



Doctors' Choice

NUTRITION

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In the News

1. I will be licensed to prescribe pharmaceutical medicines by mid-September; if this is your preferred choice of treatment, prescriptions can be filled at the local pharmacy and you will be billed as per usual by MSP
2. From this point on, I am donating 5% of all monthly clinic sales to a local charitable organization; you can feel better about maintaining your healthcare while helping others in need
3. Fall promotion of aesthetic medical procedures include 15% discount on Accent XL radio-frequency body contouring treatments. This procedure is absolutely perfect for losing the extra weight gained during those indulgent summer months!



*Serving Vancouver's
Westend since 2001*

**Doctors' Choice
Nutrition**

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We're on the Web!

doctorschoicenutrition.ca

Radiation Exposure from Annual Mammography Increases Breast Cancer Risk in Young High-Risk Women

A meta-analysis reported in Medscape (a medical search engine) in 2009 revealed that low doses of radiation from annual mammography screening may be exacerbating the risks of developing breast cancer in high-risk women. The meta-analysis included six studies involving 9,420 high-risk women with the mean age of 45. The results showed that women with BRCA1 or BRCA2 gene mutations, or those with a family history of breast cancer who were exposed to radiation (eg. From mammography or chest x-rays) prior to the age of 20 had a 2.5 times higher risk for breast cancer compared to those who were not exposed to radiation. More specifically, those who have had five or more mammograms increased their risk 2.5 fold. The report quoted Dr. Jansen van der Weide as saying "high-risk women who are younger should be careful about mammography screening....they are young, they also have dense breasts, which poses a problem with mammography...should explore alternative screening methods". [Radiological Society of North America (RSNA) 95th Scientific Assembly and Annual Meeting: Abstract R022-04].

Naturopathic Options:

It is essential for women to perform regular self breast examinations as approximately 90% of all breast cancers are found by women who note changes in their own breasts; these women tend to detect their cancers earlier with less likelihood of noting enlarged lymph node. Furthermore, they tend to have smaller tumors than women who do not perform breast self exams. The self breast exams should include a visual exam followed by palpation (feeling) of the breast tissue in either a spiral, clock, or zig zag pattern. ** For advice on how to perform a self breast examination and what to look for, please schedule an appointment to see me.

Advice from Dr. Aaron Hoo

A number of dietary and lifestyle recommendations are essential in the promotion of breast health. These include: eating organic food, increasing fruits and vegetables to about 9 servings per day, avoiding hydrogenated and saturated fats as well as limiting excessive omega-6 fatty acids (eg. Linoleic acid, gamma-linolenic acid, arachidonic acid) while increasing omega-3 fatty acids (eg. Flaxseed and fish oils); increasing fibre intake and moderate intake of protein. As always, moderate exercise, optimal sleep and stress reduction is essential as well as a detoxification program twice yearly. Consider checking out my online store: http://www.doctorschoicenutrition.ca/online_store.html, log in with your username and password and look for the following products: **UltraClear PLUS and UltraClear PLUS pH, EstroFactors, Estrium, Meta I3C and EPA DHA Extra Strength** (fish oils) in capsule or lemon flavoured liquid.

Featured Recipe

SASSY BEANS – (serves 1)

Ingredients: 1 tsp. olive oil; 1 Tbsp. chopped scallions; 1 clove garlic, minced; ½ cup chopped onion; ½ cup of vegetarian refried beans; ¼ cup cilantro, chopped; chopped black olives; ¼ of an avocado

Saute scallions, garlic and onion in olive oil. Add refried beans. Remove from heat and garnish with optional: cilantro, black olives, and avocado. Serve with rice.

Bon a petit!

Clinic Savings



Bring this portion into the clinic to receive

**15% off your next
supplement purchase.**

****This offer is not to be used with any other discounts or in-store promotions. Offer applicable once per month per household****