Hormonal balance even before menopause



Our native red clover (also: meadow clover) is an old medicinal herb. It is mainly found on meadows and clover fields, where it blooms from May to September. Its active ingredients, isoflavones, tannins and phenolic substances are mainly found in the red flower heads, in smaller quantities also in the leaves.

With the economic miracle, the old home remedy almost fell into oblivion. However, after it became public a few years ago that red clover has particularly effective phytoestrogens, the meadow plant experienced a veritable boom.

These phytoestrogens, the isoflavones, have a very similar structure to the female sexual hormone (estrogens).

Red clover is mainly offered as a tea or concentrated in capsules. The isoflavones support the **hormonal balance during menopause** and thus counteract the typical symptoms such as hot flashes, sweating, reduced performance, palpitations or dizziness and also have a beneficial effect on osteoporosis.

Risk patients are therefore recommended to take isoflavones preventively for harmonization even before the onset of menopause.

The regular intake of isoflavones even reduces the risk of breast cancer, as a study conducted with the German Cancer Research Center has shown. The protective effect is all the stronger the earlier the intake is started, obviously already with the onset of puberty.

According to Japanese studies, the greatest protective effect of isoflavones is achieved for female babies when isoflavones are taken during pregnancy.

By stabilizing the venous walls, the development of convulsive veins, broom tears and hemorrhoids is prevented.

And: what applies to the breast in women applies to men for the prostate.

Because of its blood-purifying properties, red clover is also considered a natural remedy for acne. In folk medicine red clover is also used for mucous skin inflammation, diarrhoea or liver complaints.

Particularly noteworthy: the beneficial effects on **LDL** cholesterol levels.

According to a study by the Vienna Women's Clinic, the use of red clover is without side effects.

We are always available for advice in our practice rooms and have red clover alone, vitamin and trace elements with good bioavailability in stock at a reasonable price. We will also be happy to send you products.

according to
http://www.gesundheitstrends.de/kompak/lexikon/rotklee.ph

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Fish oil can protect against breast cancer

The health benefits of omega-3 fatty acids for the prevention of some chronic diseases are well known. A US study shows that fish oil could also be important in the fight against breast cancer.

What influence do dietary supplements containing omega-3 fatty acids have on breast cancer risk?

This was the question asked by scientists at the Fred Hutchinson Cancer Research Center in Seattle.

Led by Emily White, researchers asked more than 35,000 women in writing as part of the Vitamins and Lifestyle Study (VITAL) whether, which and how many of these products they are taking. In addition, all subjects over 50 years old gave information about their state of health.

Good effect from fish oil, no adverse effects from products against discomfort due to the modification.

Rainer Sturm_pixelio.de

After six years, the data of the subjects were queried again. It turned out that 880 of them had now been diagnosed with breast cancer. The physicians analyzed these cases in connection with the statements about the intake of dietary supplements.

It was found that the women who regularly took highly concentrated omega-3 fatty acids had a 32 percent lower risk of breast cancer.

In particular, ductal breast cancer, which emanates from the cell layer on the inside of the milkducts and is one of the most common forms of breast cancer, was less frequent.

In addition, it was shown that the typical products against discomfort due to the modification did not play a role in the development of cancer.

"Don't draw causal conclusions"

This study is the first to show the link between omega-3 fatty acids and breast cancer prevention. However, high amounts of fish oil are needed to achieve this effect, says Emily White. However, the doctor warns: "Without confirmation from other studies, we should not draw conclusions about a causal link between omega-3 fatty acids and breast cancer prevention."

The study is published in the journal of the American Association for Cancer Research, "Cancer Epidemiology, Biomarkers & Prevention."

FOCUS

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Omega-3 and -6 fatty acids

What are Omega Fatty Acids?

Fatty acids such as omega 3 and omega 6 are important components of the fats in our diet.

Why are omega-3 fatty acids important?

Omega 3 takes on numerous important tasks in the body. The fatty acids contribute to the health of the cardiovascular system and the psyche, strengthen the immune system and play a role in the development of the brain in children.

Which foods contain omega-6 fatty acids?

Omega 6 is found in many plant-based foods, for example in margarine, sunflower oil, olive oil, pumpkin seed oil and avocados. In the western world, people tend to consume a lot of omega-6 fatty acids.

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Which foods contain omega-3 fatty acids?

The active forms of omega 3, which our body can use directly, are found almost exclusively in fish, such as mackerel, tuna, salmon and matjes. Some plant-based foods, such as linseed oil, rapeseed oil, and walnuts, contain alpha-linolenic acid, which the body first has to convert into active omega-3 fatty acids. Some of the fatty acids are lost in the process.

How much omega 3 do I need a day?

Professional societies recommend one or two fish meals a week to ensure the supply of omega 3. According to experts, at least 250 milligrams per day are necessary to ensure that there is enough omega 3 to maintain the heart function; two grams or more are recommended. If you don't eat fish, you can take omega 3 through dietary supplements, which are mostly based on fish oil or algae oil.

Why is the ratio of omega 6 to omega 3 important?

Omega 3 has a vasodilator, anti-inflammatory and anticoagulant effect, Omega 6 has a vasoconstricting, inflammatory and coagulant effect. In order to achieve a balance and thus an inflammation-neutral state, experts recommend a ratio of omega 6 to omega 3 of 5 to 1 or lower - in the western world the ratio is on average 15 to 1 - and for you?

after www.cerascreen.ch

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Breast Cancer Prevention: Overview

Treatment target	Nutrition	Diet/Lifestile	Medicinal plants	Dietary supplement	Medications
low insulin levels/muscle build up	low "sugar index"	Movement Oat days	Bryophyllum Rosemary Psyllium(Metamucil) Avena sativa	Myo-Inositol(Clavella)	Metformin
Compensation for vitamine D deficiency		Daily. 10min sum			Vitamin-D
harmonic menstrual bleeding			Monk's Pepper Rhapontic rhubarb (femiloges®)	Iodine and Selenium Red clover-Isoflavone	Euthyrox
rare menstrual bleeding		early pregnancyften long breastfeeding times			Long-cycle anti-baby pills
natural hormone replacement			Rhapontic rhubarb (femiloges®) Red clover-Isoflavone		
Inhibition of malignant cell growth	low consumption of alcohol and nicotine rarely consumes red meat and cow's milk	Preferential of soy products, fish and light meat, e.g. Poulet	Aspidium/Salix comp Borago comp.	Selenium Multivitamins Red clover-Isoflavone Omega-3 fatty acids	low-dose Aspirin (ASS cardio)

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Good news: Sporty activity protects against breast cancer,
Bad news: every glass of alcohol increases the risk.

Scientists at the University of Wisconsin at Madison found in their study of 15,000 participants that six hours of intense recreational sports a week can reduce the risk of invasive breast cancer by 23 percent. According to researchers, this protective effect is independent from the age of women.

The hormone levels of women vary greatly in the different phases of life, especially before menopause.

Active women athletes tend to have lower estrogen levels than inactive women at any age. The study found that the protective effect of intense exercise applies to both young women and post-menopausal women.

In addition to cyclic estrogen levels before menopause, sport also affects other risk factors for cancer: it prevents obesity, affects insulin sensitivity and the body's immune system.

With the help of the data pool of the "One Million Women Study" the influence of alcohol on the cancer rate was examined. Naomi Allen and colleagues from the UK University of Oxford cames to the conclusion that an estimated 13% of all breast cancer cases are due to low or moderate alcohol consumption. The higher the alcohol consumption, the higher the rate of breast, bowel and liver cancer. The type of alcohol, whether beer or wine, had no effect on the risk of disease. Each additional alcoholic beverage per day was associated with an increase of 15 cancer cases in 1,000 women, including 11 breast cancer cases.

Although the increase in absolute risk from wine and co seems small, the authors see cause for concern. Because in most industrialized nations, a large proportion of women drink on average a glass of alcoholic drinks every day and like to drink more.

The message could not be clearer: no amount of alcohol, however small, is safe.

Risikofaktoren für die Entwicklung des Mammakarzinoms

Hauptrisiko: Keine Früherkennung!

Risikofaktoren	Vergleich der Risiken	Zunahme der Inzidenz (Brustkrebsdiagnose) in %
Alter[1]	45 vs. 25 Jahre	+ 1.900
Körpergewicht[2]	Adipositas vs. Normalgewicht	+ 150
Menopauseneintritt[3]	52 vs. 42 Jahre	+ 100
Menarchealter[3]	11 vs. 14 Jahre	+ 30
Zahl der Geburten[4,1]	keine vs. mehrere	+ 30
Alter bei erster Geburt[4,5]	35 vs. 20 Jahre	+ 40
Gesamtdauer Stillen[6]	nie vs. 5 Jahre	+ 20
Hormonsubstitution[7,8]	≥ 5 Jahre vs. nie	+ 30
Alkoholkonsum[9] und Nikotin!	≥ 20 g/Tag vs. Abstinenz	+ 30
Serum-Lipide[10]	erhöht vs. normal	+ 60
Körperliche Aktivität[11]	inaktiv vs. aktiv	+ 20

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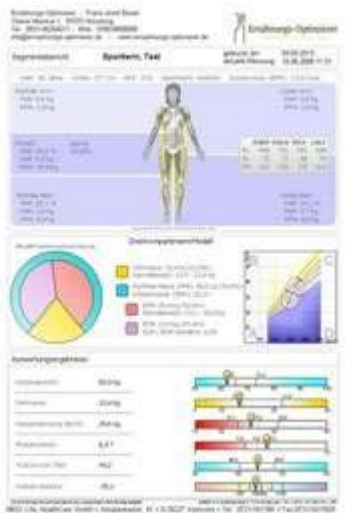
Measuring the body's muscle, fat and water content with the bioimpedance analysis

Bioimpedance analysis determines how high the muscle fat water content in your body is. On this basis, we can provide you with targeted advice during the course of your treatment.



Measuring body composition according to scientific methods Bia measurement (bio-impedance analysis) is a very accurate and reliable method for determining the individual body composition. It has been used in sports and nutritional medicine for more than 20 years in order to be able monitoring the changes in body fat percentage and muscle mass due to dietary and training changes.

While in conventional measurement methods only the fat content in the body is decisive, the BIA measurement also includes the determination of the fat distribution, the body cell mass and the body water in the different areas (segments) of the body. This makes it possible to make an accurate assessment of the nutritional status, the resting energy consumption (basic turnover) and the water balance.

Regardless of weight, body analysis is important, as the relative composition of the body is often not optimal even in lean people. Due to lack of exercise, many normal-weight people have an increased body fat percentage and a relatively low muscle mass, which has significant consequences for their energy balance (basic turnover). Similarly, too high or too low water content of the body can significantly impair the well-being and health of the body.

How is the BIA measurement done?
The BIA measurement is performed on the reclining person. Measuring electrodes are glued to the hands and feet and an impalpable alternating current is passed through the body to measure cell and water resistance. Cell resistance makes it clear how much percent of the body consists of muscles and organs (= active cell mass). The water resistance provides information about the water stored in the body and the respective fat content.

The evaluation of the BIA analysis as a basis for advice and treatment
On base of the measurement datas, the individual body composition is calculated by a special computer program. It provides a detailed picture of the individual proportions of fat and muscle tissue as well as the distribution of body water.

- You want to lose weight sustainably or improve your body composition (Menstrual bleeding disorders, unfulfilled desire to have children, Tendency to ovarian cysts, Acne / high effects of male hormones, lowering the likelihood of breast cancer)?
- We are glad to help in cooperation with your OVIVA nutritionist!
- The first step in the right direction is a bioimpedance analysis – we can carry out this analysis directly in our practice. After the bioimpedance analysis, we will find the right strategy for sustainable success.

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Breast cancer: Prevention is also possible through nutrition: Diet and/or dietary supplement Checklist "Preventing Breast Cancer"

Japanese women are much less likely to develop breast cancer (and diabetes) than women in the US and Europe

But with changes in Japan's lifestyle, the rate of breast cancer increases there as well. These include, rarer and later pregnancies, decline in breastfeeding, "westernization" of the traditional diet. The traditional diet is based on isoflavone-containing soy and fish as suppliers of protein. Frequent consumption of red meat, on the other hand, seems to be linked to an increase in the likelihood of breast cancer.

Iodine and selenium protect the thyroid gland

The thyroid gland has a central control function for the female cycle. Thus, a well-adjusted thyroid gland is of particular importance in terms of protection against breast cancers. Works the thyroid gland normally protect iodine and selenium from the development of diseases of the thyroid gland.

A well-functioning or well-adjusted thyroid gland also appears to protect against breast cancer

Mastopathy, i.e. a very dense and knotty glandular tissue, is also a risk factor for breast cancer. The Iodine Deficiency Working Group reports on its website that the taking of Iodine - as in Asian women with traditional diets - appears to be pre-mastopathy and breast cancer.

Checklist "Preventing Breast Cancer"

Do I have too high insulin values (done an insulin test?)	☐ yes	☐ no
Do I exercise for half an hour a day?	☐ yes	☐ no
Is my fitness level known (bioimpendance analysis)?	☐ yes	☐ no
Do I know my vitamin D level?	☐ yes	☐ no
Do I take vitamin D under medical supervision?	☐ yes	☐ no
Is my thyroid well adjusted?	☐ yes	☐ no
Do I take iodine and selenium as a preventive measure for the thyroid gland?	☐ yes	☐ no
If I take anti baby pills: do I use "long-term contraception"?	☐ yes	☐ no
Desire to have children / irregular menstruation / breast tenderness: do I take monk's pepper?	☐ yes	☐ no
Menopause or symptoms / not using hormones: herbal, anthroposophic or homeopathic therapy?	☐ yes	☐ no
Do I take isoflavones from soy or red clover?	☐ yes	☐ no
Do I take omega-3 fatty acids (salmon oil) on days without a fish meal?	☐ yes	☐ no
Increased alcohol or nicotine consumption?	☐ yes	☐ no