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Life Extension Update Exclusive

Low LDL cholesterol associated with increased cancer risk

The finding of a review reported in July 31, 2007 issue of the *Journal of the American College of Cardiology* questions the wisdom of widespread aggressive reduction of cholesterol to very low levels by the use of statin drugs as recommended by recent national guidelines. Although significant reduction of low-density lipoprotein (LDL) cholesterol may help prevent heart disease, researchers at Tufts University have discovered an association between decreased LDL and a greater risk of cancer.

In an effort to determine the mechanism of statin drugs' damaging side effects, Tufts University School of Medicine professor of medicine Richard H. Karas, MD and colleagues examined data from the treatment arms of 23 randomized controlled statin drug trials that included 75,317 participants, and found that liver toxicity rose with increased dosage, leading the team to conclude that moderate dose therapy with several medications may be preferable to high dose therapy with a statin drug alone.

To examine the drugs' effect on cancer, 13 treatment arms including 41,173 participants were evaluated. When the researchers analyzed the effect of LDL reduction on the rates of newly diagnosed cancer, they found that for every 1,000 patients with low LDL levels there was an additional incidence of cancer compared to the same amount of subjects with higher LDL. This relationship was not dependent upon the percentage of change in LDL levels, nor was the cancer limited to a specific type or location.

The authors conclude that "the cardiovascular benefits of low achieved levels of LDL cholesterol may in part be offset by an increased risk of cancer." It is not known whether the increased risk of cancer is attributable to statin drugs or having low LDL. "This analysis doesn't implicate the statin in increasing the risk of cancer," Dr Karas stated. "The demonstrated benefits of statins in lowering the risk of heart disease remain clear, however, certain aspects of lowering LDL with statins remain controversial and merit further research."

Health Concern

Cholesterol reduction

The following nutritional supplements offer synergistic benefits to assist dietary modification to reduce total serum cholesterol and elevate HDL cholesterol:

- Policosanol, take one tablet twice per day with meals: one in the afternoon and one in the evening. Or Sytrinol, one capsule twice daily.
- Fiber, 4 to 6 grams before any high-fat meal.

- Chitosan, three to six 500-mg chitosan capsules and one 1000 mg ascorbic acid capsule right before a high-fat meal.
- Niacin, 1500 to 3000 mg a day (if tolerable).
- Artichoke Extract, 300 mg, 3 times a day.
- Garlic, 600 to 4800 mg a day.
- Curcumin, 900 to 1800 mg a day.
- Gugulipid, 140 mg 1 to 2 times a day.
- Green tea, 750 mg a day of green tea, 93% polyphenol extract.
- Perilla oil, 6000 mg a day. We suggest taking six 1000-mg gel caps daily. If triglycerides are high, consider taking 4-8 softgels of fish oil (EPA/DHA).
- Vitamin E, 400 to 800 IU daily
- Soy protein extract, 2 heaping teaspoons (5 to 6 grams) of soy powder daily. For those who want to avoid powders, consider taking one-five capsules of Ultra Soy Extract (40% isoflavones) daily.
- Selenium, 200 to 600 mcg daily.
- Herbal Cardiovascular Formula, two-six capsules daily with food in divided doses.

<http://www.lef.org/protocols/prtcl-032.shtml>

Featured Products

Sytrinol Softgels

Reducing triglyceride and low-density lipoprotein (LDL) levels is an effective, well established strategy for maintaining a healthy heart/cardiovascular system.

Unfortunately, the statin drugs, while effective, also have side effects that understandably compromise patient compliance.

Sytrinol™ is an important option for health conscious people seeking a safe, effective, and convenient way to help maintain a healthy cholesterol level in those already within normal range.



<http://www.lef.org/newshop/items/item00674.html>

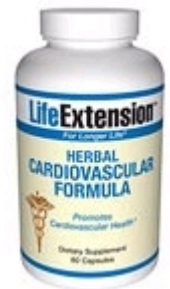
Herbal Cardiovascular Formula

Herbal Cardiovascular Formula provides a variety of herbs, herbal extracts, and plant enzymes that may help maintain a healthy cardiovascular system.

Bromelain is a mixture of sulfur-containing proteolytic enzymes obtained from the stem of the pineapple plant. Bromelain can help break down fibrous substances within the body so that they can be metabolized normally.

Curcumin can help maintain normal healthy platelet function and the normal process of bile excretion.

Gugulipid can act as an antioxidant, while helping to maintain normal lipid levels and platelet function. Its primary action is in maintaining the liver's metabolism of low density lipoproteins.



<http://www.lef.org/newshop/items/item00301.html>

Life Extension magazine

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On the cover

Dr Sanjay Gupta's search for biological immortality, by Philip Smith

Reports

Novel ways to achieve optimal oral health, by Debora Yost

Quick relief from anxiety and stress without tranquilizer drugs, by Tiesha D. Johnson, RN, BSN

Do you really need maximum dose Lipitor®? By Jay S. Cohen, MD. Introduction by William Faloon

The hidden dangers of cell phone radiation, by Sue Kovach

Nutrient-rich skin care: Advanced facial masks reverse photoaging, fight blemishes, and rejuvenate skin, by Gary Goldfaden, MD

As we see it

The harsh costs of citizen apathy, by William Faloon

In the news

Life Extension sponsors breast cancer trial; rhodiola offsets stress; aspirin reduces cancer risk; low vitamin D decreases performance; and more.

Ask the pharmacist

Metformin and vitamin B12 deficiency, by James S. Scozzari, RPh

Wellness profile

Mark Hyman, MD, by Donna Caruso

August 2007 abstracts

Oral health, natural stress relief, and statins

http://www.lef.org/magazine/mag2007/mag2007_08.htm

If you have questions or comments concerning this issue or past issues of *Life Extension Update*, send them to ddye@lifeextension.com or call 954 202 7716.

For longer life,



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