



A model to prevent benign breast diseases (BBD) and/or breast cancers using warm running water and massage (or tap)

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Abstract

Abstract

Background:

Breast cancer is the most commonly diagnosed cancer and the leading cause of cancer death among women in the world. Benign breast diseases (BBD), such as breast gland hyperplasia, and hypoxic and/or anoxic microenvironment, could increase breast cancer risk.

Aim: In this study, I propose a theoretical model, from the primary to tertiary orders, to prevent BBD and/or breast cancers.

Methods: Based on published data, physical principle of diffusion and our previous models of meridian channels, it is possible to eliminate morbid substances, that could induce BBD and/or breast cancers, out of the breast skin through the meridian channels and the exocrine system (mammary, sweat and sebaceous glands), using warm running water and massage (or tap).

Modeling Results: Generally, my model of preventions have no side effects as long as there is not any wound in the treatment area. Therefore, the model can be applied in future clinical trials.

During each treatment period, warm (30 – 40 °C) running water and facial washing force are used to mildly massage (or pat) a breast for 6 – 10 times, one time per second, to unblock and clean the meridian channels and the exocrine system (mammary, sweat and sebaceous glands) as well as to clean the skin surface. 1 – 3 treatment periods are performed daily.

After treatments with my model, the morbid substances will be expelled, the blood vessels as well as the meridian channels will be unimpeded, the hypoxic and/or anoxic microenvironment will be relieved. Therefore, the cancer risks will be decreased.

Discussions:

The principle of my model in this study could be also useful to prevent prostate and breast cancers for men and other similar or related diseases as well as skin

defects such as freckle, dermatome.

Introduction

Introduction

Breast cancer is the most commonly diagnosed cancer and the leading cause of cancer death among women in the world [1 – 4].

Published data have showed benign breast diseases (BBD) [5 - 10], such as breast gland hyperplasia, as well as hypoxic and/or anoxic microenvironment [11 - 13], could increase breast cancer risk.

In our previous studies [14 – 18], based on medical data, physical chemistry, anatomy and histology, we modeled meridian channels as a physiological network system. We think, the meridian channel system is mostly constructed with interstices in or between systems of the cardiovascular, lymphatic, integumentary, nervous, muscular, skeletal, endocrine, respiratory, digestive, urinary and reproductive as well as between the systems and fatty tissues; the meridian channel system does not have its own envelope, it just uses other envelopes of the physiological systems as its envelope; the meridian system uses sweat (including mammary) and sebaceous glands as its ports to exchange information, energy and matters between our bodies and environments; major components in the meridians are loosen connective tissues that consist of electrolytes, cells and proteins; the electrolytes provide rich fluids and ions for processing, propagation or transportation of information, matter and energy in the meridians. Similar to systems of the cardiovascular, lymphatic, endocrine, nervous, respiratory, digestive and urinary, the meridian channel system should be unblocked according to the theory of Chinese medicine. If the systems are blocked, some diseases could occur.

Based on our models of meridian channels, I proposed methods of preventions and treatments for gout or gouty (acute) arthritis [16], amyotrophic lateral sclerosis (ALS) caused by toxic invasions [17] and lymphedema of superficial lymphatic system [18].

In this study, I propose a model, from the primary to tertiary orders, to prevent BBD and/or breast cancers.

Methods

Based on published data [1 - 13], the physical principle of diffusion and our previous models of meridian channels [14 - 18], it is possible to eliminate morbid substances, that could induce BBD and/or breast cancers, out of the breast skin through the meridian channels and the exocrine system (mammary, sweat and sebaceous glands), using warm running water and massage (or tap).

Modeling Results

Generally, my model of preventions have no side effects as long as there is not any wound in the treatment area. Therefore, the model can be applied in future clinical trials.

See Fig. 1, some morbid substances that induce BBD and/or breast cancers, could be hormones that are secreted into blood vessels from endocrine system [5 - 13]. The hormones diffuse into the meridian channels (interstice or interstitials) from the vessels and target mammary gland cells.

During each treatment period, warm (30 °C - 40 °C) running water and facial washing force are used to mildly massage (or pat) a breast for 6 - 10 times, one time per second, to unblock and clean the meridian channels and the exocrine system (mammary, sweat and sebaceous glands) as well as to clean the skin surface (Fig. 1); a soap can be used, but rinsing or washing must be completed after soaping; towels are used to dry the skin after a treatment period. 1 - 3 treatment periods are performed daily.

Obstacles in meridian channels obstruct blood flows too because blood vessels are soft robber-like tubes, see Fig. 1. The baffled blood flow as well as the blocked meridian channels decrease O₂ supply so that the hypoxic and/or anoxic microenvironment could increase cancer risks [11 - 13].

After treatments with my model, the morbid substances will be expelled from the blood vessels as well as the meridian channels will be unimpeded. The hypoxic and/or anoxic microenvironment will be relieved. Therefore, the cancer risks will be decreased.

Well ventilated brassiere are suggested to use during daily working or studying and the braless is encouraged when sleeping because a favorable O₂ environment is important to prevent the diseases. In addition, the meridian system uses sweat (including

mammary) and sebaceous glands as its ports to exchange information, energy and matters between our bodies and environments, the system and its ports should be unblocked according to the theory of Chinese medicine. If the system and/or its ports are blocked, some diseases could occur.

Discussions

Generally, we think: O₂ and H₂O are respectively the first and second important nutrients/matters to our lives [25]; they are respectively critical for our bio-metabolism for every minute(s) and hour(s); most of nutrition supplies come from our normal drinking and eating. However, partial O₂ and H₂O can be provided, through meridian channels and sweat and sebaceous glands, from our environments into our bodies, see Fig. 1. In this investigation, the both critical nutrients/matters are taken seriously.

Additionally, I believe daily healthy diet [19 - 20], moderate exercise (such as swimming) [21 - 24], keeping our whole bodies clean and hygienic are very helpful to the preventions; the principle of my model in this study could be also useful to prevent prostate and breast cancers for men and other similar or related diseases as well as skin defects such as freckle, dermatome, as long as there is not any wound in the treatment area.

Finally, I think, it is very significant and important to make an idea transition of our first priority to develop medicine. The transition is from the clinic medicine that cures diseases in hospitals to the healthy medicine that prevents sickness in the whole society. I think, the most effective way to make the transition and to accomplish the healthy medicine is to educate people with compulsory (required) healthy courses [25 - 26] at different levels from kindergartens to universities; and details of the courses must relate to nutrition, anatomy, physiology, kinematics, ethics, psychology, guidelines for good living habits, etc.

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Illustrations

Illustration 1

Fig 1. A block diagram of my model to prevent benign breast diseases (BBD) and/or breast cancers using warm running water and massage (or pat). Sweats are mixed in the effluent, see the text

