

Hormonal pathology of the uterus and endometrial carcinogenesis

Liane Deligdisch

Icahn School of Medicine at Mount Sinai, USA

The uterus is a sensitive target for steroid sex hormones, capable to modify its structure and function with promptitude and versatility. Hormone therapy is widely used as contraceptives, ovulation stimulation, treatment of postmenopausal symptoms (controversial), adjuvant therapy of benign and malignant uterine tumors. Endometrial Carcinoma (EC), is known to be associated with prolonged and unopposed (by Progesterone) Estrogen. Obesity, nulliparity, late menopause, polycystic ovarian disease and exogenous Estrogen intake without adequate Progestin opposition are the most common risk factors for EC.

Endometrial Carcinoma (EC): EC is presently the most common malignant gynecological tumor in the USA and in the industrialized world, increased by 20% over the past two decades.

EC is classified into type I and II. About 75% are Type I, mostly diagnosed in younger women, with histologically well differentiated endometrioid carcinoma, Estrogen Receptor positive, most often diagnosed in early stages of cancer, therefore amenable to treatment and resulting in low mortality. Type II is less common, affecting elderly women, frequently diagnosed in late stages, non-endometrioid,

poorly differentiated, usually Estrogen Receptor negative. The prognosis of type II EC is poor as most tumors are invasive and metastatic. Type I EC patients are often infertile, overweight, with a history of Estrogen intake. Type II EC patients may first present with vaginal bleeding, are usually not overweight. It appears that Type I EC is a hormonally-related neoplasm related to estrogenic stimulation while Type II EC is a more aggressive tumor possibly arising in a non-estrogenic stimulated endometrium. Recurrence of Type I EC after surgery as a Type II EC occurs occasionally. The biological progression to a more aggressive tumor phenotype suggests an epigenetic mutation.

Tamoxifen is a non-steroidal synthetic estrogen successfully used in Breast Cancer for its antiestrogenic effect on breast tissue; on the Endometrium it has both agonist and antagonist effects. Some elderly patients develop polyps and cancer as shown by this author and team in the largest series (700 cases) published. While hormonal effects are the most common etiologic factor in EC, a possible cofactor has recently been demonstrated by this team: Human Mammary Tumor Virus (HMTV) identified in 23.3% of EC containing env. gene sequence, absent in all control benign endometrial tissue.

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Naturopathy: Healing in the lap of nature

Shweta Singh

Mai Bhago Ayurvedic Medical College, India

There is no denying to the fact that nature has bestowed wonders upon us. One of them is dwelling into the natural therapies provided itself by a nature, as said by Hippocrates, 'Nature itself is a great physician.' Naturopathy works on the concept of man building in harmony with the constructive principles of nature at physical, social, mental and spiritual level. What is there in nature that not resides within us. The fundamentals of nature are those 5 elements- ether, air, fire, water, earth which our body comprised of too. It considers that there is only one reason of any disease that is the imbalance of these elements resulting in accumulation of toxins whose elimination is done by the help

of living application of constructive laws of nature that is what Naturopathy means. It includes water therapy, mud therapy, air therapy, Fasting therapy, helio therapy that corresponds to elemental construction. In naturopathy, food is considered as medicine. In terms of Hippocrates "Let food be the medicine and medicine be the food.' Hence, body gets the way what we feed it, whether it is food or environment we live in. It never believes in administering anything that body is not contented with. It is all about getting closer to nature and let the body breathe in the bliss of nature, promote self-healing and non-dependence on chemicals.

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