Research implicates body CHALLENGE fat as cancer promoter

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Bray, a doctor at the Pennington Biomedical Research Center in Louisiana, said his research is showing how obesity changes the body's sys-tems in ways that can lead to

tems in ways that can lead to tumors.

"The more we understand about obesity, the more we real-ize that simply being overweight and inactive, in other words it-ting the American lifestyle, pro-duces basic and metabolic changes, Bruy said. These changes make it ensier for can-er to gain a foothold.

Bruy said fat is an active sub-stance. Studies have suggested fat tells act like endocrine cells that produce hormontes and

that produce hormones and growth factors into the blood stream. These send signals to other body parts and under cer-tain conditions may make it casier for certain cancers to initiate

and grow.

"Throw out the popular conception of fat," Bray said. "Most of us look at our guts and hips and our love handles and think of fat as an inert substance that

Excess fat may raise the risk of getting cancer, obesity expert George Hung said at a cancer research conference July 11 in Washington Buy, an octor at the Buy, an octor at the Buy, an octor at the blood stream, which may cause and laboration and bornomes to go into the blood stream, which may cause and laboration and bornomes to go into the blood stream, which may cause and laboration and bornomes and blood stream, which may cause and laboration and l

Scientists believe that excess fat causes more growth factors and bormones to go into the blood stream, which may cause cells to grow and divide a faster rate in many people.

Bray said that when cell divisions and replication happen quicker, there is more of a chance something could go wrong, leading to the possibility of random mutation that can cause cancer.

Scientists predict that excess

cause cancer.
Scientists predict that excess
fat may be strongly connected in
the development of hormonal
cancers like breast, prostate, ovary, endometrium, testes and

braty, enumerating, testes and prostate.

Bray said cancer risk increases as body fat increases as body fat increases.

"Cancer is a complex disease and there are likely many factors that explain why obesity and overweight increase cancer risk, he said. "We're seeing the same bottom line over and over again, avoiding weight gain is one of the most important things we can do to prevent cancer."

For more information go to the American institute for Cancer Research's web site at www.aicr.org.

I will discard the cigarettes.

I will discard the eigarettes. Join me on my journey to health and fitness, Commit to a healthier lifestyle. Plan to finally lose the excess weight, if that's your problem; to forever maintain a healthy weight, it that's your challenge; to give up smoking, if that's your schedule, lange; to give up smoking, if that's your schedule, In the coming months, I'll share with you the various weight-loss programs in the area, especially those that offer healthy food plans and proven success. I, myself, have chosen to go the Weight Watchers route. It fits into our limited budget (my husband is still unemployed) and it provides a plan, accountability and support – three ingredients necessary for success.

ess. Also, I'll check out smoke Also, I'll check out smoke cessation programs and report on their success rates. I'll find one that will help me get eigarettes out of my life – now, not after I ve lost weight. I've recommitted to a healthy lifestyle. I lost weigh and gave up smoking at the same time before. I can do it again! 'It's time to stop the downward spiral. It's time to get rid of the excuses, no matter how valid...It's time to return to healthy eating and regular exercise...It's time to throw away the cigarettes!'

Sandra Dalka-Prysby founder, Filness Forever

options. We need to exercise on a regular basis, no matter what our age or limitations. There's no getting around this important aspect of health and fitness.

Now is the time to get healthy and fit! Why wait? Your first assignment is to make a deep-down commitmake a deep-down commit-ment. This takes time. You

must not only commit to success, but you must believe that you can and will achieve your goals. You can't just make this commitment in youn head. It also has to be in your heart. Look for my findings and progress in future stories. Together, and with helpful information, we'll become better, healthier individuals.



Can you measure up to Sandra Dalka -Prysby's challenge to commit to living a healthy lifestyle? If so, she's willing

again! Finally, I'll give you exercise A pox on you ... from a long time ago

Politicians and various health organizations are debating over who should receive the small-pox vaccine, but this isn't a new argument. It is one that has been going on in the United States since the early 1700s. In 1722 Benjamin Colman published A Narrative of the Method and Success of Inoculating the Small Pox in New England. An original copy, part of the holdings in the University of Michigan's Clements Library, presents the pros and cons of inoculation at that time.

By 1721, Boston had between 15,000 and 16,000 people, in 15,00

ness or pain." Yet Colman also reported Yet Colman also reported that the common people of Boston opposed vaccination. Some opposed the practice out of a regard to the Public Good. Others objected because of the

of a regard to the Public Good."
Others objected because of the chance of spreading infection.
Medical practice at the time included "purges and vomits."
And as one advocate of vaccinating against smallpox said, "Now, if I may lawfully make my self sick by taking something in at my mouth, why not by putting something in at my mouth, why not by putting something in at my mouth, why not by not be something in a my and the same who are the subject when the same from the same properties of God, sent to punish and humble us for our sins."

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