



September Newsletter

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The Weigh Station

Obesity and its Link to Cancer

A landmark study conducted by the American Cancer Society revealed a smoking-adjusted 33% increase in cancer death among obese men and a 55% increase in cancer death among obese women. A multitude of other studies have examined similar associations in greater detail; many of these studies suggests excess weight is associated with an increased risk in postmenopausal breast cancer, endometrial cancer, kidney cancer, and gallbladder cancer. According to the [National Cancer Institute](#), women who are obese or overweight are two to four times more likely than women who are of normal weight to develop endometrial cancer; women who are extremely obese are seven times more likely to develop this type of cancer.

Since starting the Weigh Station, there have been many patients who walk in our door thanking us for helping them lose weight because they were able to find small tumors in their breast or colon. The majority of our patients have also seen a reduction in blood pressure and heart disease from weight loss. We can visualize that losing weight and becoming more healthy helps put up a kind of protective mechanism against multiple diseases.

Cancer is also protected by increased proportions of central fat stores also known as your central adiposity. In 1957, a link between small endometrial carcinomas and an individual's central adiposity. However, the data was not published until the 1980s under breast carcinomas. His reports suggest the carcinomas are predicted to localize in tissues which are sensitive to sex steroid hormones and many have speculated the abnormality of steroid hormone secretion

which is mostly found in abdominal obesity. Elevated androgens and sex hormones are closely associated with central adiposity in most women. The relationship between central adiposity and breast carcinoma has been well known for some years.

A [study](#) on invasive ductal carcinoma of 1,177 women discovered that those in the highest quartile of BMI developed tumors with a higher histological grade, mitotic cell count, and larger tumor size compared to women in lower quartile. Another interesting study conducted by the American Cancer Society revealed there is a relation between cancer of the colon, stomach, kidney, gallbladder, pancreas, and prostate and an individual's body weight.

There is a link between the adrenals, also known as HPA or the HPA axis. You may be asking yourself 'what is the HPA axis?' The HPA axis is simply an abbreviation for the hypothalamic-pituitary-adrenal axis, which is a significant component of the stress response system consisting of the hypothalamus, the anterior pituitary cortex, and the cortex of the adrenal gland. The HPA axis regulates secretion of cortisol from the super adrenal gland in response to stress.

As you can see, there is a clear association between obesity and the increased risk of cancer of many sites including the bowel and hormone-related organs. Obesity is a result of multiple factors, however, poor food intake plays a major role. We now know there is a relationship between the lack of physical activity in cancer. There is also substantial evidence of a correlation between being overweight and the increased risk of cancer, however, we do not know if it is an independent relationship or secondary. We can conclude the relationship between excessive weight gain triggers a response of cancer-related disease.

As you can see, we do all that we can at the Weigh Station to help you lose weight. Not only is it beneficial for your health but it is beneficial for some individual's self-esteem as well. We look forward to seeing you in the coming weeks as you continue to lose your weight, become healthier, and meet your goals. Remember, every pound you lose lowers your risk of developing one of the dreadful diseases that comes along with weight gain.

Blessings to all and happy football season.
Chuck Shaffer MD



Reminder that the month of September is Prostate Cancer Awareness month and October is Breast Cancer Awareness month!

RECIPE OF THE MONTH

ONION-APPLE PORK CHOPS

Makes 2 servings



Ingredients

- 2 boneless pork loin chops (4 oz each)
- ¼ teaspoon garlic salt
- 2 teaspoon olive oil
- ¼ teaspoon lemon pepper seasoning
- 1 small onion, thinly sliced
- 1 medium apple, peeled and thinly sliced
- ⅓ cup chicken broth
- Stevia to taste

Directions

Sprinkle chops with garlic salt and lemon-pepper. In a large ovenproof skillet, brown chops in oil. Remove and keep warm. In the same skillet, saute apple and onion in drippings until tender. Stir in broth and a little Stevia. Bring to a boil. Reduce heat, simmer uncovered for 5 - 7 minutes or until liquid is almost evaporated. Return chops to pan. Cover and bake at 350°F for 15 - 20 minutes or until temperature reaches 145°F.