

JOEL FUHRMAN, MD

How are diabetes, cancer connected?

More than 29 million people in the United States have type 2 diabetes. The dangerously high prevalence of overweight and obesity is at the heart of this problem. Diabetes is the seventh leading cause of death in the U.S., is the leading cause of blindness and kidney failure in adults, and doubles the risk of heart attack and stroke.

Diabetes also increases the risk of several cancers. In a number of studies, diabetic patients have been shown to have an elevated risk of colorectal cancer and non-diabetics with elevated postprandial glucose levels also have a higher risk of colorectal cancer than individuals with normal glucose tolerance.

A review that analyzed data from several studies found that diabetic patients are 30 percent more likely to develop colorectal cancer, 20 percent more likely to develop breast cancer, and 82 percent more likely to develop pancreatic cancer.

How could diabetes influence the development of cancer? The high blood glucose levels and the resultant elevated insulin response associated with type-2 diabetes, affect all tissues of the body. It has been hypothesized that diets high in sugars and white flour increase the risk of cancers because of their impact on these factors, particularly elevated insulin.

Scientists think that insulin therapy and elevated insulin levels contribute to the association between diabetes and colorectal cancer. Insulin in high concentrations may bind to the receptor for a growth factor called Insulin-Like Growth Factor 1 (IGF-1). This interaction has the potential to promote the growth and division of cancer cells.

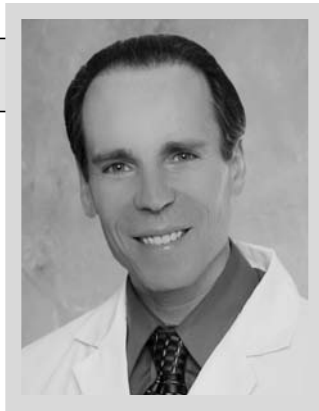
Cancerous cells also often have elevated levels of insulin receptors, and when insulin binds these receptors it has growth-promoting effects.

There is much evidence sup-

porting the possibility that chronic exposure to diets rich in refined carbohydrates may act directly to promote cancer development. Foods with a high glycemic load (such as sugar and white flour products) produce dangerous spikes in blood glucose, consequently resulting in high insulin production.

Diets including large quantities of high GL foods increase the risk of several chronic diseases, including cancers. For example, a meta-analysis of many studies found a 26 percent increase in colorectal cancer risk in people who consumed the most high glycemic load foods in their diets.

I have observed in my medical practice that a Nutritarian diet combined with moderate exercise can reverse type 2 diabetes in 90 percent of patients, and that an aggressive nutritional approach is more effective and much safer than conventional drug-centered care.



The best diet for preventing or reversing diabetes is also the best diet for cancer protection. It is a diet with a high nutrient per calorie ratio — including lots of green and non-starchy vegetables, beans, raw nuts and seeds, and some fresh fruit; limiting animal products; and avoiding sweeteners, oils and white flour.

The high levels of dietary micronutrients fuel cellular repair, reduce body fat and heal the body from the inside out, resulting in a dramatic reversal of heart disease, and diabetes, offering dramatic protection against cancer.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Help the planet by donating cloth bags

In honor of Earth Day, Real Food Co-op is gathering cloth bags for re-use.

The co-op offers recycled paper bags or donated cloth bags for customers to use. In doing, the co-op helps decrease the amount of waste disposed in the local landfill — something that benefits the environment.

Help decrease pollution by

donating unwanted cloth bags for re-use at the Real Food Co-op, 1379 B Rhododendron Drive.

For more information, call 541-997-3396.

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The co-op specializes in locally grown and produced, non-gmo and bulk foods.

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Florence Regional Art Alliance receives first quarterly report

Ellen Traylor, regional liaison for the Arts for Western Lane County, gave her first quarterly report to Lane Arts Council in Eugene, April 8.

Traylor, a Florence/Gardiner business woman and a former board member of Lane Arts Council (LAC), was renamed regional liaison in December.

Her duties are to monitor and report on arts activities on the coast and inland, particularly those related to the Florence Regional Arts Alliance, of which she is a board member.

Shortly after the formation of FRAA, the group joined forces with LAC to facilitate communication between artists and the representative organi-

zations from the coast to the valley.

“For a long while artists in our area have felt isolated from the mainstream of funding and artistic endeavor in the hub of Lane County,” said Harlen Springer, FRAA board president. “We included the word ‘regional’ in our name to promote support and encourage artists up and down the coast.”

“A connection with the arts community in Eugene and Springfield is key to our success.”

As a result of the FRAA’s efforts in this direction, LAC has plans to develop regional liaison positions for other parts of the county as well, repre-

senting areas east up the McKenzie River, and south toward Cottage Grove.

“FRAA is proud to say that its efforts to support the coastal community are spilling out toward other areas of the county,” Springer said. “We got the ball rolling.”

Traylor’s quarterly report included details of seven local exhibits, the founding of an arts salon, numerous classes and meetings, and the establishment of a Public Arts Committee in cooperation with the Port of Siuslaw and the City of Florence.

Traylor also reported on activities south of Florence, discussing the main street re-

vitalization efforts in Reedsport and Winchester Bay, and the potential for a “satellite campus” in Gardiner.

The LAC board was particularly interested in FRAA’s Public Arts efforts and the economic development movements in the central coast.

They see a link to economic development region wide.

“As representative from the coast to the valley, I encourage artists and arts organizations to let me know of your activities and concerns,” says Traylor.

Traylor can be contacted at Port Hole Books and Publishing in Florence, or at 541-902-9091.

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Hospice Advisory Board gains new members

Peace Health Peace Harbor Hospice has announced three new Advisory Board members who have volunteered to serve the community.

Jerry Christean, Dr. Clare Brien and Sarah Farber-Hawkins will bring their individual talents and skills to the Peace Harbor Hospice Advisory Board.

New members apply for the position and then are approved and appointed by the Governing Board of PeaceHealth PHMC Siuslaw Region. Members either have experience or interest in the health field and have an interest or willingness to work for development and support of the hospice program.

Responsibilities of the board include oversight of the hos-



COURTESY PHOTO

New Hospice Advisory Board members Jerry Christean, Dr. Clare Brien and Sarah Farber-Hawkins

hospice program and fund raising activities, which focuses on the annual Light up a Life program.

Spruce Point Assisted Living presents:
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 SafetyMan says
 “Always be Safe to Ensure an Active & Independent Lifestyle”
 Join us as we host a lecture series to increase safety awareness on fall prevention, common home injuries and provide solutions to keep you and your loved one safe. Classes are FREE to the public.
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 We will discuss methods that can easily be added into your daily routine to help strengthen and improve your balance.
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 Home adaptation or modification can provide safer elder living so older occupants may continue to live independently in the comfort of their own home.
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