



March 2009 Issue #10

cancer

LIFESTYLE ADVICE FOR PREVENTION

avian flu

AN UPDATE

PLEASE REMEMBER TO USE OUR NEW TELEPHONE NUMBER TO ARRANGE APPOINTMENTS AT OUR MAIN CITY BISHOPSGATE OFFICE: TELEPHONE 0845 4370691.

cancer screening can save lives

THE CERVICAL CANCER SCREENING PROGRAMME IN BRITAIN HAS BEEN MASSIVELY SUCCESSFUL IN CUTTING RATES OF DISEASE.

The number of women diagnosed with the disease has halved in the 20 years since screening was set up, according to a new analysis. In spite of the success, some 2,700 women are diagnosed with the disease every year - compared with 4,800 in 1988. Some 921 women died from the disease in 2006.

Screening aims to detect biological changes before they become cancerous. Cancer Research UK, which collected the statistics, warned that numbers of women undergoing screening were falling. It is thought they might increase again following the decision of celebrity Jade Goody to live out the rest of her life in public, following a diagnosis of advanced cancer.

Cervical cancer is still the second most common cancer for women under the age of 35. A vaccination programme for young teenage girls is being introduced after the cancer was linked to the human papilloma virus.

There is more information on the vaccination in our November 2008 newsletter which is available on our website:
<http://www.roodlane.co.uk/information-1.htm>

diet and exercise can prevent cancer

THOUSANDS OF CASES OF CANCER IN BRITAIN COULD BE PREVENTED THROUGH HEALTHY DIET AND EXERCISE, EXPERTS SAID LAST MONTH.

The World Cancer Research Fund (WCRF) named two particular cancers where more than 40 per cent of cases could be prevented through healthier lifestyles; 42 per cent of breast cancer cases and 43 per cent of bowel cancer cases.

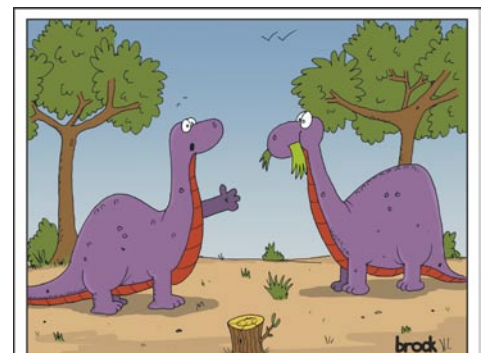
A WCRF report lists the impact of unhealthy lifestyles in Britain, the USA, Brazil and China. In the USA it blames some 38 per cent of breast cancer cases on lifestyle and in China just 20 per cent. Even greater numbers of some rare cancers are linked to lifestyle, partly because of the effect of smoking. The WCRF said a panel of 23 world experts had now made 48 recommendations for improving health, to boost physical activity and encourage healthy eating.

Panel chair Professor Sir Michael Marmot said: "This report shows that by making relatively straightforward changes, we could significantly reduce the number of cancer cases around the world. While governments

are important in this, the evidence shows that when it comes to cancer prevention, all groups in society have a role to play. This report is relevant to everyone from heads of government to the people who do the weekly food shopping for their family."

Project director Professor Martin Wiseman said: "We are expecting a substantial increase in cancer rates with the ageing population, obesity rates soaring, and with people becoming less active and increasingly consuming highly processed and energy dense foods and drinks."

The report was welcomed by Cancer Research UK, which said about 13,000 cancer cases in Britain are linked to obesity.



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"Not for me thanks, I'm on a diet! Only one forest a day and no shrubs between meals!"

avian flu update

AS OF THE 25TH FEBRUARY 2009, FROM AND INCLUDING 2003, THERE HAVE BEEN 408 CASES OF AVIAN FLU CONFIRMED IN HUMANS WITH 255 DEATHS.



In 2009 so far there have been 4 cases of Avian Influenza (H5N1) in Egypt. There have been 7 cases in China with 4 deaths according to the WHO. There have been 2 cases in Vietnam with 1 death.

There is no evidence that the H5N1 virus is mutating into a more dangerous form and all patients were around chickens, so there is little concern that people are passing the virus to one another. The cases however, and the widespread nature of them, continue to point out how persistent this virus is. The WHO believe that the threat of pandemic influenza remains as high as ever.

U.S. Researchers however, say that Streptococcal infections and not the flu virus may have killed most people during the 1918 influenza pandemic, which suggests some of the most dire predictions about a

new pandemic may be exaggerated.

Currently research is being carried out in the USA, towards the development of a vaccine which would be effective against a broad array of flu strains including H5N1 (avian flu) and H1N1 (Spanish flu). Obviously creating the vaccine and proving it is safe will take time, but it is a step in the right direction. It might also mean the end of the annual flu campaign as well (depending on how long the antibody response lasts).



sunlight vitamin may combat flu

A LARGE-SCALE STUDY HAS FOUND THAT VITAMIN D MAY HELP ARM THE IMMUNE SYSTEM AGAINST COLDS AND FLU.

US researchers found that people with the lowest vitamin D levels reported having significantly more recent colds or cases of the flu.

The finding casts new light on the tendency of people in northern climates to develop colds and flu during the winter - as vitamin D generation in the body depends on sun-light.

Researchers studied Vitamin D blood levels from almost 19,000 adult and adolescent participants for the

research, reported in the Archives of Internal Medicine. They found that those with the lowest levels (less than 10 ng per millilitre of blood) were about 40 per cent more likely to report a cold.

The researchers commented: "Circumstantial evidence has implicated the wintertime deficiency of vitamin D, which the body produces in response to sunlight, in the seasonal increase in colds and flu." But the authors stressed that the study results needed to be confirmed in clinical trials before the vitamin could be recommended to prevent colds and flu.

Arch Intern Med. 2009; 169(4):384-390

calorie cutting key to slimming

DIETS OF ALL KINDS CAN WORK PROVIDED SLIMMERS STICK TO THEM, RESEARCHERS CLAIMED LAST MONTH.

A new study suggests the key to a successful diet is simply to reduce the amount of calories consumed. Research, reported in the New England Journal of Medicine, compared four diets to see the impact of trying low-fat, low-protein or low-carbohydrate diets. Some 811 people took part in the research across the USA.

All the participants were asked to undertake weekly exercise and to follow "heart healthy" principles, replacing saturated fat with unsaturated and eating diets rich in cereals, fruits and vegetables. The researchers said all the diets led to "clinically meaningful" weight loss over a period of two years.

Researcher Professor Frank Sacks, of the Harvard School of Public Health, Massachusetts, USA, said: "This is important information for physicians, dieticians and adults, who

should focus weight loss approaches on reducing calorie intake."

And Dr Elizabeth Nabel, director of the US National Heart Lung and Blood Institute, said: "These results show that, as long as people follow a heart-healthy, reduced-calorie diet, there is more than one nutritional approach to achieving and maintaining a healthy weight."

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