

## CANCER



There are many different types of cancers. All of them are characterized by uncontrolled growth and spread of abnormal cells in some part of the body. The most frequently diagnosed cancer will continue to be breast cancer for women and prostate cancer for men. The leading cause of cancer death for both sexes continues to be lung cancer.

There are many known risk factors for cancer. Some risk factors are not variable (age, gender, genetic predisposition). Variable risk factors include:

- Smoking: Tobacco use is the cause of an estimated 30% of fatal cancers in the U.S. and the overwhelming cause of lung cancer
- Poor diet – At least 20 per cent of cancer deaths are linked to a poor diet - including consumption of alcohol. Fruit and vegetable consumption is protective for a variety of cancers, whereas a diet high in red meat, processed meat, and saturated fat has been linked to an increased risk of several cancers
- Sunlight: Skin cancer is the most commonly occurring cancer. One of the main causes of skin cancer is exposure to the sun's ultraviolet (UV) rays.

Additional risk factors for cancer include exposure to workplace or environmental carcinogens, certain infections, and reproductive patterns. Overall, environmental factors, including tobacco use, diet, and infectious diseases, as well as chemicals and radiation cause an estimated 75% of all cancer cases in the United States. Among these factors, tobacco use, unhealthy diet, and physical activity are more likely to affect personal cancer risk. About one-third of all cancer deaths are related to dietary factors and lack of physical activity in adulthood. Certain cancers are related to viral infections and could be prevented by behavioral changes or vaccines.

### SIGNS AND SYMPTOMS OF CANCER

The acronym CAUTION has been used to help identify signs and symptoms of cancer:

- C**hange in bowel or bladder habits
- A** sore that does not heal
- U**nusual bleeding or discharge
- T**hickening or lump in breast or elsewhere
- I**ndigestion or difficulty in swallowing
- O**bvious changes in a wart or mole
- N**agging cough or hoarseness

Treatment is most successful when cancer is found as early as possible. Finding cancer early usually means it can be treated while it is still small and is less likely to have spread to other parts of the body. This often means a better chance for a cure, especially if initial treatment is to be surgery.

### REDUCE THE RISK OF CANCER DEVELOPMENT

The issue of cancer prevention can become overwhelming – sometimes what is recommended in one form of research is advised against in another study. What can promote some form of certainty in terms of cancer prevention is that making small changes to everyday life might help reduce the chances of getting cancer.

Some of these small changes include but are not limited to:

- Do not smoke and avoid second hand smoke
- Eat a healthy diet; low in saturated fat, increase whole grains, include bright coloured fruits and vegetables
- Include physical activity every day
- Maintain a healthy weight
- Reduce alcohol consumption
- Reduce exposure to UV rays from the sun or artificial exposure
- Follow cancer screening guidelines
- Handle hazardous materials carefully

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WHERE SCIENCE MEETS NUTRITION®

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## CANCER PROTOCOL

This supplementation program can be used for patients as a proactive approach to cancer prevention or in the management of a current cancer diagnosis:

<b>SUPPLEMENT</b>	<b>DOSAGE</b>
Vitamin A (Palmitate) .....	5000 IU
Mixed Carotenoids .....	5000 IU
Vitamin C (Ascorbic Acid) .....	2000 mg
Vitamin D (Cholecalciferol) .....	800 IU
Vitamin E (Natural – Succinate) .....	400 IU
Thiamin (Vitamin B1) .....	100 mg
Riboflavin (Vitamin B2) .....	100 mg
Niacin (Niacinamide) (Vitamin B3) .....	100 mg
Pyridoxine hydrochloride (Vitamin B6) .....	100 mg
Folic Acid .....	500 mcg
Methylcobolamin (Vitamin B12) .....	500 mcg
Biotin .....	200 mcg
Pantothenic Acid (Vitamin B5) .....	100 mg
Iodine (Potassium Iodide) .....	100 mg
Magnesium (Amino Acid Chelate) .....	600 mg
Zinc (Chelazome Amino Acid Chelate) .....	25 mg
Selenium (Amino Acid Complex) .....	100 mcg
Chlorella regularis .....	500 mg
Garlic Powder .....	500 mg
Grapeseed Extract .....	25 mg
Green Tea Extract .....	250 mg
Turmeric Root .....	150 mg
Co-Enzyme Q10 .....	100 mg
Flaxseed Oil .....	1000 mg
Choline Bitartrate .....	100 mg
Citrus Bioflavonoids .....	200 mg
DMG .....	100 mg
Indole 3-Carbinol (I3C) .....	300 mg
Lipoic Acid .....	300 mg
Quercetin .....	300 mg

## RECOMMENDATIONS

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patients' unique nutritional requirements. Depending on if the patient is using this recommendation for prevention or management of cancer (the type of cancer or the stage of cancer also needs to be considered), dosages can be adjusted accordingly to help improve the patients overall nutritional status. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.