



## Celebrating our 20<sup>th</sup> Year!

### A Note from the President

By Angela Lanfranchi MD



It seems like every 10 years there is some big change at BCPI. This year during our 20<sup>th</sup> anniversary celebration of the incorporation of BCPI is no exception. BCPI's inception occurred in March of 1999. The month before I had just been to a large yearly breast cancer conference on Amelia Island in Florida. I had gone armed with a hundred copies of an information sheet to give out to physicians on the ABC Link. The front of this pink sheet of paper listed the biological causes for the Link, the epidemiological supporting studies, and the reasons for the fact that induced abortion as risk factor for breast cancer was largely unknown. The back of this sheet had 52 medical references that Dr. Brind had put on to provide documentation for the information. In 1999, I didn't have a computer or fax access, so he and I would talk on the phone, decide on what to write, I'd run to the local convenience store that had a fax, fax the written notes, he would type up the information, fax the changes back to the store, then I'd go back to the store pick up the changes, and on and on. Needless to say it was very time consuming and inefficient.

It was important to me because I had observed in my own breast surgical practice that most of my 30 something patients had an induced abortion and the  
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### New Research Gets Closer to the Root of Breast Cancer Causation and Prevention

By Joel Brind, PhD

In the last issue of this *Report*, I wrote about some new research linking full-term pregnancy to a transient increase in breast cancer risk. The reviewed paper purported to extend the period of risk increase from the previously established 15 years out to almost 25 years. As I pointed out, the study was based on faulty methodology, to wit, the authors did not consider the effect of abortion. The key event in generating the cancer-prone, inflammatory microenvironment in the breast tissue is the ending of the pregnancy without breastfeeding, whether by abortion or full-term delivery.

Now there has just been published this past July a seminal paper on breast cancer risk by Basree, et al of the Ohio State Comprehensive Cancer Center which fills in important gaps in our knowledge of the links between reproductive history and breast cancer. The Basree paper also did not mention abortion, but in fact the paper was not about pregnancy *per se*. Rather, they investigated the protective (i.e., risk reducing) effect of breastfeeding on subsequent breast cancer risk.

The Basree group studied both mice and women, in terms of the duration of breastfeeding, since it has been established for almost 20 years that longer duration of breastfeeding provides more protection from breast cancer than short term breastfeeding. In their mouse study, the Basree group allowed one group of mouse moms to breastfeed their pups for only a week, and compared them to mouse moms who were allowed to breastfeed their pups for the  
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### BCPI Annual Golf Classic – Save the date for 2020

By Bob Gerling



June 9, 2019 was a great day for BCPI's 9<sup>th</sup> annual Golf Classic. The weather was great, the golf course was beautiful, the dinner was awesome, and the staff at Cranbury Golf Club was so accommodating. We also had the great pleasure of honoring Sean and Margie Flanagan, a truly wonderful family. Perhaps Brian Madigan, their long-term friend, said it most simply, yet eloquently, when he said of them, "*For all the things you do, helping those in need.*" Truly, the Flanagan family has touched many souls. Thank you, Sean and Margie, for your love and generosity and your continuing support of BCPI. They made it possible to redesign our website.

This year's Men's Longest Drive went to Matt Downing, just a bit ahead of Rick Leverberg's drive...by about 50 yards. For the ladies, the dynasty continues for Marie Ryan, taking the trophy once again in the Ladies' Long Drive contest. Will Marie ever give up the lead?...I don't think so.

The Closest to the Pin contest ended with a great shot from Larry Battaglia which left him with only a 28-foot birdy putt. The rest of the field evidently forgot to take their blindfolds off.

The fight for the honor to be the 9<sup>th</sup> Annual BCPI tournament champions was a squeaker this year. The Battaglia, Pinto, and Pishioneri group just eeked out the boys from UBS by one stroke on the front, and one stroke on the back nine...That's two strokes, Vin. Maybe next year boys!

There are always so many people to thank for an event such as this. Of course, we are very grateful for everyone who participated in the outing, as well as everyone who made donations for our ad book and for the prizes for the silent auction. But, none of it is possible without the help of those who work behind the scenes: Thank you, Linda, and thank you, JoAnn and our dear lady friends who work so hard months before as well as the day of the outing.

To all, a very special thank you... and save next year's date June 5, 2020!

The **Breast Cancer Prevention Institute** is a non-profit, 501(c)(3) corporation, with headquarters at  
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Pill in their medical history. Seeing them was heartbreaking for me as I identified with them and their children. They would probably lose their mother to breast cancer as I had. But now I had this sheet, I was a member of the Society of Breast Surgeons, I had a clinical appointment at a medical school, and all I would have to do is give my sheet to the right physician and these risks would become more widely known. Patients would have informed consent and all would be right with the world. Needless to say that didn't happen. Worse, during the meeting many physicians seemed discomfited by the fact sheet. If I brought up the subject during the lunch break, my husband noted, the table would quickly empty. A Harvard professor who had given the lecture on risk assessment became very uncomfortable during our conversation on the topic. She agreed to continue our conversation when she was back in Boston. She was going to another conference where she would have the opportunity to discuss with Dr. Daling the results of her 1994 NCI study which supported the ABC Link. A telephone conversation six weeks later in March confirmed that she was aware of the ABC Link and considered it in her evaluations of patients; however, she did not choose to put it in her lectures. She advised me to do more research on the subject and then speak about it myself.

The opportunity arose to do research and education when Dr. Brind called a week later. He asked if I was interested in forming a nonprofit to do research so that we could study all risks, especially the ones that most women didn't know about thereby preventing breast cancer. In April 1999, we went to a conference in Canada and asked Drs. Bruchalski, an OB-Gyn, and Toffler, a Professor of Family Practice, to join us. We presented our first research study as an abstract at the 2001 San Antonio Breast Cancer Symposium after receiving a grant from Susan G. Komen North Jersey.

In 2009, after 10 years as President, Dr. Brind declined to run again for President and instead he ran for a board of directors position and I became President.

In 2019, another 10 years later, Dr. Brind has now decided not to run as a member of the board. Although he no longer has an official role with BCPI, he continues to collaborate in projects with BCPI and its board members.

## New Research Gets Closer to the Root of Breast Cancer Causation and Prevention

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normal period of about a month. Then they examined the breast tissue of both groups of mouse moms microscopically. These two groups were designated "abrupt involution" (AI) and "gradual involution" (GI), respectively. These designations refer to the process which occurs after weaning, namely, the dying off of the extra breast tissue that develops during the pregnancy for the purpose of breastfeeding, the extra tissue being no longer needed.



They found that the AI mice had a breast tissue microenvironment characterized by higher levels of inflammation and proliferation, with increased sensitivity to estrogen and progesterone, the sex hormones that cause proliferation during the pregnancy. They also examined breast tissue specimens from healthy women who had breastfed for more v. less than 6 months, and found that the tissues of the shorter duration breastfeeders expressed genes characteristic of breast tumors and carriers of the *BRC1* gene. In other words, both mice and women who had breastfed for only short periods of time and whose breasts had therefore undergone an abrupt process of involution, were likely at a higher risk of developing breast cancer later on, as epidemiological studies on women have consistently shown.

So how does the new research tie together what we know about pregnancy and breast cancer? It explains the fact of the transient increase in breast cancer after childbirth, I would argue, since most pregnancies in our modern industrialized society are not followed by more than 6 months of breastfeeding, if there is any breastfeeding at all. Hence, abrupt involution is the rule, not the exception. And then there is the effect of abortion, which is now more clearly in focus: Elective abortion happens when the breast is already in a state of maximum hormonal sensitivity and proliferation... and what could be more abrupt than an induced abortion of a normal pregnancy? After all, the involution process of massive cell death in the breasts begins immediately upon termination of the pregnancy, even more abruptly than upon weaning after a full-term pregnancy. **Hence, the association of more cancer-prone breast tissue combined with the abruptness of the process of tissue involution explains why an aborted pregnancy increases risk beyond the risk of a term pregnancy, or of no pregnancy at all.**

But that still leaves us with the question of why the process of involution produces the inflammatory microenvironment, which predisposes to cancer formation. We know that inflammation generally follows any event which causes the death and destruction of any living part of the body, whether it be infection, substantial injury, or a normal developmental or physiological process. Why?

As to infection, the answer is simple: Inflammation is a process by which certain types of cells of the immune system, called macrophages, secrete an array of poisons, so that the offending microbes can be killed before they kill the infected one. What about injury or non-infectious events involving tissue damage or cell death? Why, for example, do we need to put ice on the site of a blunt injury, to suppress inflammation, if inflammation is appropriate in such a circumstance? Because inflammation isn't always appropriate; it just damages normal tissue. So why does inflammation happen, in the absence of infection?

It turns out that a mother lode of brilliant research was done in the 1990s at the University of North Carolina, in the laboratory of toxicologist Ron Thurman, whose untimely death in 2001 scattered the group abroad. The Thurman group discovered how the lowly non-essential amino acid, glycine, regulates the behavior of macrophages, suppressing their inappropriate or excessive activation. However, they clearly thought of glycine as a sort of drug; a natural nutrient that could supplement a normal diet like medicine, that could be helpful in a variety of diseases including cancer. But looking at the findings of glycine's benefits without the assumption that the "normal" diet is appropriate and complete, resulted in the realization that this is not so; that rather, the normal diet is deficient in glycine, and that all these diseases are thus actually deficiency diseases. Hence, supplementing a normal diet with about 8 grams/day of glycine actually renders what was a deficient diet now complete.

This realization also answered questions about why the incidence of diseases like diabetes and cardiovascular disease and cancer — now all understood to be rooted in chronic inflammation — have been on the rise in recent years. Specifically, most of the glycine in our most protein-rich foods — meat, fish and poultry — is in the bones, cartilage and skin; not the muscle or flesh. So, unlike our forbears who cut the muscles and everything else off the bones for consumption and threw the bones into the soup pot, we throw them in the trash and take off the skin.

It is thus my view that a majority of people these days are in fact slowly poisoned to death by their own immune system via chronic inflammation, all because of a deficiency in the consumption of the single, lowly amino acid, glycine.

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*Joel Brind, PhD is co-founder and past President of BCPI, and now devotes most of his time and effort outside his university classroom to glycine supplementation through his own company, Natural Food Science, LLC. More information is available at his website: [www.sweetamine.com](http://www.sweetamine.com).*