# Eating disorders lead to stomach problems

By BENJAMIN KONG
*China Research Group*

**Uncontrolled Diet**

There is an ancient Chinese saying: "To let children be healthy, offer them one-third of hunger and one-third of cold." "One-third of hunger" means avoiding overfeeding them, so that the food can be more easily digested. "One-third of cold" means giving them food that is not too hot. This is to enhance the body's ability to resist cold. This is not only for children. The same is true for adults.

**Diet without timing**

After food goes into stomach, the food that is easy to digest can be digested within about one to two hours; food that is not easy to digest will take four to five hours to leave the stomach. Some people are busy; they conduct their business wholeheartedly, but they disregard their diet. When they are hungry, they hurriedly eat food without chewing it enough. This makes the stomach lose its normal functioning.

**Inappropriate dietary habits**

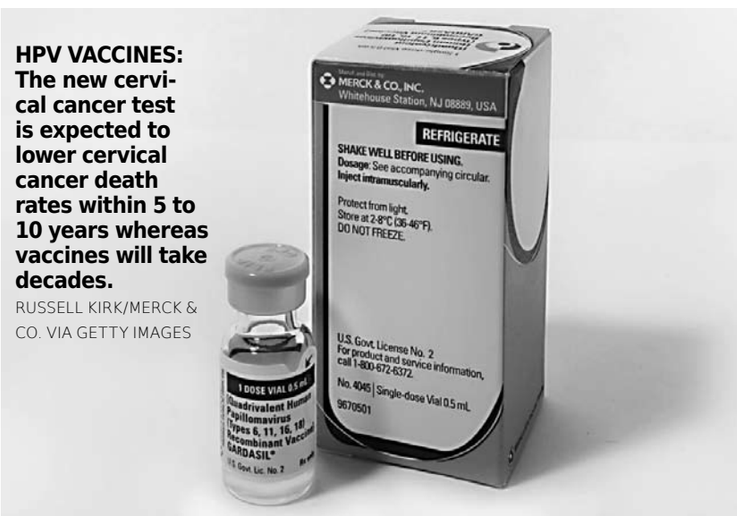
1. Eating too much cold food. Chinese like to eat warm and cooked food, which is very beneficial for the stomach. Chinese traditional medicine has the concept, "Cold leads to stagnation."

Cold food easily stagnates qi and blood, and leads to many illnesses, such as dysmenorrhea. Many ailments are caused by cold food. Raw vegetables and meat, especially raw meat, interfere with the normal gastrointestinal functioning. Some people may become infected with parasites from eating raw food.

2. Eating too much at the wrong time. In the morning, we should eat food that is easy to digest. At noon the stomach's ability to digest food is the strongest. Because supper is near sleep, one should not eat too much. Modern people usually do not eat breakfast, eat too much at supper, and sometimes include a midnight snack, which leads to the dysfunction of the gastrointestinal system, resulting in many diseases.

3. Eating when using the brain too much. Eating while watching television, reading newspapers, and discussing matters can easily impair the stomach's function. After dinner, one should not immediately sit down to work, and one should avoid using the brain.

**HAT: An easy way to protect oneself from the sun.** PHOTOS.COM




**HPV VACCINES: The new cervical cancer test is expected to lower cervical cancer death rates within 5 to 10 years whereas vaccines will take decades.** RUSSELL KIRK/MERCK & CO. VIA GETTY IMAGES

# Virus test cuts cervical cancer deaths

BOSTON (Reuters)—A single test that looks for the virus that causes cervical cancer cut the death rate from the tumor in half, researchers in India reported last week.

The Qiagen human papilloma virus, or HPV, test was also more effective than Pap smears or an inexpensive method that uses a mild acid to detect tumors, the researchers reported in the New England Journal of Medicine.

"The implications of the findings of this trial are immediate and global: International experts in cervical cancer prevention should now adapt HPV testing for widespread implementation," wrote Drs. Mark Schiffman and Sholom Wacholder of the National Cancer Institute in Bethesda, Maryland.

The test could eventually replace the Pap smear as the primary method for cancer screening, and women uninfected by the virus could wait much longer between tests, they said.

The company said it plans to donate a million units of the $30 test over the next five years to encourage its use in developing countries, and it is working on a version of the test for regions with few resources that do not require electricity or running water.

The researchers, funded by the Bill and Melinda Gates Foundation, studied 131,746 women in rural India for eight years.

Only 34 of the women who received HPV testing died of cervical cancer. By contrast, 54 of the women who got Pap smears died, 56 visually examined using acetic acid died, and 64 women who got no screening died of cervical cancer.

In addition, the women who received the HPV test were found to have far fewer cases of advanced cervical cancer.

A Pap smear is a scraping of the cervix which is then examined for irregular cells that may be on the way to becoming a tumor. The acetic acid test is used to directly look at the cervix for potentially cancerous cells, while the HPV test looks for the virus in cells taken from the cervix.

Medical diagnostics company Hologic Inc. also has a screening test for HPV.

**Catching more tumors**

"The significant reduction in advanced cancers and cervical cancer deaths following a single HPV test is due to the possibility that HPV screening detected more precancerous lesions with a high potential of becoming cancer than those detected by visual screening or Pap smear," Dr. Rengaswamy Sankaranarayanan of the International Agency for Research on Cancer said in a statement.

Cervical cancer strikes about 493,000 women worldwide each year and kills 273,000. Eighty percent of the cases are in underdeveloped countries, where access to Pap smears may be limited, or follow-up treatment may be inadequate.

HPV, which includes about 100 different strains, causes warts as well as mouth, penile, and anal cancer. It is the most common sexually transmitted disease in the world, infecting about 20 million Americans alone, according to the U.S. Centers for Disease Control and Prevention.

Schiffman and Wacholder said the new findings mean "a single HPV test that is performed 15 to 20 years after the median age of first sexual intercourse will detect many easily treatable, persistent infections and precancers while limiting overtreatment." All of the women in the study were over 30.

The Indian findings come at a time when vaccines against two strains of the virus hold the potential for dramatically lowering the cancer rate in developed countries.

Both Merck and GlaxoSmith-Kline make vaccines against some of the strains of HPV most strongly linked with cervical cancer.

"Even when HPV vaccines are affordable and widely used, they will not substantially decrease rates of cervical cancer for decades because of the long latency between infection and cancer," they said. The Indian findings show HPV testing "can lower the death rate from cervical cancer within 5 to 10 years," they said.

# A skin cream that prevents cancer

By W. GIFFORD-JONES M.D.

I'd bet that 99 percent of readers have never heard of the name "actinic keratosis" (AK). But thousands of people have this type of skin lesion, which if left untreated, can develop into skin cancer over time. Now there's a unique skin cream that can prevent or stop this from occurring.

Since the primary cause of AK is excessive exposure to the sun's ultraviolet (UV) rays, this problem is often called "solar keratosis." Like an elephant, human skin never forgets all the UV radiation it gets during a lifetime. We forget the times when UV rays have bounced off snow and water, either tanning or burning our skin. And with today's thinning of the ozone layer, more ultraviolet rays are hitting the earth.

We're all at risk of excessive UV radiation and the development of AK. But people who are fair-skinned, blonde, redheaded, with blue or green eyes are particularly prone to this problem.

AK is normally not life threatening provided it's diagnosed early. But 5 to 10 percent of all AKs can potentially progress into squamous cell cancer. If not treated, its lesions eventually bleed, ulcerate, become infected, enlarge, and invade surrounding tissues.

AK is typically a reddish, scaly, small rough spot that may feel sore or painful to the touch. AKs do not develop into melanoma, but patients with AKs may be prone to developing melanoma due to extensive sun damage.

Studies show that actinic keratosis has been increasing each year for the last 30 years, which means more skin cancers in the future. So look for scaly, crusty, bumps on exposed surfaces such as the face, forehead, neck, hands, forearms, and upper chest. Men often have AK lesions on the ear, but hairstyle usually protects women in this area.

The surface of this lesion is usually dry, rough, and often feels like sandpaper. It ranges in size from a pinhead to over 2.5 centimeters (one inch) in diameter. It may be light or dark, tan, pink, red, or a combination of colors. Or even the same color as your skin.

There are several treatments for AK. One method, cryotherapy, freezes the lesion using liquid nitrogen. This liquid is either applied by a spray or a cotton applicator and does not require anesthesia. But if excessive amounts of cryotherapy are used, the skin may end up scarred and lighter in color.

Topical creams such as Aldara (imiquimod) are also used in treating actinic keratosis. Dr. Darrell Rigel, clinical professor of dermatology at New York University, says, "Freezing does not eradicate microscopic lesions so that recurrences are more frequent" and "Aldara achieves a better cosmetic result."

Dr. Charles Lynde, assistant professor at the University of Toronto, says "Aldara gets rid of lesions in a unique way. It stimulates and boosts the body's immune system to find and destroy potentially dangerous cells and is useful to remove large areas of AK on the scalp and forehead."

The cream is applied two times a week for 16 weeks, resulting in complete clearance of the lesion in 84 percent of cases. But patients should see their doctor at regular intervals following treatment to make certain there are no recurrences.

The most common side effects of Aldara are redness and itching, which subside in a short time. Exposure to sunlight should be avoided or minimized when using Aldara cream due to increased sunburn susceptibility.

But prevention is always better than cure. The obvious solution is to avoid overexposure to the sun and other sources of UV light such as tanning lamps. Select shaded areas for outdoor activities and wear clothing with a tight weave and long-sleeved shirts and pants.

One of my patients who had a cancer scare now wears a wide-brimmed Tilley sun hat. And parents should teach their children to be sun smart and use sunscreen lotion with a Sun Protection Factor (SPF) of at least 15.

The message? Get to know your skin, as this is one cancerous lesion that's easy to diagnose and treat. And if you see suspicious spots, be sure to see your doctor. What a shame other cancers can't be prevented this easily.

*Dr. Gifford-Jones is a medical journalist with a private medical practice in Toronto.*
*His Web site is Mydoctor.cal gifford-jones*

**FISH FATS: They have anticancer effects.** LOUISE MCCOY/THE EPOCH TIMES

# Fish oils reduce tumors

LONDON (Reuters)—An omega-3 fatty acid found in fish oils reduced the size of tumors in mice and made a chemotherapy drug more potent while limiting its harmful effects, Egyptian researchers reported last week.

The findings, published in publisher BioMed Central's peer-reviewed Cell Division journal, add to evidence showing a range of health benefits from eating the fatty acids found in foods such as salmon.

A.M. El-Mowafy and colleagues from Mansoura University in Egypt looked at how an omega-3 fatty acid called docosahexaenoic acid, or DHA, affected solid tumors growing in mice and how well it interacted with the chemotherapy drug cisplatin.

"Our results suggest a new, fruitful drug regimen in the management of solid tumors based on combining cisplatin and possibly other chemotherapeutics with DHA," El-Mowafy said in a statement.

"DHA elicited prominent chemo-preventative effects on its own, and appreciably augmented those of cisplatin as well."

In March, U.S. researchers showed that a diet high in omega-3 fatty acids—the kind found in fish such as salmon, mackerel, herring, and sardines—protected against advanced prostate cancer even in men more at risk of the disease.

The fatty acids, also found in foods such as walnuts and leafy greens, have been shown to provide an anti-inflammatory effect and have been linked to a lower risk of heart disease.

In their study, El-Mowafy's team found that, at the molecular level, DHA reduces the accumulation of white blood cells, systemic inflammation, and a harmful condition marked by decreased antioxidant levels—all of which have been linked to tumor growth.

Their experiment also showed that the fatty acid reduced toxicity and injury to kidney tissue caused by the chemotherapy drug, the researchers said.

# Australia watchdog takes the fizz out of Coke ad claims

CANBERRA (Reuters)—Claims Coke will not make children fat or rot their teeth have landed Coca-Cola in trouble with Australia's consumer watchdog, which last week ordered the soft drink company to correct its advertising.

Coca-Cola South Pacific (CCSP) last year ran advertising titled "Motherhood & Myth-Busting," featuring popular Australian actress Kerry Armstrong and claiming Coke was "kiddy-safe."

As well as claiming Coke did not make children fat or harm their teeth, the full-page print ads sought to combat public perceptions that Coke was packed with large amounts of caffeine.

"Now that I've found out what's myth and what isn't, it's good to know that our family can continue to enjoy one of our favorite drinks," Armstrong said in the advertisements. "My boys now call me Mum, the Myth Buster!" she said.

The company also said in the ads it was time "to state the facts and to help you understand the truth behind Coca-Cola."

But the powerful Australian Competition and Consumer Commission (ACCC) last week ordered CCSP to correct its claims.

"Coke's messages were totally unacceptable, creating an impression which is likely to mislead that Coca-Cola cannot contribute to weight gain, obesity, and tooth decay," ACCC Chairman Graeme Samuel said in a statement.

"They also had the potential to mislead parents about the potential consequences of consuming Coca-Cola," he said.

CCSP had agreed to publish corrective advertisements in major newspapers in every major Australian city, as well as on the company's Web site, Samuel said.

The company was also ordered to include the correct levels of caffeine for Coca-Cola, Diet Coca-Cola, and Coca-Cola Zero after the ads claimed the soft drink contained the same amount of caffeine as tea brewed from leaves or bags, or as instant coffee.

LOUISE MCOOY/THE EPOCH TIMES