

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Bradley Weiss

“Promote yourself, but do not demote another.” ~ Israel Salanter

For years, many marijuana advocates claimed it was safe. Science is finding out that might not be the case...

Study Links Marijuana Use To Cancer



Plus:

- ✓ Study: Heavy drinking re-wires the brain and may cause anxiety problems.
- ✓ *Research: Maternal alcohol use is the leading known and preventable cause of birth defects and mental disability in the United States.*
- ✓ Are e-cigarettes safe? New research says they are not as harmless as marketers say they are.
- ✓ *The Tale Of Two Heroes: Harry Moseley and Paul Oxley never knew each other, but they both touched lives the same way...*

Natick – Some are surprised. Others predicted. Quite a few are in denial. Those are the basic reactions to a recent study published online on September 10, 2012 in the *Journal Cancer*.

The small government-backed study found, according to Reuters, *"people who said they had used [marijuana] were twice as likely to have been diagnosed with the [cancer] as were never-users. The link appeared to be specific to a type of tumor known as nonseminoma."*

According to Victoria Cortessis, PhD, of the University of Southern California, Los Angeles, who led the work, *"This is the third study consistently demonstrating a greater than doubling of risk of this particularly undesirable subtype of testicular cancer among young men with marijuana use."*

While the research isn't 100% proof that marijuana causes cancer, Dr. Cortessis said she believes young men should know about the link.

Here are a few things to understand about this study... First, the sample size was small. Data was

used from 163 young men who had been diagnosed with testicular cancer and almost 300 who did not have the diagnosis. Larger sample sizes are needed for results to be more statistically significant, with a lower margin of error.

Also, the study was based on a questionnaire. Conclusions from studies are only as valid as the data that goes into them. For this study to be accurate, the young men in the study must have answered the questionnaires truthfully.

According to the Reuters article, 81 percent of the men with cancer had used marijuana at some point. In the control (non-testicular cancer) group, usage was 76 percent. Interestingly, the results also showed cocaine use decreased the risk of testicular cancer.

"This is important," Dr. Cortessis said, "because it signals that men who have been diagnosed with cancer aren't just more honest about their drug use, thereby creating a spurious link between marijuana and cancer..."

Dr. Coressis stressed, "*the take-home message is not that cocaine is helpful against testis cancer.*"

Marijuana has also become a more socially accepted drug, especially among young people. Therefore, it is much more likely the results of marijuana use on this questionnaire are accurate.

More about the small sample size... No matter what sample size is, correlation does not equal causation. In other words, just because two things happen frequently in each other's presence does not mean one caused the other.

For example, a very, very high percentage of people who die from heart disease also sleep at night. Obviously, sleeping at night is not a cause of heart disease.

That example is simplistic, but the same principle holds true in scientific studies, especially those with a small sample size.

But in this case, there appeared to be more evidence. According to Dr. Cortessis, the results of her study are consistent with the results from similar studies.

"It is hard to imagine a scenario whereby it is due to chance, and I can't think of a systematic bias that would cause this," she said. "I will feel very confident that this is cause and effect once we have worked out the biology."

**But...but...but...
Marijuana is natural
so it must be safe...**

We have all heard that response at one time or another, whether it is about marijuana use or some other product.

Automatically thinking someone is safe simply because it is "natural" is not only foolish... it is also dangerous.

We have said this time and time again in this newsletter. Snake venom is natural. Mercury is natural. Poison Oak is natural.

Yeah... they are natural. So what?

The bottom line is: Some of the most toxic substances known to humans are natural.

This argument is NOT meant to defend artificial drugs. On the contrary, **ALL** drugs come with side effects. If you are sick, you are faced with a choice. Can your body's natural immunity fight this off? Or do you need to take a drug? The theory behind the drug is that it will have side effects, but hopefully those side effects are not as bad as the sickness or disease.

In other words, **do the ends justify the means?** In some cases, they do. But many times, they do not.

If the drug use is recreational, it is a totally different animal. Recreational drug use gets side effects without the potential gain of defeating an illness.

There were plenty of people up in arms about this study. They were quick to point out it is government funded and the government wants to keep marijuana illegal.

Maybe. We know that research can be (some would say OFTEN) skewed by researchers and whoever funds them.

The tobacco industry had "research experts" helping them support their claim that smoking did not cause cancer. We all know how that ended.

In the end, we all have choices. Our goal is to give you the best information so you can make them appropriately.

Sometimes there is no absolute "right or wrong." Sometimes the facts are not even clear. But being informed can definitely help because there ARE always consequences to actions.

But, people tend to act automatically based on their pre-existing beliefs. Facts do not matter to them. This article began with: "Some are surprised. Others predicted it. Quite a few are in denial." When you read the headline about marijuana linked to cancer, which reaction did you have before you even read the article and knew the facts?

And remember, if you ever have any questions or concerns about your health, talk to us. PLEASE contact us with your questions. We are here to help and enjoy *participating* in your life long good health.

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The Tale Of Two Heroes

**Harry Moseley and Paul Oxley never knew each other,
but they both touched lives in the same way...**

What do you imagine when you think about a hero? Most envision people with super-human qualities that make them larger than life. Hollywood movies have trained us to think this way through characters like Batman, Superman, the X-Men, and more.

But, the fact of the matter is, real heroes do exist. They NEVER have super-human powers. Ironically, most of the time, they are either completely average or are even challenged in a way that would lead some people to believe they could never be a hero.

Harry Moseley is a perfect example. Harry was a cancer stricken Birmingham, England youngster who is the subject of a new book written by his mother.

Harry was only 11 years old and struggled with a brain tumor. At a time when many people feel sorry for themselves and give up, Harry dedicated his life to helping others.

He made bracelets to raise cash for several charities. He also donated gifts sent to him from other people and went to schools to talk to students. From doing all of this, he raised more than £650,000 for charity.

Harry's legacy will live on partly because of what he did and partly because his mother has authored a book about her son with the help of a ghost writer. She said, "He would have been so proud of the book. I only wish that it was an autobiography rather than a biography. I'm just writing it on his behalf... It has been a real labor of love to put together. There have been emotional moments, and I cry whenever I have to read through it again, but I believe Harry deserved this."

She added, "The story relives Harry's life, but focuses more on when he was diagnosed and how he selflessly helped others. A lot of people know about the bracelets, but they don't know about the other things he did... I wanted to tell people about his work and this was the perfect way to do it."

Harry is not alone. Paul Oxley has a story that is equally impressive. Paul suffered with cystic fibrosis his entire life, but he did not let his illness get in the way of helping others.

He belonged to a site called "post pals" and took time every single day to help other sick children. He constantly encouraged the children to make the most of their lives and stay positive despite their illnesses. Even with everything he did, Paul still had time to play football or referee the games.

Not only that, over the years he raised more than £12,000 for the Cystic Fibrosis Trust in the hopes of helping other sufferers with the condition. He was named a Herald Young Hero in 2010 and received the Marjorie Lynden Stannator Award for his charity work. The devoted youngster also received a Lifetime Achievement accolade at the Pride of Plymouth awards in 2009.

All this time, he was struggling himself and waiting for a transplant that never came. Several times he got the call saying they had found a donor, but each time they ended up not being compatible.

Paul Oxley passed away at the age of 21, still waiting for that transplant.

That's why his parents are making a plea to change organ donor laws. They would like to see it changed to an opt-out system. In other words, everyone is automatically an organ donor and must opt out if they do not want to do it.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

Alcohol, PTSD, and the Leading Cause Of Preventable Birth Defects

A new study has been released that shows alcohol use might increase trauma victims' chances of getting post-traumatic stress disorder (PTSD). Heavy drinkers are at an increased risk to have traumatic events like car accidents and domestic violence, but now research is showing that drinking may affect the brain's "circuitry" and recovery speed.

According to Andrew Holmes, PhD, at the University of North Carolina School of Medicine, "*A history of heavy alcohol abuse could impair a critical mechanism for recovering from a trauma, and in doing so put people at greater risk for PTSD... The next step will be to test whether our pre-clinical findings translate to patients currently suffering from comorbid PTSD and alcohol abuse. If it does, then this could lead to new thinking about how we can better treat these serious medical conditions.*"

In another study reported by the University of North Carolina School of Medicine, Kathleen K. Sulik, PhD, reports, "*We now know that maternal alcohol use is the leading known and preventable cause of birth defects and mental disability in the United States... Alcohol's effects can cause a range of cognitive, developmental and behavioral problems that typically become evident during childhood, and last a lifetime.*"

Tip Of The Month

Are E-Cigarettes Safe?

Marketers claim they are safe, but now research is telling them to pump the brakes with that claim. According to a press release by the European Lung Foundation, "*The results showed that for all people included in the study, the e-cigarette caused an immediate increase in airway resistance lasting 10 minutes. In healthy subjects (never smokers), there was a statistically significant increase in airway resistance from a mean average of 182% to 206%. In smokers with normal [breathing], there was a statistically significant increase from a mean average of 176% to 220%. In COPD and asthma patients, the use of one e-cigarette seemed to have no immediate effect to airway resistance. We found an immediate rise in airway resistance in our group of participants, which suggests e-cigarettes can cause immediate harm after smoking the device. More research is needed to understand whether this harm also has lasting effects in the long-term.*"



One major drawback of this study is that it only included 8 people who had never smoked before and 24 smokers. The limited sample size does not prove if e-cigarettes are harmful, but it does raise important questions and a potential red flag, and shows the need for more research. In the end, the question is not if they are 100% safe with NO side effects, but are they safer (with fewer side effects) than regular cigarettes?

Our tip: It is probably best to do neither.

**Remember, we're always here to help you to restore
and preserve the pain-free body you deserve.**

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please let us know.