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### Optimal Health E-Mail Newsletter #8 June 2005

#### *Iodine And Fibrocystic Breast Disease, Breast Cancer, And Hypothyroidism*

Iodine is an essential element whose safety has been confirmed in clinical studies and medical practice. The association of iodine deficiency and goiter (thyroid disease) has been well known for over a century. Iodine is present in every cell of the body and a host of other effects of iodine deficiency are also a matter of study. The high prevalence of iodine deficiency in the American diet may be responsible for contributing to several common maladies in our population. The average daily intake of iodine by the Japanese population is much higher than the American population. This difference may play a role in the known low incidence of fibrocystic breast disease and breast cancer in the Japanese population. The RDA (**R**ecommended **D**aily **A**llowance) for iodine is based on the amount necessary to prevent thyroid goiter, however the optimal amount for this element has not been confirmed and may be much higher. In order to evaluate whole body sufficiency for iodine, a simple "loading test" was developed. Iodine is ingested and a 24-hour urine collection is done. If a person has an adequate amount of iodine, most of the iodine will be excreted over the 24- hour period. Replenishing iodine for proper whole body sufficiency is called "orthoiodosupplementation." Along with the other benefits of iodine replenishment, this supplementation enhances the body's excretion of the toxic elements mercury, lead, aluminum , arsenic, and cadmium. Case reports of assistance with weight reduction have been reported. In his book, [Iodine: Why You Need It –Why You Can't Live Without It](#), David Brownstein M.D. reviews conditions which have been treated with iodine.

Conditions treated with iodine include:

- Fibrocystic breasts
- Diabetes
- Fatigue
- Migraine and other headaches
- Infections
- Keloids
- Ovarian cysts
- Sebaceous cysts
- Thyroid disorders
- Detoxification from chemicals

A quick word about safety is in order because there is apparently a good deal of confusion in the medical community regarding iodine and its safety. Confusion within the medical community regarding iodine has been lectured about at national conferences by Guy Abraham, M.D. a former Professor of Ob-Gyn and Endocrinology at the UCLA School of Medicine. Iodine comes in two forms; organic and inorganic. The great safety record applies to inorganic iodine. This is contrast to the organic iodine, which is associated with side effects, which occur with certain medications, which contain organic iodine. This has resulted in confusion and fear among physicians with regard to the proper use of iodine in medical practice.

**Although when done properly there is a great safety record with the use of ortoiodo supplementation -- all readers of this newsletter are cautioned against treating themselves. a physician who possesses familiarity with the treatment discussed here should be consulted.**

**A complete medical examination including a complete thyroid evaluation should be done before initiating therapy.**

Dr. Sobo reports below on the 63rd scientific educational conference of THE AMERICAN COLLEGE FOR ADVANCEMENT IN MEDICINE held May 18th-20, 2005. The conference title was A BLAST TO THE FUTURE: MENOPAUSE, ANDROPAUSE: POWER IN TRANSITION.

**ANDROPAUSE** is a term that many physicians have little familiarity with. It refers to the changes which occur in men, analogous to the changes of menopause in women. Menopause in women has long been easily recognized because of the obvious change of the menstrual cycle becoming more irregular, and finally stopping. It is also that time when women suffer from hot flashes and night sweats. “Andropause” which is the male equivalent is much more subtle. There is nothing like the woman’s menstrual cycle to signal the change. There are however changes in a number of physical characteristics of men and symptoms which they suffer from which occur gradually in the aging man, which also can be treated successfully. These include diminished libido, loss of muscle tone and strength, tendency toward obesity, anxiety, depression, aging skin and advancement of cardiovascular disease. All of these can be properly evaluated and treated.

**Speaker Eugene Shippen M.D., author of the TESTOSTERONE SYNDROME: presented a talk entitled THE ROLE OF TESTOSTERONE IN DISEASE AND AGING.**

Dr. Shippan reviewed research and clinical findings which show that a number of medical conditions that go beyond the signs and symptoms of Andropause may be benefited by the proper evaluation of, and treatment with testosterone. And some of these will apply to women when they are low in testosterone as well.

These conditions include:

- ❑ **Cardiovascular Disease**
- ❑ **Diabetes**
- ❑ **Inflammatory Bowel Disease and Ulcerative Colitis**
- ❑ **Rheumatoid Arthritis (RA)**
- ❑ **Chronic Obstructive Pulmonary Disorder (COPD) and Asthma**
- ❑ **Multiple Sclerosis (MS)**

Another talk presented at the ACAM conference was by Cynthia Browne, M.D., PhD., Director of Complementary Cancer Care at the Van Elslander Cancer Center in Michigan.

### **Estrogen Metabolism and Detoxification: Pathways to Hormone Balance**

Dr. Browne reviewed the science which indicates that the use of synthetic “Equine” estrogens in such common use for so many years as a treatment for menopause, results in a metabolic pattern which has been associated with the development of malignancies.

She also pointed out that increased exposure to any estrogen including those naturally made by a person’s own metabolism may increase risk, and she outlined steps that may be beneficial to reduce the risk. High fat diets, obesity and alcohol consumption all increase an abnormal metabolism and the associated risks.

Proper liver detoxification the uses of substances like DIM ( Diindoylmethane) and I3-C (Indole 3-Cabinol) have shown a beneficial effect on the metabolism of estrogens to promote a healthier metabolic pattern which will hopefully decrease cancer risk. If you are interested in testing your Estrogen 2:16 metabolite ratio, which offers a glimpse into cancer risk it is now available. Please contact our office for further information

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Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo’s practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo’s office phone number is 203-348-8805.

We welcome you to pass this information on to a friend and invite anyone to e-mail us at [optimalhealth@optonline.net](mailto:optimalhealth@optonline.net) with their address to be on our e-mail newsletter mailing list.

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