

CERTIFIED MEN'S HEALTH COUNSELOR ONLINE COURSE: SESSION 10

- Diabetes and Lung Cancer

10 Early Warning Signs of Diabetes

Diabetes is a medical condition that has reached epic proportions in the United States. There are more than 25 million people living with diabetes according to the American Diabetes Association, and about one third of those people are unaware that they are diabetic. Another 79 million people are pre-diabetic, meaning if they don't make some healthy changes in their lives, they will develop diabetes. Here are some of the early warning signs of diabetes.



Excessive Thirst

Those who suffer from diabetes have extra sugar in their blood, forcing the kidneys to work harder to filter the sugar out of the blood. This causes increased urination and then increased thirst when dehydration results. So if a person notices that he is substantially thirstier than normal, he might want to visit the doctor.

Tingling Hands and Feet

Excess sugar in the blood plays a major role in nerve damage, a condition called Diabetic Neuropathy. This nerve damage is one of the main causes of amputations among diabetics. So if a person notices tingling in his hands or feet, or if he is experiencing a burning sensation in his hands, arms, legs or feet for an extended period of time, he should definitely consult a doctor. The nerve damage is not reversible in most cases.

Weight Loss

Diabetes is considered a metabolic condition and it affects the way the body uses energy. Because excess sugar builds up in the blood and is excreted in the person's urine, this can lead to weight loss because the loss of sugar also means the loss of calories. So while the body is losing sugar, it's also losing weight. The constant excretion of sugar into the urine will also lead to increased hunger.

Frequent Urination

As mentioned earlier, the excess sugar in the body that is the hallmark of diabetes forces the kidneys to work overtime to rid the body of that sugar. The harder the kidneys work, the more a person will have to urinate. This can lead to dehydration and increased thirst. It can also lead to kidney damage and even kidney failure over time if left untreated.

Slow Healing Sores

This symptom is somewhat of a mystery. Doctors and diabetics alike have observed for decades that sores and wounds seem to heal at an extremely slow rate. However, research into this phenomenon is inconclusive. No one really knows why it is, but it has been observed that people who are diabetic don't heal as quickly. One theory is that the excess sugar in the blood interferes with the body's ability to heal, but more research is needed in this area.

Blurred Vision

As we've already learned, diabetes pulls fluids from tissues, causing dehydration. When fluid is pulled from the eye, as often happens in diabetes patients, the result is an inability to focus the eyes. Over time if the diabetes is not well controlled, it can affect the blood vessels in the eye leading to partial vision loss or total blindness. Those who notice that their vision suddenly changes and becomes blurry should visit their doctor immediately.

Feeling Very Hungry

As we mentioned earlier, the excess sugar that causes frequent urination also causes the excessive loss of sugar, which means that the body is also losing calories which accounts for a sudden drop in weight. But this loss of calories also leaves the body feeling very hungry, which leads to more eating, thus perpetuating the cycle. So feeling excessively hungry all the time, along with the other symptoms on our list, should prompt someone to visit their doctor.

Swollen Gums

Diabetes weakens the body's ability to fight off germs, many of which enter the body through the mouth. This can cause a whole host of problems with the mouth including painful swollen gums, the erosion of the jaw bone, and over time, tooth loss. Abscesses in the mouth are also possible. If someone had dental problems before developing diabetes, they could find that those problems get significantly worse.

Frequent Infections

Just like slow healing wounds, this one is kind of a mystery. Doctors and researchers aren't exactly sure how it happens, only that diabetes affects the body's ability to fight off infections. Because of this, those who have diabetes may find themselves ill, frequently. For diabetic women, the most common types of infections are urinary tract infections and vaginal infections.

Fatigue

When the body isn't working right, fatigue will almost always be an issue, and so it is the case with diabetes. While fatigue alone isn't a definitive sign of diabetes, when it is combined with other warning signs on this list, it becomes significant. Fatigue is caused by a number of factors including the extra workload placed on the kidneys and the loss of sugar, which provides less fuel for the body.

Diabetes is a serious medical condition that, if left untreated, can be fatal. But this doesn't have to be the case. The earlier diabetes is diagnosed, the earlier treatment can begin. With that said, be on the lookout for these early warning signs of diabetes, and be sure to visit your doctor regularly.

What is Diabetes?

Diabetes mellitus is a chronic condition in which the body is unable to successfully convert sugar into energy for tissue and organ cells. A person with diabetes will have abnormally high levels of blood sugar, especially after consuming starchy foods like rice, potatoes, and bread. High blood glucose levels can cause you to experience blurry vision, thirst, exhaustion, and hunger. You might experience weight gain, weight loss, or a frequent and overwhelming urge to urinate.

Diabetes can affect both men and women at any age. Even children can develop cases of diabetes. There are three types of diabetes: type 1, type 2, and type 3.

Types of Diabetes

Type 1 diabetes occurs as a result of an autoimmune condition. The pancreas is unable to produce enough insulin, and as a result, glucose builds up in the bloodstream. It is unknown what causes Type 1 Diabetes. Genetics, viruses, and autoimmune conditions can cause Type 1 Diabetes to occur.

With type 2 diabetes, a person's fat, liver, and muscle tissue do not respond properly to insulin. As a result, the pancreas produces more and more insulin while sugar builds up in the blood at the same time. Type 2 Diabetes is related to genetics, diet, exercise, and obesity. The symptoms and long-term consequences of Type 1 and Type 2 Diabetes are relatively similar. If you have Type 1 Diabetes, you may feel tired, thirsty, and nauseous. You also might experience an increased need to urinate, and you may lose weight even if your appetite increases. If you have Type 2 Diabetes, you may experience blurred vision, fatigue, increased thirst, a stronger appetite and a frequent urge to urinate.



Type 3 diabetes occurs when the brain signals insulin production to stop, resulting in damage to the brain cells and central nervous system. Type 3 diabetes may be linked to Alzheimer's disease. There is little information available about type 3 diabetes since the condition was only recently discovered in 2005.

Only a doctor can conclusively diagnose you with diabetes. The doctor can also perform the relevant tests to determine the type that you are experiencing.

Symptoms & Warning Signs

The most common symptoms of type 1 and Type 2 Diabetes include frequent urination, increased thirst, and increased fluid intake. Other symptoms include blurred vision, feelings of irritability, severe fatigue, unexpected weight loss, feelings of extreme hunger, irritation of the skin in the genital area, and slower healing of superficial wounds. Weight loss tends to be seen most commonly with Type 1 diabetes. Unlike type 1 diabetes, the symptoms for type 2 diabetes develop very slowly.

In many situations, the symptoms of type 2 diabetes are controllable through diet and lifestyle modifications. Many people are able to control their blood sugar through diet and exercise. Other people, with more severe forms of diabetes may require medications.

Type 1 diabetes is also known as juvenile diabetes, since most patients are diagnosed as children. The signs of juvenile diabetes closely resemble the symptoms of type 2 diabetes, which occurs in adulthood. One of the first signs is increased urination. A child with juvenile diabetes will almost always feel hungry.

Tests & Diagnosis

A urinalysis is the first level of testing and can show glucose levels in addition to how fat is broken down. Blood glucose tests (fasting and non-fasting) can provide a more detailed breakdown of whether the person has diabetes.

Diabetes Causes and Risk Factors - What Are the Causes?

The pancreas produces insulin, which is a hormone that helps the body convert glucose into energy. When the pancreas fails to produce enough insulin, the body cannot adequately break down sugar, and when the body ceases to respond to insulin, an excess of sugar and insulin can build up in the body. Both situations cause a person to develop diabetes.

Diabetes Prevention & Treatment - How to Prevent Against This

Because type 1 diabetes occurs as a result of a genetic predisposition and autoimmune condition, it is difficult to prevent. Studies have revealed a correlation between vitamin D and lowered rates of type 1 diabetes, suggesting that children can prevent the onset of type 1 diabetes by drinking milk when they are young. It is believed that type 1 diabetes occurs at a higher rate among people who did not drink vitamin D-enriched milk as children.

It is also believed that a strong genetic component is linked with type 1 diabetes. If one of your immediately family members has Type 1 Diabetes, then you are likely to have the condition as well.

Type 2 diabetes is preventable through adjustments in diet and lifestyle. Physicians recommend that people spend at least two hours exercising per week. Even two hours of walking or jogging are sufficient. Avoid eating a diet that is high in sugar, especially if your blood work shows that you are pre-diabetic. Many people are able to effectively control their diabetes through diet and exercise, alone.

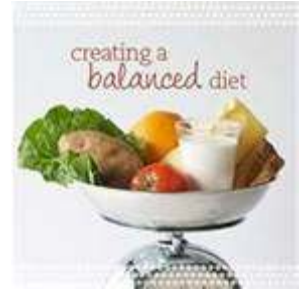
Even after you are diagnosed with diabetes, you can take measures to prevent symptoms from developing or worsening. Maintaining a healthy body weight will help you keep your type 1 or Type 2 Diabetes under control. With type 2 diabetes, you may not need to take medications if you are able to regulate your symptoms with a diet and exercise routine.

Other preventative measures include planning meals ahead of time, insulin injections, recognizing the symptoms of high blood sugar, recognizing the symptoms of low blood sugar, and working with a doctor to understand your condition and to plan for emergency situations. By eating at the same time every day, you can effectively prevent your blood sugar from fluctuating.

Check with your doctor before taking any precautionary steps, especially if you are thinking about a diet or exercise program. Monitor your blood glucose levels before and after meals and before and after you exercise. Make sure that you remain well hydrated with liquids that do not contain sugar, especially before, after, and during your workout. Try to exercise at the same time every day.

Diet Tips

Your diet is very important for preventing, treating, and controlling type 2 diabetes. It is possible to avoid diabetes by maintaining healthy eating habits. Foods that are low in fat and free of partially hydrogenated fat can help people avoid diabetes. Vegetable oils, nuts, and seeds are ideal replacements for meat and dairy products that are high in fat. It is advisable to eat lean meats when possible.



After a diabetes diagnosis, people will need to be stricter with their diets. Patients with diabetes must avoid smoking and must limit and regulate how much sugar they consume. A controlled diet, when coupled with exercise, can keep diabetes and blood sugar under control.

You may need to work with a doctor to adjust your diet if you are taking part in an exercise or fitness program. Physical activity is important, especially if you have diabetes; however, working out can change how your body metabolizes energy.

You will need to test your glucose levels frequently to make sure that your levels remain within a desirable range. You may need to check your blood sugar before meals, after meals, before you exercise, and after you exercise.

Treatment & Relief Methods

Several medications are available for treating diabetes. Many patients with Type 1 Diabetes must take insulin, either by injection or using an insulin pump, which administers insulin under the skin. Some patients can take insulin treatments that can be inhaled.

Patients with type 2 diabetes may need to take medications that help them respond to insulin. Other medications for type 2 diabetes slow down the absorption of glucose.

If diabetes is advanced, a patient may experience neurological damage that affects the feet. A patient might also experience poor circulation. For these purposes, doctors can direct patients to diabetic shoes and socks. These are important tools for improving nerve function and blood circulation. Otherwise, a patient may develop severe fungal infections.

Common Surgeries

People with diabetes are prone to fungal infections in the foot. Damaged blood vessels impact the body's ability to fight infections. Patients who cannot fight infections may need to have their foot or leg amputated.

Eating Sugar and Diabetes: The Real Truth

Diabetes is a serious condition that has been a major concern throughout the world. There are many myths that surround this condition, which makes it difficult for someone who is concerned about developing diabetes, or someone who is newly diagnosed to understand exactly how serious it is and what they should be doing to take care of themselves.

Myth about Sugar Causing Diabetes

There is a commonly held belief that eating too much sugar causes diabetes. This is more myth than fact, although the answer is not as simple as "yes" or "no." There are two different types of diabetes and both have their own set of factors that determine whether or not a person will ever develop the condition.

There is research that suggests that drinking sugary drinks in particular seems to be linked to the development of type 2 diabetes. Drinks like alcohol, sodas, sports drinks or sugary, fruit-flavored drinks likely contribute to the development of diabetes by causing weight gain. These drinks have little nutritional value and can have several hundred calories in just one drink.

Eating Sugar with Diabetes

Another very common myth about diabetes is that someone who has diabetes can't eat sugar. In fact, a small amount of sugar is essential to life. There are also many sources of sugar and it's nearly impossible to avoid them all.

In the past, diabetics were told to completely avoid sugar, but this has changed a bit.



Consuming sugar is allowed as part of a diabetic meal plan, but in very small quantities. Research has found that the overall amount of carbohydrates consumed (sugar is a carbohydrate, as is starchy foods like potatoes and bread) is much more important than the type of carbohydrate.

Because carbohydrates from all sources affect blood sugar levels, people can skimp on one type of carbohydrate if they want to indulge in another kind occasionally. That means a person with diabetes could easily substitute moderate amounts of sugar with other carbs. However, it is still nutritionally best to stick to healthy sources of carbohydrates. You don't have to go sugar-free, just make sure you aren't giving yourself a double dose of sugar and carbs to maintain your blood glucose level.

It is essential that diabetics learn to read and understand nutrition labels, especially the carbohydrate measurement. There is the total carbohydrate amount and then that amount is broken down and lists fiber content and sugar content. These numbers don't always add up to the total carbohydrate amount, but this is fine. There are other starches in foods that don't fall into either category so they aren't measured separately. Diabetics need to be concerned with the total amount of carbs that they eat per day. According to the American Diabetes Association, the goal is 45-60 grams of carbs per meal, although this can vary from person to person, so follow it's best to follow whatever guidelines are given by a person's doctor.

If you are a diabetic, or are concerned with developing diabetes, it's important to understand that sugar is not necessarily the enemy. A little bit of sugar won't hurt as long as you are maintaining a healthy weight, eating a healthy diet and learning to keep your blood sugar levels on track. Be sure to consult your physician for tips on creating a balanced diet that includes a little sugar for satisfying that sweet tooth.

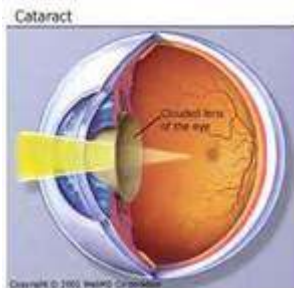
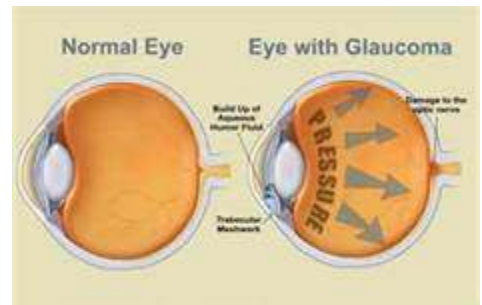
Diabetic Eye Disease: How Diabetes Can Affect Your Vision

Diabetic eye disease is one of the leading causes of blindness in the United States and the rest of the world. According to the National Eye Institute (NEI), between 40 to 45 percent of Americans who are diagnosed with diabetes suffer from diabetic retinopathy, the most common diabetic eye disease.

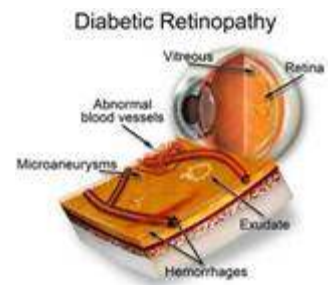
What Are the Different Types of Diabetic Eye Disease?

Diabetic eye disease can refer to different eye problems that those with diabetes are at a potentially high risk for developing. These eye problems can lead to blurred vision and irreversible blindness. The most common diabetic eye diseases are glaucoma, cataracts and diabetic retinopathy:

- **Glaucoma:** This is one of two eye diseases that can affect those without diabetes. However, individuals suffering from diabetes are at an increased risk of developing glaucoma, and at a younger age. Glaucoma is caused when fluid trapped within the eye increases pressure within the eye. This pressure can damage the nerves and vessels in the eye, which leads to vision problems, increased headaches, eye pain, blurred vision or blindness, halos around lights and watery eyes.



- **Cataracts:** This is the other eye disease that can affect those without diabetes, but has a higher frequency of occurrence in those suffering from diabetes. Cataracts refer to clouds that can form over the lens of a person's eye. This prevents a person's eye from completely focusing, leading to blurred or clouded vision. Surgery is required to remove cataracts, along with implantation of a plastic lens to replace the lens that is removed. Vision correction through glasses or contact lenses may also be required.
- **Diabetic retinopathy:** This is the most common form of diabetic eye disease and only occurs in those suffering from diabetes. Diabetic retinopathy is defined as vision loss caused by blood vessels in the retina. These blood vessels may leak fluid into the retina, or abnormal blood vessels may start to grow on the surface of the retina. Both of these conditions affect a person's vision and can lead to blindness. Diabetic retinopathy is a degenerative eye disease, meaning it is a disease that can grow worse overtime.



Symptoms of Diabetic Eye Disease

While glaucoma and cataracts have their own specific set of symptoms, described above, there are other signs that may indicate a person is suffering from diabetic eye disease:

- Blind spots
- Flashing lights
- Floating spots
- Pain or pressure in the eyes
- Blurred or double vision
- Inability to read things that are normally visible
- Permanent red eyes
- Straight lines look bent or curved



Preventative Measures

Eye complications are a serious problem for those who are suffering from diabetes. Preventative measures should be taken to reduce the risk of diabetic eye disease to preserve one's vision. Here is a list of steps a person can take to avoid eye problems associated with diabetes:

- **Properly manage blood sugar levels.** Whether a person has yet to develop diabetic retinopathy, or has already developed the disease, studies have shown that those who keep their blood sugar levels close to normal are at a lower risk for developing the disease, or having the disease progress even further.
- **Control high blood pressure.** High blood pressure can further complicate diabetic eye disease.
- **Quit smoking.** Smoking and high blood pressure can lead to the formation of new blood vessels in the orbit of the eye. This can lead to vessels bleeding and forming a clot, which can cause the retina to detach.
- **Make regular visits with an eye doctor for a dilated eye exam.** Aside from visits to a regular healthcare physician, those suffering from diabetes should regularly visit an optometrist and ophthalmologist. These healthcare professionals specialize in detecting and treating diabetic retinopathy. It is important to visit an eye care professional, even if the person suffering from diabetes has yet to experience any vision problems.

Treatment

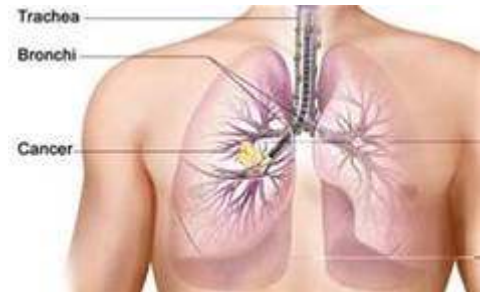
Treatment methods vary depending on the type of diabetic eye disease. Since diabetic eye disease is degenerative, it is important to catch the disease early before a person's vision gets progressively worse.

- **Glaucoma treatment:** can include eye drops, laser treatment, medication and surgery. Those suffering from diabetes should have regular glaucoma screenings with their eye doctor.
- **Cataract treatment:** requires surgical removal of the cataract, and replacing the original lens of the eye with a plastic implant. Eye glasses and contact lenses may also be used to further correct vision.

- **Diabetic retinopathy treatment:** may vary depending on the stage of the disease. Laser treatment is used for treating proliferative retinopathy and macular edema. A vitrectomy may be necessary to remove blood and fluid that has pooled in the center of the eye to help restore vision. If a person's vision has already been impaired by diabetic retinopathy, low vision services and devices may be used to help improve vision.

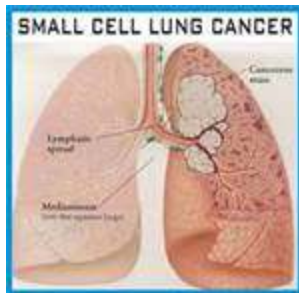
Lung Cancer

Lung cancer is a group of cancers that affect the lungs. Contrary to popular belief it does not just affect smokers, but can affect anyone. It is the most common form of cancer in the United States. Lung cancer affects more than 203,000 people each year and kills more than 158,000. This is more deaths each year than breast, ovarian, colon and prostate cancers combined.



Types

Small Cell Lung Cancer



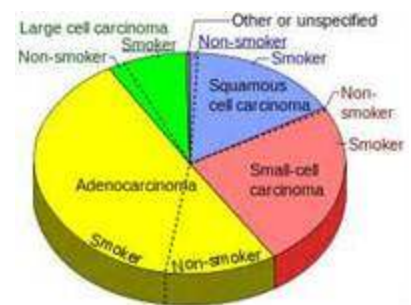
This type of cancer accounts for about 15 percent of all lung cancers. As the name implies, the cells are smaller than typical cancer cells. They also reproduce quickly and form large tumors. This type of cancer can also metastasize, or spread to other parts of the body. There are two types of small cell cancers:

- **Limited:** the cancer is confined to the chest area.
- **Extensive:** the cancer has metastasized to other areas of the body.

This type of cancer does respond to treatment, but it is difficult to cure.

Non-Small Cell Lung Cancer

This type of cancer is much more common than small cell lung cancer. This type of cancer accounts for about 85 percent of all lung cancers. There are several types of non-small cell lung cancers, based upon the types of cells found in the cancer.

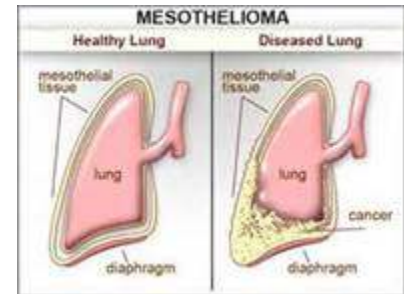


- **Squamous cell carcinoma** (also known as epidermoid carcinoma): This type of cancer begins in the epithelial cells that line the air passages. It is possible that it can develop within the larger breathing tubes. If left untreated, this cancer can metastasize (spread) to the lymph nodes, adrenal glands, liver, bones and brain. It accounts for about 25 percent of all lung cancers in the United States. The most common cause of squamous cell carcinoma is smoking.
- **Adenocarcinoma:** This type of cancer begins in the mucus-producing cells in the lungs. It is the most common type of lung cancer in the United States. It has been linked to smoking, but it is the most common type of lung cancer to affect non-smokers as well. It usually develops slowly though it is possible for it to develop quickly, causing death. When it spreads, it often spreads to the brain. It will also metastasize to the lymph nodes, the liver, the adrenal glands and bone.

- **Large cell carcinoma:** This type of cancer is responsible for about 10 to 20 percent of lung cancers. Large cell carcinomas include all lung cancers that cannot be classified as the two other types of cancer listed above.

Depending upon the stage of the cancer at the time of diagnosis, treatment is available for non-small cell lung cancer.

- **Mesothelioma:** this is another type of cancer that mostly affects the lungs, but not in the same way that the other cancers do. This type of lung cancer affects the outer membrane of the lung and affects those who have had extensive exposure to asbestos. It usually only affects men who are over 60 years of age who spent many years working in industrial jobs that exposed them to asbestos, such as mining or in ship yards. This is a very rare form of cancer, only affecting 2,500-3,000 people per year and it is usually diagnosed in its very late stages.



Causes

The leading cause of lung cancer is smoking. Carcinogens (cancer causing chemicals) in the cigarettes damage the cells that line the lungs. However it is possible for those who have never smoked, or been exposed to second-hand smoke on a long term basis to develop lung cancer. In these people, the cause of the cancer is unknown.

Cancer occurs when genetic mutations in an abnormal cell's DNA cause cells to multiply rapidly and not die, leading to the development of tumors.

Symptoms

Typically, especially in early stages, lung cancer has no symptoms. In later stages, symptoms include:

- A new cough or changes to an existing "smoker's" cough
- Coughing up blood
- Wheezing
- Shortness of breath
- Hoarseness
- Chest pain
- Weight loss without trying
- Headache
- Bone pain

Anyone who experiences these symptoms or who is having trouble quitting smoking should see their doctor and discuss their concerns. There are products available to help people kick the habit.

Treatment

Treatment for lung cancer will depend upon a number of factors including the stage of the cancer at the time of diagnosis and the type of cancer.

Small cell carcinoma is usually treated with chemotherapy and radiation. This is effective; however this is a difficult type of cancer to eradicate completely.

Non-small cell carcinoma is treated by surgically removing the tumors as well as chemotherapy and radiation. This type of cancer can be eradicated, but it will depend upon the stage of the cancer at the time of diagnosis. Sometimes the goal of treatment is not to completely cure the cancer, but to extend the patient's life.



Prognosis

The prognosis for those with lung cancer will depend upon a number of things including the type of cancer, the size of the tumor, the state at detection, the treatment received and the patient's overall health.

The overall 5-year survival rate in the United States is not very good, only about 14 percent. Lung cancer doesn't have to be a death sentence. With aggressive treatment, there is hope. The most important thing someone can do to avoid developing lung cancer is to not smoke. Smokers should quit, because the risk of developing cancer drops once someone quits and smoking isn't worth dying for.

How Smoking Affects Your Health

It's no secret that smoking has terrible effects on a person's health. Smoking is the leading cause of preventable deaths in the United States. And while most people are aware that smoking causes **lung cancer**, thanks to the myriad public service announcements that have been broadcast for decades, many are not aware of the other health problems that smoking contributes to.

Cardiovascular Disease

Those who smoke cigarettes are at an even greater risk for developing cardiovascular disease than those who don't smoke. The reason is because the chemicals found in cigarettes and other tobacco products cause damage to every part of the cardiovascular system, even if the person is only an occasional or social smoker.

Here are some examples of how smoking affects the cardiovascular system:

- **Damage to red blood cells:** Smoking makes red blood cells sticky, which can cause dangerous **blood clots**. If blood clots form or migrate to the brain, it can cause a life threatening stroke. If they occur or move to the heart, the result is often a heart attack. Blood clots can also move to the lungs, something called a pulmonary embolism.

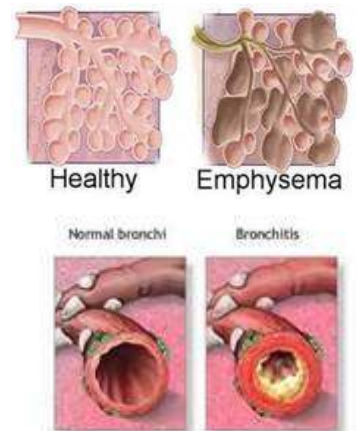
- **Damage to blood vessels:** Smoking causes a sticky substance called plaque to build up in blood vessels. Over time, this substance will harden, affecting how well the blood vessels are able to transport blood to all areas of the body. When it occurs in arteries, the condition is called **atherosclerosis**, and it can be particularly dangerous if it occurs in the coronary arteries because it can cause **heart attacks**.
- **Damage to the heart:** The function of the heart can be damaged by smoking, especially when combined with other factors such as high blood pressure (another condition that smoking contributes to) and high cholesterol. Over time, the heart, like any other muscle in the body, can become enlarged if it has to work too hard. This can be life threatening.

Respiratory Disease

There are more than 250 harmful chemicals found in cigarette smoke, as well as in other forms of tobacco, and all of those harmful chemicals enter the body through the lungs. While it's no secret that smoking is the leading cause of lung cancer, it can cause other forms of lung disease as well, primarily chronic obstructive pulmonary disease (**COPD**).

COPD is a group of respiratory conditions that make it difficult to breathe. While COPD is often used as a catch-all term, it is most often used to refer to the following conditions:

- **Emphysema:** This condition makes it very difficult to breathe because the elastic fibers in the tiny airways in the lungs collapse. In a healthy person these fibers hold the airway open, allowing air to move in and out of the lungs freely. While treatment can slow the progression of emphysema, there is no cure for it.
- **Chronic bronchitis:** Chronic bronchitis, like acute bronchitis, makes it difficult to breathe because of swelling in the airway as well as excessive production of mucus. To be diagnosed with chronic bronchitis a person must have a cough with mucus for most days of the month for at least three months.



#ADAM

In addition, smoking can also exacerbate other respiratory problems such as **asthma** or **pneumoconiosis**, a condition caused by inhaling dust, most often seen in mining, smelting, or other industrial operations.

10 Best Cancer Fighting Foods for Your Diet

With cancer affecting so many people in the world today, it's no wonder that people are looking for more ways to help fight off this disease. While medications and therapies like radiation and chemotherapy are surely effective in treating cancer, more studies have been emerging that link lifestyle changes to beating this disease. One of the ways in which anyone can take steps to reduce their risk for cancer is by eating the right foods. Utilize these healthy options in your diet to help fight off cancer and improve your overall health.

Fish

Numerous studies have linked fish to lower rates of cancer. That's because fatty fish like mackerel, sardines and wild salmon contain high levels of long-chain omega 3s, which slow the growth of cancer cells. They are especially effective for tumors in the lungs, breast, colon, prostate or kidneys. Experts recommend eating fish at least two or three times a week for the best results, with fresh fish being preferable to frozen products.

Green Leafy Vegetables

Adding green leafy vegetables in your diet can give you an additional supplement of carotenoids, a type of antioxidant known to kill off dangerous free radicals and inhibit the growth of cancer cells. These veggies also have plenty of folate, which can reduce the risk of lung and breast cancer. For the best results, choose darker greens like romaine lettuce, Swiss chard, spinach and arugula.

Beans

The phytochemicals found in beans are known for their ability to prevent or slow genetic damage to cells. While this benefit makes them a great protection against many types of cancer, they are very closely linked to a reduced risk for prostate cancer in particular.

Whole Grains

Many of the compounds in whole grains, such as fiber, phytoestrogens and antioxidants, are closely linked anti-cancer properties. Include whole grain cereals, pastas and breads in a balanced diet to get these health benefits.

Apples

Apples contain several chemicals that are actually good for your body, many of which also inhibit the growth of liver, breast, and colon cancer cells. Always make sure to eat the peel of the apple, however, since this is where most of these beneficial chemicals are found.

Berries

Just about all types of berries - including strawberries, blueberries, blackberries, cranberries and raspberries - contain substances called ellagic acids and polyphenols, both of which can slow the growth of tumors. Some of the polyphenols can also help kill off cancer cells. With berries, both frozen and fresh varieties are just as effective.

Dark Chocolate

Antioxidants, polyphenols and proanthocyanidins are all found in significant quantities in dark chocolate. These substances limit the growth of both cancer cells and the blood vessels that feed those cells. However, these benefits are only attributed to dark chocolate containing at least 70 percent cocoa, so check product packaging carefully.

Green Tea

This healthy drink contains compounds called catechins (especially a particular compound called EGCG) which may be able to reduce the growth of blood vessels which feed tumors. Green tea also contains plenty of antioxidants and detoxifying compounds which help to eliminate cancer cells from the body. Some studies have also linked green tea consumption to improved results from radiation in those who are undergoing treatment for cancer. According to Prevention, Japanese green tea is more effective than green teas because it contains more EGCG.

Garlic

Garlic has been found to be extremely effective when it comes to lowering the risk of many dangerous cancers. Along with similar veggies like onions, chives and shallots, garlic helps encourage the elimination of breast, prostate, colon and lung cancer cells. For the best results, crush cloves of garlic and combine them with some olive oil. This will make the garlic easier to absorb.

Turmeric

There are plenty of spices which may be beneficial for reducing cancer risk, but few have been found to be as effective as turmeric. On top of being a powerful anti-inflammatory, this spice slows tumor growth; helps kill off cancer cells and can improve the effectiveness of chemotherapy. Although turmeric is found in curry powder, it's more potent when ground fresh. You may need to search for spice shops in your area or online since many supermarkets don't have fresh ground turmeric.

Although these ten foods are some of the most potent when it comes to anti-cancer compounds, there are plenty of additional foods which may also help fight off cancer, such as tomatoes, avocados, soy and flaxseed. Talk to your physician about making healthy changes to your diet if you have any questions. Additionally, make sure to talk to your oncologist about making these changes if you are currently undergoing treatment for cancer.

10 Easy Ways to Prevent Cancer

Cancer often seems to be a disease that strikes at random, and sometimes that's true. However, there are actually several things you can be doing every day to reduce your cancer risk. Here are some of the easiest ways to help prevent cancer; some of which are quite surprising.

Eat a Healthy Diet

It's important to eat right if you want to prevent cancer. First and foremost, make sure you're getting lots of fruits and vegetables in your diet. Dark, leafy greens are especially good for you. You'll also want whole grains, beans and other plant-based foods in your diet. High-fat foods and processed meats should be avoided – try to limit your intake of these foods as much as possible, but make sure you are getting enough protein in your diet. Meanwhile, drink lots of water and avoid sugary snacks and drinks.

Get Some Exercise

You don't have to work out like a maniac or become a gym rat to reduce your cancer risk. You can reduce your risk for numerous types of cancer just by getting regular physical exercise and maintaining a healthy weight. Aim for a minimum of 30 minutes of moderate to vigorous physical activity per day. If you can do more, that's even better.

Filter Your Tap Water

The best way to get clean water is to actually just filter your tap water at home. This significantly reduces your exposure to possible and known carcinogens along with hormone-disrupting chemicals. Forget about bottled water altogether – it isn't any cleaner than your tap water, and in some cases, the quality is actually lower. On top of that, the plastic bottles most bottled water is stored in may contain a chemical contaminant called BPA that can seep into the water.

Cook Meats Properly

You might think you're protecting yourself when you make sure your meats are cooked to "well done," but when meat is seared at higher temperatures it can cause the meat to contain certain cancer-causing agents like heterocyclic amines. In addition, charcoal-broiled meats could contain polycyclic aromatic hydrocarbons, another carcinogen. Therefore, avoid grilling meats when possible. If you do want to grill, you can cut down on the chances of your meats containing these harmful substances by marinating them for at least an hour before cooking.

Drink In Moderation

If you're a woman, you shouldn't drink more than 1 alcoholic beverage per day. For men, the recommendation is no more than 2 alcoholic drinks a day. Alcohol can increase the risk of many types of cancer, especially if you drink regularly.

Don't Smoke

Smoking doesn't just lead to lung cancer – in fact, tobacco use in any form could cause a number of various types of cancers. Quit smoking as soon as possible to significantly reduce your risk of developing cancer.

Don't Top Off At the Pump

When you fill up your tank beyond the automatic shut-off at the pump, you could be increasing your risk of cancer. The extra fuel could spill and cause the pump's vapor recovery system to work less effectively, which increases the risk that toxic, cancer-causing chemicals like benzene could come into contact with your skin or get in your lungs.

Don't Ignore Pain

If you're beginning to feel pain in certain areas of your body, don't ignore it. Pains that seem to keep occurring in the same areas or which get progressively worse could signal that something's wrong. For instance, pelvic pain could signal ovarian cancer, which if caught early can have a great survival rate. Pay attention to your body and you could stop cancer in its tracks before it's too late.

Avoid Unnecessary Radiation

The ionizing radiation used in many types of medical scans has been linked to cancer. That means higher radiation-emitting tests like CT scans should only be performed if they are absolutely necessary. According to Prevention.com, about one-third of CT scans may be unnecessary, so ask your doctor if there are any other tests – such as ultrasounds or MRIs – which could be used as a diagnostic tool for your condition. Fortunately, this doesn't apply to certain cancer screening tests, like mammograms, since the radiation level is so low.

Avoid Air Fresheners

Though no direct links have been found, many artificially scented candles and air fresheners contain carcinogens. Instead of using these products, try cleaning up the source of a bad smell and use beeswax candles as an all-natural air freshener. You can also set out a bowl of white vinegar to help drive out bad smells.

Bottom Line

Taking these steps won't ensure that you'll never get cancer – there's no guarantee for that. However, doing these simple things every day can significantly reduce your risk of developing cancer while also helping you live a healthier, happier life.

Herbal Program for Diabetes

Taken from Footprints on the Path plus our own information

1. Type I Juvenile Diabetes: A severe, chronic form of diabetes caused by insufficient production of insulin resulting in abnormal metabolism of carbohydrates, fats, and proteins. Typically appears in childhood or adolescence and is characterized by increased sugar levels in the blood and urine, excessive thirst, frequent urination, acidosis and wasting. Requires medical attention and responds little to nutritional support.
2. Type II Diabetes: A mild form of diabetes that typically appears in adults and is exacerbated by obesity and an inactive lifestyle. This disease often has no symptoms, is usually diagnosed by tests that indicate glucose intolerance, and is treated with changes in diet and an exercise regimen. Usually responds to nutritional support and weight management.

Primary Pancreas/Blood Sugar Formulas

- Sugar-Reg (Pancreas/Antioxidant)
- Pro-Pancreas or Target P-14 (Pancreas/Minerals)
- Blood Sugar Formula, Ayurvedic
- Nopal – Pancreas and liver support

To Lower High Blood Sugar

- Anamu
- Olive Leaf Extract
- Nature's Noni
- Garlic, High Potency
- Golden Seal – Lowers blood sugar similar to insulin

Other Supplements

- Everybody's Fiber, Psyllium Hulls, LOCLO or Herbal Trace Minerals – For soluble fiber
- Chromium GTF – To stabilize blood sugar, often missing mineral
- Zinc – To promote the formulation of insulin
- Magnesium Complex – To improve insulin production
- Vitamin E Complete w/Selenium – For cell membrane permeability to insulin
- Mega-Chel – To support the Circulatory System
- Xylitol Products – Natural sugar is broken down without need for insulin
- Glyco Essentials – For essential sugars
- Codyceps or Ginseng, Korean (Used by Chinese for Diabetes)
- Potassium Combination – To boost insulin production
- Ionic Minerals or Mineral Chi Tonic – For vanadium
- Evening Primrose Oil – To improve circulation in small vessels
- HY-C – To build the Pancreas
- Licorice Root –To balance blood sugar levels
- Ultimate Greenzone, Super Algae or Spirulina – Protein and minerals
- Juniper Berries or Uva Ursi – To aid Urinary System
- Grape, High-Potency (Powerful Antioxidant)
- Master Gland – To balance the glands
- MSM + Vitamin C – Sulfur is a part of insulin
- Colostrum – To balance blood sugar levels
- CoQ10 – For efficient cell function

- Carbo Grabbers – To soften rise in insulin after meals
- Coral Calcium – To alkalize over-acid body

Essential Oils

- Geranium, Eucalyptus, and Ylang Ylang – Rubbed over the pancreas area

Eyes

- Perfect Eyes or Lutein – To strengthen blood vessels and capillaries in the eyes
- Vari-Gone + Vitamin C w/Bioflavonoids – For diabetic retinopathy
- Grapine, High Potency + Bilberry – For diabetic retinopathy
- EW (Eyewash Formula) Recipe: Boil ¼ cup water. Break in 1 capsule, stir and set aside from heat. Strain and refrigerate. Also can be taken internally.
- Ginkgo Biloba T/R - To prevent diabetic retinopathy
- Carotenoid Blend 9(Antioxidant/Eye Health)

Diabetic Ulcers/Sores

- Liquid Cleanse, Clean Start or Tiao He Cleanse
- Tea Tree Oil or Golden Salve – Externally for sores
- Black Ointment – Externally, covered with a bandage
- Pregnenolone or DHEA (Hormone Precursors) – Adults only
- Vitamin C w/Bioflavonoids (Antioxidant/Vital Nutrition)
- Bone/Skin Poultice - Internally and as a poultice
- Essential Oils: Myrrh, Eucalyptus, Clary Sage

Diet

- Eliminate all refined carbohydrates and simple sugars.
- Eat non-starchy vegetables like squash, string beans, lettuce.
- Use Stevia Powder Extract instead of sugar.

Other

- Probiotic Eleven, Bifidophilus Flora Force, or Garlic enemas.
- Bowel cleansing is critical.
- Parasites in the pancreas are a possible problem.

Herbal Program for Cancer

Taken from Footprints on the Path plus our own information

Cancer is a general term applied to a series of malignant diseases which may affect many different parts of the body. These diseases are character-by a rapid and uncontrolled formation of abnormal cells which may mass together to form a growth or tumor, or proliferate throughout the body, initiating abnormal growth at other sites (metastasis). Cancer is a run-down condition of the entire body and requires attention to total health. Seek appropriate medical assistance.

Primary Formulas

- Paw Paw Cell-Reg (Anti-Cancer) NOTE: Only those with cellular abnormalities (cancer) should take this product on a regular daily basis. Do not take other products except Nature's Immune Stimulator, Protease/High Potency or NONI during this time.
- Nature's Immune Stimulator + Protease/High Potency (between meals)
- Nature's Noni – To cleanse and build Immunity

Cleanse/Purify

- E-Tea (Anti-Cancer) – Make into a tea and drink between meals
- All Cell Detox or Enviro-Detox (Whole body cleanses)
- Red Clover Blend or Red Clover (Blood Purifiers)
- Liquid Cleanse or Tiao He Cleanse
- Small Intestine Detox

Immune System & Prevention

- SC Formula (Shark Cartilage/Anti-Tumor) – Note that most Leukemias and Lymphomas do not respond to Shark Cartilage
- Super ORAC
- Anamu – To protect cells and build Immune System
- Colostrum – To promote T-Cell production
- Adaptamax – To prevent oxidative damage
- Breast Assured – For immune action to support breast health
- Green Tea Extract – To boost immunity
- Phyto-Soy (Soybean Immune Booster)
- Melatonin Extra – Interacts with the Immune System. Adults only.
- Super Trio – For vital nutrition.

Combination Immune Products

- Trigger Immune
- Thai-Go
- Super Antioxidant
- Defense Maintenance
- THIM-J
- HCP-X
- FIZZ Active-Immune

Single Immune Products

- Alpha Lipoic Acid
- Astragalus
- Un De Gato
- Grapine H/P
- Garlic, High Potency
- Thai-Go

Immune Products for Children

- Sunshine Heroes Whole Foods Antioxidant

General

- Germanium Combination or Korean Ginseng – To improve cellular oxygenation
- CoQ10 – To improve cellular oxygenation and circulation
- MSM + Vitamin C – To inhibit carcinogens from forming
- Ultimate Greenzone or Super Algae
- CLA – Anticancer
- Cordyceps or Korean Ginseng – As a nourishing tonic and to build immune system
- SUMA Combination or Adaptamax (Whole Body Balance)
- Bee Pollen – To reduce effects of radiation therapy
- Krill Oil or Super Omega-3 – To suppress cell growth

Essential Oils

- Frankincense (To prevent and regress) + Helichrysum, Clove Bud, Lavender or Clary Sage

Skin Cancer (Eternal in addition to above)

- Pau d'Arco Lotion (Blood Purifier and Immune Enhancer)
- Golden Salve (Daily) + Black Ointment (Nightly)
- MSM + Vitamin C – To replace unhealthy cells
- Essential Oils – Frankincense + Lavender or Tea Tree
- Geranium – Diffused 10 minutes 3 times a day
- Tea Tree Oil then Geranium Oil in Massage Oil Externally

Diet

- Clean bowel, support digestion, no animal protein after 4:00 p.m.
- Eat 10 raw almonds a day and all dark colored fruits.
- Drink beet, carrot and asparagus juice often.
- Eat onions and garlic.
- No junk food, no caffeine.
- Consider Macrobiotic diet.

Other

- Remove dental problems.
- Avoid chemicals and heavy metals.
- Avoid microwave ovens and sit at least 8 ft. away from T.V.
- Exercise as often as possible.
- Walk in the fresh air.

**CERTIFIED MEN'S HEALTH COUNSELOR ONLINE COURSE - SESSION 10
QUESTION & ANSWERS**

NAME: _____
ADDRESS: _____
CITY, STATE, ZIP, PC: _____
PHONE: _____
FAX: _____
E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or mail it back to us at iridology@netzero.net or P.O. Box 485, Weimar, CA, 95736-0485. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please use a separate sheet to do this assignment.**

1. What is Type 1 Diabetes?
2. What is Type 2 Diabetes?
3. What is Type 3 Diabetes?
4. What causes Diabetes?
5. Is it ok to eat sugar with Diabetes?
6. What is the difference between glaucoma and cataracts?
7. What foods are good for you if you have Diabetes?
8. What causes lung cancer?
9. What are the medical treatments for lung cancer?
10. What steps can you take to avoid lung cancer?