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Research by LA BioMed's Rowan T. Chlebowski, MD, PhD, Ranked among the "Milestones" in a Century of Cancer Prevention

American Association of Cancer Research Cites the Most Significant Studies in the Field

LOS ANGELES (August 11, 2009) – In an authoritative review of 100 years of milestones in cancer prevention research, the journal, *Cancer Research*, cites 10 studies authored or co-authored by Rowan T. Chlebowski, MD, PhD, a Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center ([LA BioMed](#)) researcher and oncologist.

The [article](#) citing Dr. Chlebowski's and other researchers' milestones in cancer prevention is part of the American Association of Cancer Research's Centennial Series, marking the 100 years since the organization's founding, in its journal, *Cancer Research*. Among the studies in which Dr. Chlebowski participated that were ranked as "milestones" were ones that found:

- Lifestyle changes and low-fat diets can help avoid breast cancer recurrence in post-menopausal women.
- Postmenopausal women treated with a hormone therapy of estrogen plus progestin for five or more years had an increase in abnormal mammograms and an increase in invasive breast cancer.
- Taking calcium and vitamin D supplements didn't reduce breast or colorectal cancer incidence in postmenopausal women.
- Reduced usage of estrogen plus progestin in postmenopausal women was correlated with a substantially reduced incidence of breast cancer among postmenopausal women in 2003.
- The use of estrogen alone in postmenopausal women with prior hysterectomy resulted in a trend for a decrease in breast cancer incidence, an increase in the incidence of strokes and a decrease in hip fracture incidence.

Dr. Chlebowski's studies were based on data from the Women Intervention Nutrition Study, the first randomized clinical trial of a potentially healthful diet of reduced fat intake in humans to prevent cancer recurrence, and the Women's Health Initiative (WHI), the most far-reaching study of women's health in the U.S.

As one of the leading WHI researchers, Dr. Chlebowski has published several studies based on data in this 15-year research program to address the most common causes of death, disability and poor quality of life in postmenopausal women -- cardiovascular disease, cancer, and osteoporosis.

WHI consisted of a set of clinical trials and an observational study, which together involved 161,808 generally healthy postmenopausal women. The clinical trials were designed to test the effects of postmenopausal hormone therapy, diet modification and calcium and vitamin D supplements on heart disease, fractures and breast and colorectal cancer.

(More)

The article citing Dr. Chlebowski's and other researchers' milestones in cancer prevention may be viewed at <http://cancerres.aacrjournals.org/cgi/content/full/69/13/5269> (Please see references 288, 289, 295, 298, 299, 303, 305, 306, 308 and 309 for Dr. Chlebowski's contributions).

About LA BioMed

Founded in 1952, LA BioMed at Harbor-UCLA Medical Center is one of the country's largest nonprofit independent biomedical research institutes. It conducts biomedical research, trains young scientists and provides community services, including childhood immunization and nutrition assistance. The institute's researchers conduct studies in such areas as cardiovascular disease, emerging infections, cancer, diabetes, kidney disease, dermatology, reproductive health, vaccine development, respiratory disorders, inherited illnesses and neonatology. LA BioMed is academically affiliated with the David Geffen School of Medicine at UCLA. For more information, please visit our website at www.LABioMed.org

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