

## Alcohol in Any Amount Unsafe for Cancer!

The conclusion of the chapter on alcohol consumption in the WHO 2014 World Cancer Report is clear: no amount of alcohol is safe when it comes to cancer. The International Agency for Research on Cancer declared alcohol

to be a carcinogen in 1988, and the evidence has been building ever since. Solid data supports a causal relationship with cancers of the mouth, pharynx, larynx, esophagus, colon, liver and female breast.



**PositiveTip:**  
*Avoid alcohol in any amount: it is hazardous to your cancer risk!*



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### References:

1. JAMA Intern Med. Pub. online April 24, 2014
2. <http://bit.ly/eurekalert>

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## Statins and Grace

Statins are an important class of medications for lowering blood cholesterol levels. They can help unblock arteries and reduce the risk of heart attacks and strokes.

The first line of treatment for high cholesterol is dietary. Eating fewer dairy products, eggs, and red meat will often dramatically lower cholesterol levels. Statins can be added if diet alone doesn't reduce blood cholesterol to normal levels.

A recent study showed that people needing statins for cholesterol do just the opposite of what is recommended. Researchers examined diet changes and statin use in 27,886 U.S. adults, 20 years or older over a period of 10 years.<sup>1</sup>

In this study, statin users increased the number of calories they ate and increased their fat intake over time. This was not true for people who weren't taking statins. Weight gain was faster for statin users than for nonusers.

These adverse effects on the

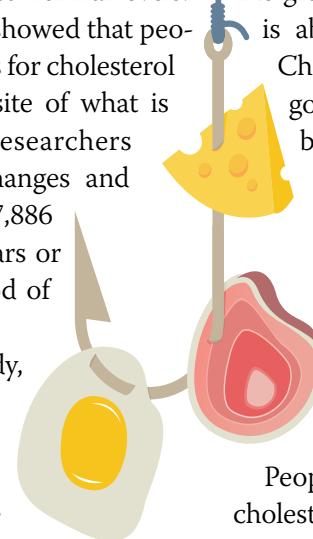
by Elvin Adams, MD, MPH

statin users were not directly due to the statins, but rather from the poor food choices resulting from a false sense of security. I have patients who tell me, "I am not going to change the way I eat. Give me a pill for my high cholesterol." As a group, people taking statins think in similar or worse ways.

This is exactly how sin operates in the lives of some Christians. The grace of God in saving sinners is abused by many who claim Christ as their Savior but then go out and sin even more because Jesus freely forgives.

Such people are rebuked by Paul, "*What shall we say then? Shall we continue in sin that grace may abound?*

*Certainly not! How shall we who died to sin live any longer in it?*  
Romans 6:1-2 (NKJV).



People with high blood cholesterol need to eat right and may still need statins. Abusing statins by eating worse than before largely negates the benefits of statins. Sinning more after a person accepts Christ largely negates the benefits of God's Grace.

## Testosterone: New Male Miracle Medicine?

by Max Hammonds, MD, MPH

A casual viewing of television, especially the sports or adventure channels will reveal a plethora of ads for testosterone therapy for men who think they have low "T" (testosterone). While twenty-five percent of males over age 45 have lower than normal testosterone levels, only a small segment of these have any symptoms of low testosterone which may include: decreased libido, depression, osteoporosis, and decreased energy.

In fact, most of the time these symptoms can be attributed to other poor health issues such as high blood pressure, diabetes, metabolic syndrome, coronary artery disease, high cholesterol, poor peripheral circulation, overweight, or lack of exercise.

Many men who have one or more of these situations also have lower than normal testosterone levels but there is no evi-

dence that the low testosterone causes these problems. In fact, when lifestyle changes are made to bring some of these problems under control—like losing excess weight, bringing diabetes under

control, increasing exercise, controlling hypertension, the low testosterone levels tend to self-correct.

Medically, endocrinologists recommend that testosterone should be used only for men who have proven low "T" and also

have symptoms—because testosterone treatment carries the risk of increased heart attacks and strokes, hypertension, increased PSA levels with an increased risk of breast cancer and prostate enlargement and/or cancer as well as a host of other side effects.

It is important to bear two facts in mind. First, in males who do not have low "T" and

*See "Manly Pill" on Page 3*



\*Results may vary. Side effects include risk of increased heart attacks and strokes, hypertension, increased PSA levels with an increased risk of breast cancer and prostate enlargement and/or cancer as well as a host of other side effects.

### "Manly Pill" from Page 2

do not have specific symptoms there is no evidence that any improvement in sexual performance, energy levels, or body strength occurs with added "T". Second, those males who are taking testosterone should be followed closely for side effects by a medical professional as the side effects can be deadly.

Healthy lifestyle choices—



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maintaining ideal weight, regular exercise, lowering blood fats, regular sleep patterns, and controlling stress reactions are probably as effective as medication in maintaining testosterone levels, male prowess, and body strength commensurate with age—without the risk of side effects. Make the choice to set aside male ego and reach for good health instead.

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### Eating F&V Promotes Healthy Arteries

*The American  
College of Cardiology reports  
high consumption of fruits and vegetables  
as young adults predicts healthier arteries 20  
years later. Females who ate 8-9 daily servings of fruits  
and vegetables for a 2000 calorie diet were 40% less  
likely to have calcified plaque in their arteries  
compared to those who only ate 3-4 servings  
per day.<sup>2</sup>*

**Positive Tip:** Start healthy habits now,  
including 8-9 servings of fruits and  
vegetables each day, for optimal future  
blood vessel health.