

Deadly Effects of Hormone-Suppression on Men With Prostate Cancer

Affecting 230,000 American men a year, prostate cancer is the second-most common and second-most deadly cancer among men. Nonetheless, it is a slow-growing disease and most patients' die of some other cause before they succumb to the cancer.

One of those other causes: Bone fractures.

According to a study, hormone-suppressing drugs--used frequently to treat prostate cancer--make men so prone to broken bones that the treatment may negate any benefits in those whose cancer was caught early. A serious bone fracture (especially in the elderly) can lead to a downward spiral of slow-healing infections, various other complications and eventually death.

Researchers found that among men surviving five years after their cancer diagnosis and receiving hormone-suppression, the risk of a fracture requiring hospitalization doubled, compared to a group who did not receive the treatment. In addition, upon reviewing the health records of some 50,000 American men with prostate cancer, age 66 or older, researchers found hormone-suppressing drugs accounted for an estimated 3,000 fractures a year.

The Purpose of Hormone-Suppressing Drugs

Hormone-suppressing drugs restrain the production of male hormones like testosterone. This is because testosterone can provoke growth of prostate cancer cells. And, although these drugs, when combined with radiation, have been proven to save lives, receiving hormone-suppression treatment has been associated with a list of side effects (aside from bone fracture):

- Hot flashes
- Loss of mental sharpness
- Loss of muscle mass and strength

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Dr. Dales Comments about Prostate Cancer.

Although prostate cancer affects hundreds of thousands of men each year in the United States, not to mention [thousands more in other countries around the world](#), it is a [relatively slow-growing](#) cancer and is easy to control if caught early enough.

How do you treat it?

For starters, I don't believe it is wise to implement aggressive, conventional medical strategies such as hormone-suppression. Instead, there are a number of safe, healthy techniques to treating prostate cancer that don't rely on the use of medications.

One of the most important ways to treat prostate cancer is to add a source of cod liver oil, flax seed oil, or salmon oil to your diet. Cod liver oil is the ideal source of EPA and DHA for prostate cancer prevention. It is loaded with vitamin D, which may be even more important than EPA and DHA in prevention and treatment of prostate cancer.

The next treatment, used throughout Europe and other countries, is homeopathic medicine for prostate cancer. It's non-toxic and works well and there is documented research available. You can get it on the Internet from licensed homeopathic pharmacies, although you may need a prescription in this country for it.

Men have reported that NeuroEmotional Remedy #12 has been very effective for all kinds of prostate issues including an enlarged and inflamed prostate.

I would furthermore suggest that men get my Five Element Saliva Test performed to find out levels of male hormones and a wellness program to correct any issues or imbalances.

How to Treat or Prevent Prostate Cancer

Increase your intake of vegetables. Take 9 servings per day and include fresh green vegetable juice.

Incorporate vitamin E into your diet

Get exposure to adequate sunlight

Eliminate sugar from your diet

Take selenium

Use stress-reducing techniques like Neuro-Emotional Remedies ([click here](#)) (homeopathic medicine) and the Metal Wellness Self-Healing Program. ([Click here](#))

Following these simple methods (along getting your PSA screening after you turn 40) will provide you with some excellent natural preventative and treatment tools against prostate cancer.

It is also interesting to note that a Harvard study including nearly 48,000 men found eating tomato sauce a couple of times a week may help.

Lycopene appears to be the active ingredient in tomatoes that is responsible for this effect. (Hearing this may motivate some people to run out and stock up on lycopene supplements, however this would not be advisable as lycopene is more effective when it is combined with other chemicals in the tomatoes.) If taken in excess, though, tomatoes can adversely influence one's insulin levels.