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Breast cancer: prevention is possible: metformin, aspirin and vitamin D

Metformin lowers insulin levels in diabetics and obviously protects against breast cancer

Scientists have long suspected that metformin enables better cure rates for certain types of cancer. In women with excessively high insulin levels, the administration of metformin has a positive effect not only on diabetes, but also on breast cancer.

Another group of patients who could benefit from metformin are people suffering from the so-called PCO syndrome. This is one of the most common hormone disturbances in adult women. Between 4 and 12% of all European women could be affected by this disease, which leads to type 2 diabetes, cardiovascular diseases and obesity. Those affected increasingly form male hormone and under circumstances voice and body hair change. In PCOS sufferers, metformin helps against overweight, heart problems and cancer.

(Redaktion Diabetesgate.de)



Why aspirin and metformin protect against cancer

Salicylate, the active ingredient of aspirin, activates an energy component in the cells that inhibits cell growth. This discovery - published in the journal *Science* - could explain the cancer-causing effect of aspirin, which has been discussed for some time.

There are overlaps with the mechanism of action of the anti-diabetes drug metformin, the use of which is also associated with a reduction in the rate of cancer.

Source: aerzteblatt.de/Science (2012; doi: 10.1126/science.1215327)

Insulin is increased with too low vitamin D

Vitamin D deficiency is relatively common, especially in winter and in the elderly.

Not so long ago, science mainly related vitamin D to calcium and bone metabolism and diseases such as rickets and osteoporosis.

In recent years, however, research findings have accumulated that prove that vitamin D participates in other processes in the body and that a vitamin D deficiency promotes various diseases.

Type 1 and type 2 diabetes are also affected by vitamin D deficiency in different ways. US scientists report in the journal *Diabetes Care* that low vitamin D levels reduce insulin sensitivity and thus increase insulin resistance. Insulin resistance is significantly involved in the development of type 2 diabetes.

(Deutschen Diabetes-Zentrums DDZ Düsseldorf)



Breast cancer: Prevention is also possible naturopathically: anthroposophical drugs and/or metformin and aspirin

Why do so many people develop type 2 diabetes at this time?

What kind of disease is this?

What distinguishes them?

And how can it be countered?

How to prevent?

Questions to which Dr. Matthias Girke, Senior Physician of the Department of Internal Medicine at the CommunityHospital Havelhöhe, finds answers:

www.medicin-individuell.de

The most important answer is:

"To come into the outer and inner mobility."



Bryophyllum

The germ spring is a medicinal plant that is also useful as a medication for or threatened diabetes – it has a balancing effect and strengthens the vitality.

Too high insulin levels, as in the case of obesity and lack of movement, is the hormone that accelerates the growth of breast cancer cells enormously.

However, insulin levels are also too high in normal-weight women - this is often associated with rare menstrual periods and a

tendency to ovarian cysts (PCO syndrome)

Compensation for a Vitamin-D deficiency

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Aspidium/Salix comp Dil 20 % WELEDA

The active ingredient of aspirin activates an energy-saving enzyme in the cells, which inhibits cell growth. The low-dose aspirin can be proven by conventional medicine to have a cancer-protective effect - anthroposophically aspidium/Salix comp Dil 20% has a corresponding effect.

Borago officinalis

A similar effect is promised to the active ingredients of boron soil.



The preventive approach of *WALA Borago comp.*, *Globuli velati* stimulates the metabolism. The venotonizing and soothing borage brings stagnant things back to flow, possible inflammations are alleviated.



Selenium plays an important role in detoxifying the body

Pregnancy, thyroid diseases, cancer:
In medicine, selenium is considered an essential trace element. Essential means that the body cannot make this substance itself and a supply is required.

Selenium plays an important role in the detoxification of the body and is part of some enzymes, such as glutathione peroxidase.

This enzyme enhances the conversion of free radicals, especially hydrogen peroxide (H_2O_2), into harmless descendants with the help of glutathione, which is available in animal cells in quite high concentrations.

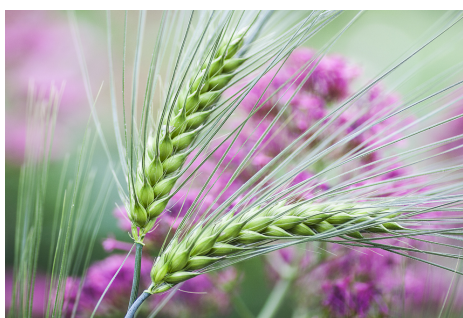
Free radicals are chemically extraordinarily responsive molecules, which can damage the hereditary substance and thus lead to mutations.

They are therefore carcinogenic substances. Furthermore, it should play a role in the immune defense and be involved in the detoxification or discharge of heavy metals.

The German Society for Nutrition estimates a daily need of 30 to 70 micrograms for people from the age of 16.

Older people, smokers, cancer patients and people with a weakened immune system may have an increased selenium requirement.

Fresh and seawater fish, egg yolks, meat, liver, grain products and nuts are the main suppliers of selenium.



Erwin Lorenzen / pixelio.de

Selenium is absorbed bound to protein.

The consequences of a selenium deficiency are not yet fully understood.

However, studies suggest a link between high blood pressure and various heart disease conditions. Links between selenium deficiency and the incidence of cancers such as liver, bowel and lung cancer have also been shown in studies.

There is also evidence that a selenium deficiency can lead to sterility in men. This happens because, firstly, the maturation of the sperm is disturbed when there is a selenium deficiency and, secondly, their mobility is reduced.

Nowadays it is considered certain that the intake of selenium is recommended for cancer diseases, certain cardiovascular diseases and

special forms of arthritis.

Selenium is also indispensable for normal thyroid function - especially during pregnancy.

The amounts of selenium to be taken in each case vary depending on the disease, and in cancer also depending on the respective treatment status.

Sources:

Suter, P.M.: Checkliste Ernährung. Thieme, Stuttgart 2002

Deutsche Gesellschaft für Ernährung: Referenzwerte für die Nährstoffzufuhr.



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If insulin resistance is detected, start earlier with early cancer detection and real prevention

Insulin resistance is the precursor to metabolic syndrome.

In people with metabolic syndrome, not only the heart and circulation are at risk. The commonly called "deadly quartet" also increases the likelihood of malignant tumors.

Particularly worrying younger people are increasingly affected. They can be told to **start cancer screenings earlier**.

The metabolic syndrome – i.e. the combination of disturbed blood sugar metabolism, high blood pressure, impaired blood lipid levels and often obesity – increases the likelihood of various cancers:

The mortality of those affected is more than doubled; the more components of the syndrome are present, the higher the probability of breast and prostate cancer, and rises also uterine cancer.

Especially stomach, liver and colon cancer, but also thyroid cancer and osteoporosis occur more frequently.

In recent decades, obesity and prediabetes have increased sharply in all age groups, writes Professor Dr. Hans Scherübl from Vivantes Klinikum Am Urban in Berlin (1). There is therefore also a worrying increase in cancer in young adults with metabolic syndrome.



RainerSturm_pixelio.com

Certain mechanisms participate in the development of cancer:

1. chronic inflammatory reactions
2. disturbed blood lipids
3. increased sugar levels
4. increased insulin levels due to insulin resistance

Insulin is of particular importance in carcinogenesis, as Prof. Scherübl explains. This is because the peptide hormone can increase a growth factor (insulin-like growth factor IGF-1) and thus activate the growth-promoting signaling pathways in the malignant cells.

A healthy diet, lifestyle changes, weight reduction (or improvement of body composition - bioimpedance analysis)

and for example **Metformin** (a drug for diabetics) can significantly reduce the risk of cancer.

- **Therefore, if there is such evidence, request a bioimpedance analysis to determine your body composition and an insulin test.**
- **If insulin resistance is already known, sensitize your body cells to insulin, reduce weight or improve your body composition with our support.**

(1) Scherübl H. Metabolisches Syndrom und Krebsrisiko. Dtsch Med Wochenschr 2022; 147: 1068–1076; doi:10.1055/a-1482-9236.