

National Center for Health Research

We are dedicated to improving the health and safety of adults and children by using research to develop more effective treatments and policies. You can reach us at info@center4research.org. The Cancer Prevention and Treatment Fund is our major program.

Cancer Prevention and Treatment Fund

Our Cancer Prevention and Treatment Fund helps adults and children reduce their risk of getting cancer and helps everyone get the best possible treatment.

Cancer Helpline:
info@stopcancerfund.org

Websites:

www.center4research.org
www.stopcancerfund.org

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@safe.to.play
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CFC #11967



Getting Healthier and Living Longer!

Exciting research is being published every day that has implications for the health of adults and children. There are inexpensive and safe ways to help you live longer and better by reducing your likelihood of developing different types of cancer, heart disease, and dementia.

Do you know what they are? If you don't read medical journals, it could be years before you find out, because most inexpensive ways you can improve your health are not heavily publicized the way costly new products are.

Here's what you can do to improve your health and the health of people you care about by helping to prevent:

- Cancer
- Heart Disease
- Dementia (including Alzheimer's Disease)

The good news from recent research is that improving most of the same health habits can help you prevent all three diseases.

Although having close family members diagnosed with any of these diseases slightly increases the chances that you will develop them too, they are also influenced by your life habits.

Alcohol: Major research studies have a clear conclusion: drinking less alcohol decreases your chances of developing many types of cancer, heart disease, and dementia.

Heavy drinking is most dangerous, and it may surprise you that it is defined as more than 8 drinks per week for women and more than 15 drinks per week for men. Even 3-6 alcoholic beverages per week can increase the chances of several types of cancer, heart disease, and dementia. To reduce any harm from alcohol, experts recommend 2 or fewer drinks per week. (A drink is defined as 1.5 oz. of "hard liquor" (vodka, gin, tequila, etc.), 5 oz. of wine, 12 oz. of beer, or 8 oz. of malt liquor.)

Weight and Belly Fat: Being overweight (defined as a BMI over 25) or obese (defined as a BMI over 30) increases the likelihood of several types of cancer and heart disease. However, recent research shows that the distribution of body fat, especially "belly fat" is almost as important as BMI. Women and men who are shaped more like an apple (round in the middle) instead of a pear (with a waist but large hips) are especially likely to develop cancer and heart disease, even if they are not overweight or obese.

Physical Activity: More than 3,000 published articles have examined the impact of physical activity on cancer or heart disease, and recent studies show it can help delay or prevent dementia as well. In fact, the "mind exercises" that many people think will help prevent dementia are not as effective as physical exercise. For cancer and heart disease, it is difficult to know how much has to do with the overall benefits of exercise (including reducing weight and belly fat) and how much is the direct benefit of exercise regardless of your weight, but either way,

physical activity is important for living a longer, healthier life. The usual recommendation is 150 minutes per week, whether walking, dancing, sports, or an exercise routine.

In addition to helping to reduce anxiety, depression, and fatigue, physical activity has been shown to help reduce the chances of developing heart disease and dementia, and helping dementia and helps cancer patients to live longer.

Foods to Eat or to Avoid: The foods you eat can directly increase or decrease your chances of developing cancer, heart disease and dementia. Unfortunately for many of us, eating more than 3 portions of red meat or processed meat (such as hotdogs, sausage, and pepperoni) each week increases your likelihood of developing several types of cancer and contributes to heart disease and dementia. In contrast, eating more fresh fruits and vegetables helps to prevent cancer, heart disease, and dementia.

Mediterranean or vegetarian diets are proven to help people live longer with better cognitive functioning. Ultraprocessed foods, including processed meats as well as other foods that contain many unpronounceable chemicals, can increase inflammation, which increases your chances of cancer, heart disease, and dementia.

Sleep: Some adults boast about how little sleep they need, but research shows that people who sleep less than 6 hours each night are more likely to develop heart disease, cancer, and dementia, because sleep is when the body repairs DNA, reduces inflammation, and rids the brain of chemical waste.

Smoking and Smokeless Tobacco: Everyone knows that smoking cigarettes causes lung cancer, but did you know that it also increases your chances of developing 15 other types of cancer as well as heart and lung diseases and dementia?

There are 69 known carcinogens in cigarettes, and dozens of them are also in "smokeless" tobacco products used in vaping, chewing, and newly popular products like Zyn. Cancer of the mouth, throat, nose, and larynx are especially likely to be caused by smoking and these other tobacco products. At the same time, smoking is a major cause of heart disease and both smoking and vaping can cause COPD and other lung diseases.

None of these strategies prevent all or most of these diseases, but they are risk-free, no cost, and each of them makes it a little more likely that you will live a longer, healthier life. They are certainly more effective than any dietary supplements and as effective as many medications. We hope you will read about the research that supports this information on www.center4research.org, and think about which strategies fit best in your life.

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Kennedy's Ties to Ally Leading Vaccine Lawsuits Raise Ethical Concerns

The New York Times, Oct. 3, 2025

Trump's diversity purge freezes hundreds of millions in medical research at universities across the country

CNN, May 8, 2025

F.D.A. Will Remove Black Box Warnings From Hormone Treatments for Menopause

The New York Times, Nov. 10, 2025

Pfizer hires FDA drug regulator Cavazoni, sparking revolving door debate

Politico, February 24, 2025

Are Playgrounds In Your Community Safe?

The Well News, Opinion article by Diana Zuckerman,
October 28, 2025

What the shutdown's end means for FDA

Politico, November 14, 2025

Biotech pauses trial after second patient death linked to gene therapy

The Washington Post, June 16, 2025

FDA Panel to Revisit Menopausal Hormone Therapy

Politico, July 15, 2025

Right Diagnosis, Wrong Prescription: Experts Weigh In on RFK, Jr's Food Safety and Nutrition Policies

Medscape, June 4, 2025

RFK Jr. brings FDA under tighter control with HHS workforce cuts

STAT News, March 27, 2025

RFK Jr's Planned Assault on Corporate Influence is Clashing with Reality

NOTUS, June 26, 2025

The FDA's misguided thinking on antibiotics

STAT News, First Opinion article by Diana Zuckerman,
February 10, 2025

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You can donate online at stopcancerfund.org or center4research.org.

In interviews in the spring, we were optimistic that HHS would focus on reducing dangerous chemicals in food packaging, as well as the risks of ultra-processed foods. Unfortunately, those early goals that we shared with the new Administration seem to have disappeared, as we told reporters at *Medscape* and other media outlets.

We were quoted in at least 10 major media outlets about our concerns regarding hormone therapy for menopause. In November, FDA commissioner Marty Makary announced that the agency would delete most black box warnings for hormone therapy and said doing so would be a great benefit to American women. We explained why the message to women should be much more nuanced, clearly describing the risks and benefits so women can make the decision that is best for them.

We were pleased to have four commentaries published this year: Two were on FDA's misguided approach to antibiotic resistance (one in a medical journal and one in *STAT News*), one in *The Well News* on the risks of rubber surfaces on playgrounds, and one in *MedPage Today* on FDA Advisory Committees and Expert Panels.

Throughout the year we were frequently quoted expressing concerns about cuts in health staff and research grants, and the disconnect between scientific evidence and government recommendations. In one key interview with *The New York Times*, Dr. Diana Zuckerman focused on what it was like to be vetted for a vaccine advisory committee. It was clear in the interview that they did not want a moderate voice. They wanted advisory committee members who would vote to get rid of vaccine mandates.

We Speak Out for You!

We speak “truth to power” at public meetings and in official written recommendations several times each month. Our often-quoted recommendations urge the FDA to require solid evidence that medical products are proven to be safe and effective, and that Medicare pays for medical treatments that have meaningful benefits for patients who are 65 and older. Those agencies are important because patients should not be prescribed drugs and medical devices that do more harm than good. If those agencies do their jobs right, the cost of medical care will not keep escalating and Medicare premiums will go down, not up. We also advise other federal, state, and local agencies across the country how to improve the health of adults and children. Here are some examples from the last year.

Cancer

- We testified before Congress that blood tests that screen for many types of cancer are so inaccurate that they can be harmful to patients’ health and finances.
- In official written public comments, we explained the ways that cervical cancer can be prevented with screening from Pap smears and HPV tests. We explained which of these tend to be better for which patients.
- We advised Medicare not to cover the cost of the ColoSense colon cancer screening test until it is proven to be at least as accurate and beneficial as other similar at-home test options.
- We provided expert testimony at several FDA Advisory Committee meetings, urging caution when pharmaceutical companies provided questionable evidence. We warned that the ocular toxicity of Benrep (a treatment for multiple myeloma) outweighed its proven benefits. We advised that Talzenna only benefited certain types of prostate cancer patients. And we advised that Glofitamab was not proven to benefit patients in the U.S. FDA advisors agreed with our advice.

Hormones & Menopause

We were disappointed in FDA’s Expert Panel on hormones for menopause because it misrepresented some study results. In response to a request for public comments, we told FDA that hormone therapy has serious risks as well as benefits, depending on the types of hormones and the age of the women taking them. For example, we explained that the evidence shows that hormones do not prevent dementia and can increase strokes even if it can reduce some types of heart disease. We also explained that vaginal hormone creams seem to be safe for short-term use but long-term risks are unknown. We disagreed with FDA’s decision to eliminate Black Box warnings on most hormone products, but some of the warnings FDA announced in November 2025 reflected our suggestions.

What Safe and Effective Should Mean

- In testimony before Congress, we expressed concerns about a bill to require Medicare to cover “breakthrough” devices, even though many have not been carefully studied in patients 65 and older. Age is important because many implants and other devices cause more serious complications for older patients, with fewer benefits. We explained that some devices will do more harm than good and should be required to prove they benefit Medicare patients, as the law requires.
- In response to the FDA’s request for research priorities for non-opioid medications for chronic pain, we advised them to require long-term studies, since effectiveness often lessens after a few weeks or months. Research is urgently needed to find safer alternatives to opioids, because studies show that patients can be addicted to opioids after just a few days.
- We testified at an FDA Advisory Committee meeting that combining the psychiatric drugs Rexulti and Zoloft isn’t better for PTSD than Zoloft alone. Rexulti has serious side effects, including sudden death, suicide, weight gain, diarrhea, anxiety, uncontrolled body movements, diabetes, compulsive behaviors, and stroke.

Environment & Health

The public has increasing concern about PFAS forever chemicals, other hormone-disrupting chemicals, recycled tire mulch, and microplastics. However, few families understand the implications for the health risks of artificial turf and rubber surfaces used on playgrounds and indoor playrooms in homes and daycare centers. We testified at a Washington, D.C. City Council meeting and responded to requests from parents across the country who asked us to educate their state and local legislators about safer alternatives. We also reached an even broader audience through an op-ed in The Well News, which has millions of readers.

Thank you to our wonderful

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Susan F. Wood Internship



We’re honored to offer the Susan Wood Internship on Women’s Health, in memory of Dr. Wood’s many achievements as a leader in Congress, U.S. Dept. of Health and Human Services, FDA, and on the faculty at George Washington University. We thank her many friends and admirers for supporting this internship!

Internships and fellowships provide training that can result in a lifetime of good work. Honor a loved one through a donation of \$5,000 or more. For more information, contact us at info@center4research.org.

National Center for Health Research

Cancer Prevention and Treatment Fund (our largest program)

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The Voice Issue 41



What does Ponce de Leon have to do with hormone therapy for women? FDA's Commissioner says changing the warning labels will save marriages and greatly improve women's health, making hormone therapy seem like the Fountain of Youth.

See why we disagree on page 3 inside, and at

<https://www.center4research.org/menopause-and-hormones/>

Cancer Prevention and Treatment Fund

We don't accept funding from drug companies so you can rely on our accurate and unbiased help to prevent and treat cancer.



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