

Rockwood Natural Medicine Clinic Newsletter

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Issue: 5

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Greetings!

Welcome to RNMC's May e-newsletter. We will be providing healthy tips, coupons and other important information in a monthly e-newsletter, so be sure to add us as a "safe sender" to your email provider. We look forward to hearing from you with requests for articles, thoughts and ideas.

Sincerely,

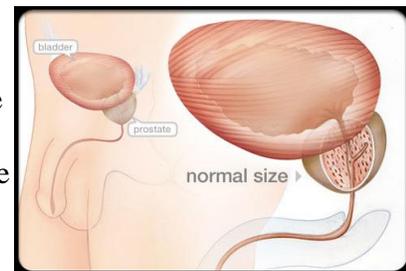
The Physicians at RNMC

Prostate Cancer: Long sought new genetic prostate test now available at RNMC

By Phranq Tamburri, NMD

A diagnosis of cancer of the prostate (CaP) generally causes the patient considerable concern and worry. As most men with CaP have some sort of the 'benign' variety that is not fatal, I am able to determine what form a man has;

one that that is potentially fatal or the most common form of CaP that is not. This determination is complex and is made with the Advanced Prostate Cancer Risk Assessment that includes color Doppler imaging, a study that I developed. In addition to the color Doppler study, this comprehensive assessment is made utilizing



modern molecular genetic testing from a urine sample to determine the individual's cancer risk. Up until this recently, there has been only one such test available, the PCA-3 (Prostate Cancer Antigen-3). Now, RNMC can offer a second.

In the past few years there has been an explosion of research in the specialized new field of molecular genetic diagnostics. Many patients have heard of this from popular medical media like Newsweek and the Dr. Oz Show. The University of Michigan (U of M) has a separate department that has been developing molecular genetic tests specific for prostate cancer. The first is called the PCA3.

The PCA3 has been a little known but highly successful test to determine the existence of prostate cancer and has been used as part of my CaP assessment. However, after 5 years of testing, a new 'sequel' molecular test has finally become available to prostate specialists. Termed the TMPRSS2:ERG, it is combined with the PCA3, making the predictability and assessment for CaP much more improved and accurate.

The test is collected as a urine sample immediately following a special DRE (digital rectal exam) technique. The urine is processed at RNMC and sent to the U of M specialty laboratory for analysis. The urine is analyzed for specific RNA (ribonucleic acid) sequences. One marker is a snippet of RNA made from a gene (the aforementioned PCA3) that is overactive in 95 percent of all prostate cancers. The second marker is RNA that is made only when two genes (the individual TMPRSS2 and ERG) abnormally fuse. The presence of this fusion RNA in a man's urine is ultra specific for prostate cancer. The overall result is that if the PCA3 is positive only, CaP is likely present. However if the TMPRSS2:ERG is present as well, then the 'aggressiveness' of the presumed CaP is elevated. This later point is very important to patients since their anxiety is not often over "do I have CaP", but instead, "if I have CaP, what is the potential for it to metastasize and become fatal?". Having this information allows us to develop a specific treatment plan to address the CaP should it be present.

The new TMPRSS2:ERG is now available at RNMC. Information regarding the tests such as its benefits and costs can be obtained by contacting the clinic. Please inquire about the University of Michigan prostate cancer test to Kathleen or Joan at RNMC @ 480-767-7119.

[Follow this link for more information.](#)

Editors Note: Dr. Phranq Tamburri is a nationally recognized expert in the diagnostics and assessment of prostate cancer (CaP).

Simple Things to De-Stress
By Katie Stage, ND

Spring is a lovely time of year in Arizona, and yet I see many of my patients unable to enjoy the perfect weather due to stress: planning for holidays, spring break activities, end of school year activities, etc. Therefore this article is dedicated to some simple changes you can make to de-stress your spring.



Breathing exercises are one of the most simple and profound activities you can do. My favorite breathing exercise is called equal breathing. Find a quiet place and get comfortable, then close your eyes. Take a deep breath, and as you do, count to yourself. Then pause for the same count as your inhale, then exhale for the same count, and pause for that same count. For example:

Inhale (count to 4)

Pause (count to 4)

Exhale (count to 4)

Pause (count to 4)

Repeat at least 5 times, or as long as desired. If you'd like, try increasing the count (so to 6, for example, instead of 4).

Most people do not inhale or exhale fully, and this exercise really allows people to achieve this. It is also very relaxing, and will put you into the parasympathetic state, which supports optimal digestion, immune function, and metabolism. Finally, it optimizes oxygen intake to the body tissues, an absolutely crucial process. Most people feel relaxed and yet energized after doing this exercise.

For more breathing exercises, check out this link to Dr. Weil's website: <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

Eat regularly, 3 meals a day, ideally without snacking. The body likes consistency. Skipping meals causes a little stress to the body, as it relies on nutrients for body functions. So while skipping meals, especially breakfast, may seem like a timesaving option, doing this contributes to stress on your body. Consider quick and yet nutritious meals like a breakfast smoothie with protein and fruit, a hard boiled egg and sausage, or oatmeal with nuts and chia seeds. Protein with each meal further stabilizes blood sugar, promotes sustained energy, and a sense of wellness. Periods of

fasting, such as between meals, ensure that you have fully digested before the next meal.

Try herbs that support adrenal health: While the best approach is always individualized, you might consider milky oat tincture, schisandra tincture or tea, or Siberian ginseng tincture or solid extract. If anxiety is part of your picture, consider lemon balm or chamomile tea. Making a tea from loose leaves is a nice way to add a little ritual to your daily routine; a reminder that this (cup of tea) is something you are doing to support your health and happiness.

Establish a regular exercise routine: Exercise is an excellent way to support your health, protect from chronic disease, and promote relaxation. If time is an issue, many of my patients prefer an interval training approach. If you prefer something gentler, a walk after dinner is a lovely way to enjoy the evening and facilitate digestion.

Here is a link to a 10-minute yoga class developed to promote relaxation. <http://www.doctoroz.com/videos/yoga-10-relaxation>

Have a treatment. At Rockwood Natural Medicine Clinic, we offer nutritional IVs, acupuncture, hydrotherapy, Mayan Uterine Massage, and craniosacral, all of which promote relaxation and healing. Please contact the office for more information.

Whats New at RNMC

Dr Kruzel will be attending the Council on Naturopathic Medical Education (CNME) spring board meeting in Baltimore. The CNME is recognized by the Department of Education as the accrediting agency for all naturopathic medicine programs in the U.S. and Canada.

It is with mixed feelings that I announce that May 30th will be my last day at Rockwood Natural Medicine Clinic. Shortly after this, I will start the full time position of Assistant Professor of Naturopathic Medicine at the Southwest College of Naturopathic Medicine (SCNM). As many of you know, I have been teaching at SCNM for several years, and am looking forward to having the opportunity to help shape the education of many future NDs. I will also continue to see patients at SCNM's Tempe location. However, I will truly miss the caring environment and wonderful people at Rockwood, including many of you. Thank for letting me be a part of your healing journey.

Sincerely, Dr. Stage

Dr. Meehna Thacker gives a tour of the Rockwood Natural

Medicine in this video.

<http://www.youtube.com/watch?v=QiAu6YbOe0Y>

What's New in the Literature

NSAIDs Linked to Higher Atrial Fibrillation Risk - According to this report in the BMJ Open April 2014, taking nonsteroidal anti-inflammatory (NSAID) drugs appears to be associated with an increased risk for atrial fibrillation (AF), even after adjustment for ventricular end-diastolic dimension, known to be increased with NSAID use. Patients using NSAIDs for 2 to 4 weeks had a 76% higher risk of developing AF compared with those who hadn't taken these pain medications. According to the authors, the results suggest that the increased risk occurs shortly after starting treatment and may resolve over time. Recent use of NSAIDs within the past 30 days was associated with an even higher risk for developing AF, even when adjusted for age, sex, and cardiovascular risk factors.

Comment: Atrial fibrillation is a common arrhythmia in the elderly, and is associated with stroke, heart failure, increased mortality, and reduced life expectancy. NSAID use has also been associated with myocardial infarction, stroke, and heart failure, also found to be higher in the elderly. Using NSAIDs for chronic pain, despite what the advertisers say, carries increased risk for developing a number of conditions such as kidney failure and continued degenerative joint disease but now are clearly linked to AF. There are a number of natural therapies that can help with pain management so that dependent NSAID use does not have to happen.

ED Drugs Linked to Increased Melanoma Risk - According to this article in the April issue of 7 in JAMA Internal Medicine. The use of sildenafil (Viagra, Pfizer) is associated with an increased risk for the development of melanoma. The researchers initiated their study after previous studies indicated that phosphodiesterase 5A (PDE5A) inhibitors, including sildenafil, may promote melanin synthesis, which itself may promote melanoma development. In addition, published research has linked sildenafil use and other PDE5A inhibitors to promotion of melanoma cell invasion, particularly in individuals who carry a mutation in the BRAF gene. Their analysis included data on 25,848 men from the Health Professionals' Follow-up Study (HPFS) between 2000 and 2010. The researchers adjusted their analyses for a variety of factors, including age, body mass index, tobacco use, physical activity, and childhood reaction to sun, plus melanoma risk factors, such as mole count, hair color, and family history. They found that recent sildenafil users were significantly more likely to be diagnosed with invasive melanoma than nonusers in an analysis adjusted for these variables.

Comment: What I found interesting about this article was that the authors very early on in the article "caution however, that their study does not provide sufficient evidence to change clinical recommendations for erectile dysfunction (ED) treatments." They conclude, "Our results should be interpreted cautiously and are insufficient to alter current clinical recommendations. Nevertheless, our data provide epidemiological evidence on possible skin adverse effects of PDE5A inhibitors and support continued investigation of this relationship." The reason I mention this is because Pfizer is a big contributor to JAMA as well as the American Medical Association, so of course they are going to advocate that more studies be conducted. The bottom line here is simply that these drugs are

most often prescribed for older men who are at greater risk for skin cancers in general. I wonder now after publication of this study, if Cialis will take their ED couple out of the tubs in the sunshine or make sure we know they are using sunscreen?

Virtually All Touchscreens Are Contaminated With Pathogens - In this report from Medscape Medical News, it is learned that researchers in Cape Town South Africa have determined that virtually all smart-phones and tablet computers used by healthcare workers are contaminated with at least 1 pathogenic organism. The concern here is that "we might be transferring these pathogens to patients, increasing their risk for infection" according to the studies authors. The study looked at smart-phones and I-tablets used by medical personnel before and after they were cleaned and determined that many of the pathogens were bacteria that can cause serious infections in critically ill patients, including Staphylococcus aureus, Enterococcus, and Enterobacteriaceae. The investigators defined these pathogens as relevant. At least 1 relevant pathogen was present on 15.8% of all smart phone screens and on 25.0% of all tablet screens. One tablet was contaminated was methicillin-resistant S aureus. Bacterial contamination and bacterial loads were not significantly lower after the 2-week intensified cleaning period. Specifically, the number of pathogens on smart-phone screens was 7.7% lower after the intervention, and on tablet screens was 22.2% lower.

Comment: I think that we all knew that this was coming one day, especially in a hospital setting where microorganisms seem to thrive despite the constant cleaning and sterilization procedures. What also occurs here is that the "super bugs" that develop in a hospital are more easily transferred out side because of these devices as well as in other ways. Thus the increase in community based MRSA infections that we are seeing clinically. So if you are a health care professional, and you use your smart-phone or I-pad at work, you might want to be more aware of cleaning it before you go home. And if you are not a health care professional, you might want to consider cleaning them periodically, as bug infestations happen.

Styrene and its Metabolites: Mandelate, Phenylglyoxylate

Styrene is used in the manufacture of synthetic rubbers, synthetic latex, polyesters, and plastic products and is supplies primarily from the petroleum industry. Raw materials for the manufacturing of styrene are benzene and ethylene. Metabolites of styrene are mandelate and phenylglyoxylate and are found in auto emissions, tobacco smoke and from building materials, especially carpet backing. Low-level exposure may occur through ingestion of food products packaged in polystyrene containers and they are found in toys, craft materials, house wares, electrical and thermal insulation, fiberglass and Styrofoam.



cups.

Long-term exposure can lead to central nervous system depression, lightheadedness and dizziness, nausea and feeling drowsy. There may be an impairment of one's balance and a slowing of reaction time. Difficulty concentrating has been reported and styrene and its metabolites have been shown to cause mucous membrane irritation and dermatitis. They are also known to be genotoxic.

As with other xenobiotics, Styrene is metabolized in the liver by the cytochrome P-450 dependent multifunction oxidase enzymes, into its epoxide derivatives. Styrene oxides are also conjugated with glutathione. Styrene and its metabolites accumulate in lipid depots and its slow elimination suggests the possibility for bioaccumulation from chronic exposure. As with other xenobiotics, accumulation occurs quickly but they are relatively easy to eliminate by avoidance and making sure that you are consuming a high fiber diet and lots of antioxidants.

Screening tests for Xenobiotic and Persistent Organic Pollutants requires a first morning urine which will contain a larger concentration of the metabolite. If present, a detoxification program will help to eliminate the metabolites while an on-going antioxidant regimen will help to keep them from building up from future exposures.

Thank you for being a patient with Rockwood Natural Medicine Clinic. We will continue to provide you with safe, effective and affordable healthcare.

Sincerely,
Thomas Kruzel, N.D.

Rockwood Natural Medicine Clinic (RNMC) is a naturopathic family practice facility. RNMC was founded in 1991 as a primary care/family practice clinic with a **mission to provide safe, sensible and effective natural medicine for the entire family**. The physicians at RNMC are dedicated to educating and training the next generation of healthcare providers. For more information about RNMC, please visit www.rockwoodnaturalmedicine.com.

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If you'd like more information about the topics in this newsletter, or to schedule an appointment with one of the clinic physicians, please call Joan or Kathleen at (480) 767-7119 or e-mail them at RNMC9755@gmail.com.

**Save
20%**

We value our patients and their referrals. For each new referral you will be afforded a 20% discount off your next office visit. Please make sure the person you refer mentions your name. No limit.

Does not include laboratory fees, supplements or IV or acupuncture packages.

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10%**

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Offer Expires: May 31, 2014