



Riordan  
Clinic

# Health Hunters

September  
2023

Vol. 37  
No. 9



## Inside this Issue

Check Your Health Offers Chance to be Proactive About Wellbeing

Reports Show that Early-Onset Cancer is on the Rise

Check Your Health Lab Panels

Recipe: Zucchini Quiche



Riordan Clinic is a world-renowned, academic medical center that has led the world in integrative oncology and complex chronic illness care since 1975. The Riordan Clinic was established as a 501 (c)(3) non-profit organization with missions in research, provider education, and patient education. The Health Hunter Newsletter has been published since 1986 as an educational resource to providers and patients.

## Check Your Health Offers Chance to be Proactive About Wellbeing



### AUTHOR

Ron Hunninghake, MD

The Riordan Clinic's preventative health initiative was originally developed in 1992 by clinic co-founder Dr. Hugh Riordan, MD. Dr. Riordan and the clinic's fellow co-founder, Olive White Garvey, shared a vision that measuring nutrients and understanding individuals' nutritional needs can maintain and restore health.

Prevention is key, and since 1992, the Riordan Clinic has offered opportunities to measure your nutrient levels to help reduce the risk of chronic illness and the need for long-term care.

Now known as "Check Your Health," the program was originally called "Beat The Odds." Dr. Riordan believed that individuals could improve their long-term health by increasing their understanding of the factors that are known to reduce the incidence of degenerative disease and slow the aging process.

The next event will be held this month. Riordan Clinic is now accepting appointments for lab draws on weekdays from September 11-22. These simple tests take about 15 minutes for a quick blood draw. Please keep in mind when scheduling that all but one requires fasting. Lab draws can be done at either of the Riordan Clinic locations in Wichita or Overland Park and will be processed



through the Bio-Center Laboratory in Wichita. Results will be available in approximately two to three weeks.

The Beat The Odds name was originally chosen because of the expectation that those who participate will, over time, have fewer diseases such as Alzheimer's, arthritis, cancer, and heart disease than would be statistically predicted. Dr. Riordan's goal was to reduce the incidence of degenerative disease to less than half of what would be expected in the general population. It was also expected that by slowing the aging process, participants could enjoy greater vigor and productivity later in life than would be statistically predicted for the general public.

*Continued on page 2*

In the 35 years I have practiced nutritional medicine and worked with the Riordan Clinic's nutritional testing program, nothing I have discovered is more important than understanding your individual nutrient levels. This is a cornerstone in building a personalized nutritional protocol, diet, and lifestyle that will strengthen and fuel your biochemistry. At the Riordan Clinic, we build individualized care programs that are unique to each of our co-learners.

The program has evolved over the years with the addition of educational programs, health fairs, changing lab profiles, and supplement sales, but the core of the program has been and remains, nutrient testing so participants can use the data to learn which nutrients they may be deficient in and how to replenish their nutrients as close to their ideal levels as possible. Prevention can catch hidden nutrient deficiencies long before they eventually manifest as illness.

The original Beat The Odds program offered one lab profile that tested key vitamins, antioxidants, and essential fatty acid levels. Those profiles have also evolved over the years. Participants in this month's Check Your Health event can choose from one of five profiles: Mega, Nutrition, Advanced Wellness, Basic Wellness, and Hormone. All were designed to accommodate different testing needs and price points. Our fall event pricing represents a discount of up to 45% off the regular price.

Brief descriptions of each of these panels are available in this newsletter and online at <https://riordanclinic.org/check-your-health/>.

An early review of the Beat The Odds program in late 1994 showed a wide range of deficiencies in participants, which continues to be true. Various things can contribute to nutrition

deficiencies, including poor diet, stress, digestive dysfunction, and chronic inflammation.

When giving presentations, I ask the audience what they believe is the most important nutrient. Some would often say vitamin C or D. In reality, the most important nutrient to each individual is the one they are lowest in, which can vary from person to person. Too frequently, people fail to eat a balanced diet, instead filling up on sugars and oxidized fats – what I call “anti-nutrients.” People often eat more food, but it is less healthy and provides less nutrition. The digestive system is not absorbing and metabolizing what nutrients are consumed.

You can also think of your nutrients being tested as analogous to your vehicle's fuel gauge monitoring your gas reserves. Sometimes, one or two people in the audience at presentations would admit to running out of gas sometime in the last year. I compare nutrient testing to the fuel gauge because it helps you know how to prevent a problem. When it says your gas is low, you take action, and it helps you avoid a problem. Nutrient testing works the same way. If you know what you are low in, you can take action to correct it before it becomes a problem.

Dr. Riordan defined health as having the reserves to do what you need to do and want to do with enthusiasm. If you don't know what your reserve is, you are more likely to run out of gas.

I encourage participants to repeat and compare their Check Your Health results. Several participants return each year to ensure their current care plan is still on track. You aren't the same person from year to year. All kinds of things can happen to a person in the course of a single year, such as illness, stress, and environmental changes.



**We are stocked and ready. The Check Your Health Nutrient Sale starts September 18!**

Education is an important component of the Check Your Health program. Join me for the upcoming Lunch and Learn event at noon on September 14, in person at the Wichita clinic at 3100 N. Hillside and virtually via our YouTube and Facebook channels. I will discuss “Mitochondrial Mayhem: Correcting the Root Cause of Cancer” and further explain the importance of measuring your nutrient levels and their impact on your health. There is no cost for the program, and a healthy lunch will be provided for in-person attendees at 11:30 a.m. Reservations are required for in-person attendees and may be made online at <https://riordanclinic.org/check-your-health/> or call 316-927-4791.

The Mega, Nutritional, and Advanced Wellness Profiles will include a 30-minute virtual appointment with Laura Vasquez, MSN, APRN, NP-C to discuss results. Call 913-745-4757 to schedule an appointment.

Any individual who is taking supplements or considering supplements should test their nutrient profile to ensure that they are having a desired impact on nutrient levels. Cancer is one of the diseases that Dr. Riordan believed could possibly be prevented by regularly checking your health. The Terrain 10 approach to integrative cancer care follows that belief, and “Test, Assess, Address, Don’t Guess” can be applied to nutrient supplementation as well.

The Nutrient Store will also offer discounts during September. A 25% discount on all supplements and other products will be offered from September 18-22. All participants in the lab profiles will also be given a coupon for a 25% discount to use later when your lab results are available.

Please see page 6 for a description of each of the five lab profiles available this month. Prevention is key ... Check Your Health.



# Reports Show that Early-Onset Cancer is on the Rise



**AUTHOR**

**Melody Spurney**

A recent study released by the Journal of the American Medical Association (JAMA) showed a noticeable rise in early-onset cancer diagnosis, which it defined as individuals younger than 50.

The study was conducted between 2010 and 2019 and showed cancer rates increased overall in individuals age 20-50. The trend was driven primarily by women, with breast cancer diagnosis being the most prevalent. [1] The Washington Post reported that breast cancer mortality rates for women older than 50 declined during the study period, while mortality rates for younger women did not. [2]

Between 2010 and 2019, overall cancer rates rose 19.4 percent in people age 30-39 and 5.3 percent in those age 20-29, while incidents of cancer decreased in those age 50.

Breast cancer had the highest number of incidents. The organ systems with the fastest rate of increase were in gastrointestinal cancers, followed by urinary system and female reproductive cancers. [3]

Among the most common gastrointestinal cancers were the appendix, colorectal, pancreas, and intrahepatic bile duct. [1]

The most common decrease in cancer by organ system were respiratory, male reproductive, and brain and nervous system. [1]

## Study Methods

The study identified 562,145 early-onset cancer patients based on population data from the National Cancer Institute's Surveillance, Epidemiology, and End Results Program (SEER). The SEER program collects population-based data on cancer incidence in the United States. The database is a network of tumor registries from various geographically distinct regions within the country. It contains representative data for the racial and ethnic diversity in the United States. [1]

The study evaluated various demographic characteristics, including age, gender, and ethnicity.

Overall, during the study period, the incidence of early-onset cancers increased most for American Indian or Alaska natives, Asian or Pacific Islanders, and Hispanics. Rates were steady for Caucasian patients and declined among African American patients. [1]

## Other Research

In an article published in Health Hunters in April 2022, Dr. Ron



Hunninghake, MD and Riordan Clinic Chief Medical Officer, noted that another study conducted by the U.S. National Cancer Database between 2004 and 2015 found at the time colorectal cancer was the third most common cancer in patients age 50 and younger, with the incident of diagnosis increasing more than 2 percent during the study. [4]

That study also linked the prevalence of colorectal cancer to ethnicity, noting that rates were 20 percent higher in African Americans than non-Hispanic Caucasians. [4]

A study by researchers at Brigham & Women's Hospital in Boston and published last year by Harvard University showed similar findings but evaluated trends from the previous 30 years. It showed that early-onset cancer had risen dramatically worldwide since 1990, with the most common types in their findings being breast, colon, esophagus, kidney, liver, and pancreas. Unlike the JAMA study, which focused on the United States, the Brigham and Women's study included global participants. [5] A recent Global Burden of Disease study showed the highest rates of early-onset cancer when standardized by age were in countries with a high sociodemographic index – particularly in North America.

## Possible Causes

Although JAMA's study didn't point to a single cause for the rise in early-onset cancer, it suggested possibilities, including increasing obesity rates, changes in environmental exposures such as smoke and gasoline, sleep patterns, physical activity, microbiota, and transient exposure to carcinogenic compounds. [1]



Dr. Ron said colon, breast, and pancreatic cancers are the most sugar-sensitive, which is linked to diet and obesity. In his April 2022 article, he also stated that elevated levels of certain microbes and low microbial diversity are associated with greater cancer risk. The pervasive use of glyphosate on crops and lawns has resulted in widespread contamination of common foods and drinking water. It also interferes with the Shikimate Pathway in gut bacteria, further eroding a healthy gut biome. [4]

Dr. Kirsten West, ND, LAc, FABNO, agreed.

“I think there are many causes for this including, but not limited to, lack of physical activity and movement, exposure to environmental toxins, intake of refined and processed foods (including sugar substitutes), and decreased physical community connection due to social media exposure. We are social creatures and are meant to be around and with others. The mind/body connection is a big one. Several studies have shown social connection to have a role in overall health,” she said.

“Additionally, disturbance to our microbiome also matters. We are meant to be around dirt and to commune with the earth. Children who grow up without dishwashers and with pets may have a healthier immune system in the long run. Stress, disturbance of circadian rhythms, and poor meal timing also matter. We are meant to fast and eat based on a biological rhythm. We have gotten far from the latter with the emergence of technology,” she added.

The Brigham and Women’s study also found a generational impact, which it labeled the “birth cohort effect.” It showed that the risk of developing cancer increases about every decade. For example, people born in 1960 were at a higher risk of developing cancer before age 50 than someone born in 1950. Researchers suggested that increasing exposure to cancer risk factors early in life will cause the risk of cancer diagnosis to increase in successive generations.

## Success Stories

Health Hunter readers have learned the personal stories of several patients, including two who received a cancer diagnosis



before age 40.

Jamie Bernard is a two-time cancer survivor who received her first diagnosis at age 31. She has shared her story on her Instagram account @cansurvivegal. She recently updated her status after learning that her tumor markers are normal and making progress toward getting rid of the circulating tumor cells in her bloodstream. She recently married her fiancé, Nick Constantine.

“Counting your blessings is important, and I’m sure counting them tonight. If you’re reading this post, you have had a special place in my life and in my heart, and I thank you for that,” Jamie wrote.

Meredith Trexler Drees was 38 when she was diagnosed with breast cancer in February 2021. At the time, she was newly tenured as a professor of religion at Kansas Wesleyan University in Salina and preparing for a one-year research fellowship at Notre Dame University in South Bend, Indiana. By March of 2021, she was told the cancer had metastasized to stage 4. She had conventional treatments but began naturopathic treatments also. At her six-month scan, she showed no signs of cancer.

Today, Meredith has returned to Kansas Wesleyan to resume teaching. She takes semi-regular maintenance treatments in the Wichita clinic. She and her husband, Jeff, live in Lindsborg, Kansas, with their dogs.

“Since I had this experience, I owe it to the world to do whatever I can to spread awareness. I made it, and that’s amazing. Now, what’s just as important is paying it forward and helping other people to heal,” she said.

## RESOURCES

1. Jama Network, [jamanetwork.com/journals/jamanetworkopen/fullarticle/2808381](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2808381). Accessed 6 Sept. 2023.
2. “More Young Women Are Getting Breast Cancer. They Want Answers.” Yahoo! News, Yahoo!, [www.yahoo.com/news/more-young-women-getting-breast-001326341.html](https://www.yahoo.com/news/more-young-women-getting-breast-001326341.html). Accessed 6 Sept. 2023.
3. Bose, Dr. Priyam. “What Are the Patterns in the Incidence of Early-Onset Cancers?” News, 21 Aug. 2023, [www.news-medical.net/news/20230821/What-are-the-patterns-in-the-incidence-of-early-onset-cancers.aspx#:~:text=However%2C%20emerging%20data%20suggests%20that,%2C%20breast%2C%20and%20so%20on.](https://www.news-medical.net/news/20230821/What-are-the-patterns-in-the-incidence-of-early-onset-cancers.aspx#:~:text=However%2C%20emerging%20data%20suggests%20that,%2C%20breast%2C%20and%20so%20on.)
4. MD, Hunninghake, Dr. Ron. <https://riordanclinic.org/2022/04/colon-cancer-in-young-adults/>. Accessed 6 Sept. 2023.
5. Communications, Brigham and Women’s Hospital. “Researchers Report Dramatic Rise in Cancer in People under 50.” Harvard Gazette, Harvard Gazette, 9 Sept. 2022, [news.harvard.edu/gazette/story/2022/09/researchers-report-dramatic-rise-in-early-onset-cancers/](https://news.harvard.edu/gazette/story/2022/09/researchers-report-dramatic-rise-in-early-onset-cancers/).

# ADVANCING HOPE, HEALING & HEALTH

The Fall Check Your Health event offers five profiles designed for different health issues and goals at varying price points. Check Your Health lab draws will be done on weekdays from Sept. 11-22. Call to schedule today at 800-447-7276 x1385 or x1302.

## HORMONE PROFILE

- Are you a male experiencing hormone-related problems such as low libido, loss of energy, strength, and stamina, or a woman experiencing hot flashes, night sweats, or menopause discomfort?
- Consider this profile to understand your hormonal imbalances.
- Does not require fasting.

**Sale price: \$475** (Regular price: \$875)

## BASIC WELLNESS PROFILE

- Would you like an entry-level look into the key elements to your health at the cellular level?
- Are you diabetic or pre-diabetic and want to know how your disease management has been working in the past few months?
- Consider this profile for an overview of your health. It includes tests not usually measured by conventional blood work, such as magnesium, hemoglobin A1c, and high-sensitivity C-reactive protein.

**Sale price: \$405** (Regular price: \$744)

## ADVANCED WELLNESS PROFILE

- Do you want to take your knowledge of your health a step further? Are you taking statins to lower your cholesterol?
- Includes all tests offered in the Basic Wellness profile.
- Consider this profile to build on the information gained from the Basic Wellness Profile. You will learn more about your vitamin and mineral levels, fatty acids, and Coenzyme Q10, which can be depleted by the use of statins.

**Sale price: \$960** (Regular price: \$1,852)

## NUTRITION PROFILE

- Do you take vitamins and supplements? Are you trying to eat a more balanced diet?
- This profile is a good choice for those wanting to measure how supplementation and diet affect their health and where it may fall short.
- This profile is similar to the Advanced Wellness Profile. The Nutrition Profile adds all vitamin and mineral tests available in addition to other amino acids. It does not include the A1c test.

**Sale price: \$1,435** (Regular price: \$2,666)

## MEGA PROFILE **BEST VALUE!!!**

- Do you want the most comprehensive look at your nutritional levels and overall wellness?
- This profile offers **more than 75 tests**, incorporating all tests included in other panels. It provides a complete analysis of wellness and deficiencies that can lead to chronic illness if left unresolved.
- **Mega Profile is our most popular panel and the best value.**

**Sale price: \$2,050** (Regular price: \$4,025)

The Check Your Health Lab Profiles are not recommended for co-learners with active cancer or a history of cancer. The Oncology Lab Profile is designed specifically for individuals with a cancer diagnosis. This Profile gives our providers the required data to adequately assess a cancer patient's terrain and formulate a comprehensive care plan. To inquire about becoming a patient and scheduling the Oncology Profile lab draw, **please contact the New Patient Coordinator team at 1-800-447-7276, ext. 1354.**

SCAN TO VIEW THE  
COMPARISON TABLE  
FOR LAB TEST.



# Zucchini Quiche



## INGREDIENTS

10 oz zucchini  
½ cup shallots  
1 tablespoon packed chopped fresh herbs, such as basil and chives  
4 oz cheddar cheese

2/3 cup whole milk. (If using skim, add 1 teaspoon olive oil)  
2 large eggs  
3 ounces whole wheat or all-purpose flour  
1 teaspoon baking powder  
1/3 teaspoon salt

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Shred zucchini (a food processor makes quick work of this, don't wash yet). Squeeze liquid out of zucchini with your hands over the sink. Add to a large bowl.
3. Shred cheese and add it to the bowl.
4. Chop shallots and herbs, then add to the bowl. Stir everything together.
5. Beat eggs (either in a small bowl, or in the top of the pile of stuff in the large bowl). Add to the large bowl.
6. Add milk to the large bowl. Stir all ingredients until fully combined.
7. Measure flour in a separate bowl. Add baking powder and salt. Stir to combine, then add to the large bowl and stir until just combined. It will be somewhat runny.
8. Grease a 9" pie dish or an 8" square pan. It will work in a glass, ceramic, or metal pan. Pour the quiche filling from the large bowl into the pan.
9. Place in oven on center rack and bake for 20-30 minutes, or until the center reads 165 degrees.

## Contact the Editor

Please send any comments or suggestions to

[newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org)

Thank you for reading.



Melody  
Spurney  
Editor

To become a patient  
at Riordan Clinic,  
call 800-447-7276



## Connect with Us

facebook

[facebook.com/riordanclinic](https://facebook.com/riordanclinic)

instagram

[instagram.com/riordanclinic](https://instagram.com/riordanclinic)

youtube

[youtube.com/user/healthhunter1](https://youtube.com/user/healthhunter1)

our website

[riordanclinic.org](https://riordanclinic.org)



## Health Hunters Newsletter

Join our mailing list to have the  
Health Hunters delivered to your  
inbox each month for FREE.

To sign up, go to  
[riordanclinic.org](https://riordanclinic.org) or email us  
at [information@riordanclinic.org](mailto:information@riordanclinic.org)



Riordan  
Clinic

# CHECK YOUR HEALTH CELEBRATES 30 YEARS!

**SELECT LAB PROFILES  
UP TO 45% OFF  
SEPTEMBER 11-22**

**ALL SUPPLEMENTS  
25% OFF  
SEPTEMBER 18-22**

**Schedule your Lab appointment today!**  
Call **800-447-7276 x1385 or x1302**



## Real Health Podcast

*Brought to you by the Riordan Clinic*



The Latest Information and Top Experts  
in Functional and Integrative Medicine

### LATEST EPISODES



#### EPISODE 64

##### THE STERN METHOD: SAVING RYDER

*Ryan Sternagel, Founder of The Stern Method*

In the latest episode of the Real Health Podcast, Chief Medical Officer Dr. Ron Hunninghake, MD, and Ryan Sternagel, Founder of The Stern Method, delve into the impactful story behind saving Ryder, Ryan's son who was diagnosed with cancer at only one year old.



#### EPISODE 63

##### WELCOME TO DR. STACY DUNN

*Dr. Stacy Dunn, ND, LAc, FABNO, FABORM*  
In this episode of the Real Health Podcast, Chief Medical Officer Dr. Ron Hunninghake, MD, introduces Dr. Stacy Dunn, ND, LAc, FABNO, FABORM. Dr. Dunn joins the Riordan Clinic as the newest member of the integrative oncology team in the Overland Park location.

**Listen Now at [RealHealthPodcast.org](https://RealHealthPodcast.org)**

LISTEN ON



Listen on  
**Apple Podcasts**



Listen on  
**Google Podcasts**

LISTEN  
ON

