

Breast Cancer and Hormone Replacement Therapy

Between 2002 and 2003, the incidence of breast cancer has plummeted by 7-5%! It has plummeted on average 7%, and 15% for women over age 50. And this is after decades of no statistical change in breast cancer incidence—except increases. Was it a new drug? Herceptin? Tamoxifen? Targeted cancer therapies? New guidelines from the National Cancer Institute? Nutrition?

The drop in breast cancer came about because of one single remarkable therapy—hundreds of thousands of educated women shunned hormone replacement therapy (HRT) after 2002, almost always over the loud and condescending objections of their physicians. That's it!

HRT was always a dubious treatment. As early as 1987 we knew that estrogen and synthetic progesterone drugs like Premarin and Prempro caused a 59% increase in breast cancer. And women taking these drugs also risked developing endometrial (uterus) cancer. My own mother's doctor caused her uterine cancer by prescribing these drugs non-stop for decades.

Physicians told their female patients that menopause was the equivalent of castration. The offensive drivel was always backed up with statements that HRT would prevent heart disease. And that the risk of breast cancer from HRT was miniscule. This despite the fact that the Women's Health Initiative study from 2002 showed that HRT did not protect against heart disease. And that it caused not only a significant increase in breast cancer, but also a 29% increase in heart attacks, and a 41% increase in strokes.

HRT was always based on questionable science, and great marketing. I've always said that once you develop breast or uterine cancer, you will wish you had your hot flashes back. But just what was the full impact? Women who turned their backs on their physicians' HRT prescriptions suffered 14,000 cases of breast cancer. And as for endometrial cancer, no one knows that number.

Cancer Caused by Drugs

This phenomenon immediately demands that a bigger question be answered. That is, if HRT can cause 14,000 cases of breast cancer and a larger number of endometrial cancers every year, just how many cancers are caused by all that other prescription drugs? Although I have no proof, I'm sure the number would be staggering.

So what is the greatest single treatment to reduce breast cancer in history? It is that educated women refused a drug pushed on them by doctors who relied on drug companies' promotions, and ignored the science. There should be a lot of soul searching going on.

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