

# がんフォーラム21

統合医療によるがん治療  
－いのちといやしの現場から－

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### 通常療法によるがん治療の限界

現代医療はがんの早期発見と早期手術というがんの二次予防に威力を示しています。しかし、がんにならないようにする一次予防と進行がんのケアや再発防止という点の三次予防に対して、現代医療の効果には大きな限界を感じざるをえません。一次予防(禁煙や食事の改善)が発がん防止に結びつくという考え方は現代医療に乏しいのです。これに対して統合医療や食習慣の改善と禁煙運動は国際的に期待されています。

現代医療のがん治療には、主に手術、抗がん剤そして放射線照射があげられます。進行がんに使われる抗がん剤の有効性は細胞の増殖速度と密接にかかわります。生活習慣病といわれている頻度の高い固形がんの増殖速度は決して速いものではありません。したがって抗がん剤はがん細胞の増えかたを不十分に抑えるだけで、しばしば副作用に苦しむこととなります。たとえば肺がんにかかる割合と死亡する割合にはほとんど差がありません。すなわち、今使われている抗がん剤の治療効果が乏しいからにほかなりません。他のがんの早期発見、早期手術は進歩しており治癒率が向上しています。しかし、進行したがんに対する抗がん剤の有効性に進歩はみられず、抗がん剤の副作用に苦しみます。一方で、低用量の抗がん剤を使ったがんの休眠療法やさまざまな免疫療法が工夫されており、進行がんとの共存をはかる試みが見直されています。

禁煙や食習慣の改善ががん予防とどのようにかかわるのでしょうか。がんは20年間近い潜伏期間を経て発生します。その間におこる活性酸素障害によるDNAの突然変異から遺伝子異常を段階的にがんは発生すると考えられています。がんはまれな場合を除き、家系のせいではありません。がんをおこす物質(イニシエーター)はさまざまな活性酸素であり、タバコは活性酸素のかたまりです。人は生きつづけている限り、微量の活性酸素はからだの中で常に発生しており、食べ物からも入ってきます。したがって、常にこれを減らすように努力する必要があります。活性酸素を抑えるものに抗酸化物質があり、果物や野菜に豊富に含まれて



います。また、バイオブランに抗酸化作用のあることは証明されています。世界の国々におけるがん統計と栄養を調べていくと、がん予防によい食べ物やライフスタイルが見えてきます。塩分をひかえめにした和食の食習慣はがんの一次予防や進行がんの予後の改善に寄与するでしょう。和食のエッセンスは何かということが重要なことであり、各国の料理からよいものを選ぶ工夫が21世紀の健康長寿のコツといえましょう。

一方、慢性の炎症はがんを促す働き(プロモーター)をもっています。炎症を抑えるにはからだによい脂肪(オメガ-3脂肪酸)を選ぶ必要があります。これは青みの魚、ごま油、オリーブオイル、亜麻仁油に含まれます。また、動物実験で抗炎症作用が証明されたバイオブランはがんのプロモーターを抑える点で注目されます。

これからのがん治療として、一次予防の徹底とがんの超早期発見と超早期手術があり、進行がんにはさまざまな免疫強化療法と抗炎症療法が応用されるべきと考えます。そして、免疫力を抑える抗がん剤の選択は慎重にすべきでしょう。



## A limit of cancer treatment in conventional medicine

Conventional medicine, in other words modern medicine, has recently been demonstrating strong impacts in secondary prevention of cancer in terms of earlier detection and intervention treatment of cancer resulting in good prognosis of patients with early cancers especially in industrialized countries. However, I have noticed that there must be a vast limit in primary and tertiary prevention of cancer in terms of holistic care for patients with any far-advanced cancer wherever it originated. Modern medicine, especially in Japan, has paid less attention to beneficial effect of primary prevention using stop-smoking and dietary instructions on decrease of cancer incidence and mortality rate. On the contrary, from the international standard of view, there has been a big movement of integrative therapy composed of modern medicine, holistic medicine, nutritional improvement and stop-smoking, all of which have consistently been encouraged in North America as well as Europe for the last few decades. It is by all means convinced from the standpoint of Healthy People 2010 in USA as well as Health Canada.

Cancer treatment in modern medicine is composed of surgery, chemotherapy and radiation therapy. Efficacy of anti-cancer drugs on damage of cancer cells has been thought to be closely related to faster growth rate of cancer cells in advanced cancer than that of normal cells in the body. As far as growth rate of cancer cells in common solid cancers considered as life-style related disease is concerned, growth rate of these solid cancers could not always be faster than normal cells. Therefore, anti-cancer drugs must cause damage of normal cells as well as cancer cells eventually with severe adverse effect. For instance, statistics of age-adjusted mortality rate and disease rate of lung cancer in Japan as well as USA turn out to be almost the same despite widespread screening of chest X-ray from coast to coast. That means two important matters considered as pitfalls of cancer prevention program. Firstly, efficacy of screening of chest X-ray is not good enough to detect curable early cancer of the lung by surgery. Secondly, unfortunately to say, on-going chemotherapy must not be effective on remarkable prolongation of life of patients with lung cancer in advanced stages. Other cancers than lung cancer can be curable in cases in early stage by early detection and adequate surgery for them. In cases of other cancers than lung cancer in advanced stages, marked improvement of prognosis of these patients has not been observed in spite of intensive chemotherapy followed by severe adverse effect. It is now reconsidered that low dose of chemotherapy might result in dormancy of cancer and coexist with less growing cancer without adverse effect of chemotherapy.

Imagine how stop smoking and improvement of life style could effect on cancer prevention. It is feasible to say that it must take 10 to 20 years to grow cancer from the beginning of an abnormal cell. Cancer causes



stepwise change from abnormal cells to cancer cells in terms of transition from DNA mutation to gene mutation most likely due to repeated attacks by oxidant. Common cancers as life-style related disease are not dependent upon inheritance or genetic changes before birth. One of the major initiators causing cancer is oxidant. Tar derived from coal or tobacco is composed of various kinds of oxidants as carcinogenic chemicals or carcinogenic precursors such as benzpyrene. In addition, as long as we are living, oxidant must inevitably be formed from oxygen molecules in inspired air in association with energy metabolism and come from so-called "bad food". Therefore, it is necessary for us to get rid of them as much as possible and to take so-called "good food" containing antioxidant mainly in vegetables and fruit. It is proved that Biobran contains antioxidant substance in there.

We can figure out our vision of better life style for cancer prevention as far as we are getting epidemiological statistics and nutritional knowledge from all over the world. It may venture to say that typical style of Japanese food with less salt could contribute to improve primary and tertiary prevention of cancer. It would be worthwhile to search for what an essence in Japanese food it is. In addition, it is a kind of tip to find out and add something beneficial to Japanese food from various kinds of foreign food for improvement of healthy longevity in 21st century in Japan. The things above mentioned are related to prevent initiators of cancer.

On the other hand, chronic inflammation plays a promoter role in carcinogenesis. Therefore, it is quite natural to think over and select to suppress inflammatory processes by taking good fatty acid such as omega-3 fatty acid in fish, flaxseed oil, sesame oil or olive oil rather than omega-6 fatty acid in vegetable oil. In addition, we observed for the first time that Biobran can suppress inflammatory processes in the mouse model of interstitial pneumonia conducted by us as well as histamine release in asthma model in mice reported by us. That will have potential evidence to prevent promoter step of cancer formation in terms of anti-inflammatory effect of Biobran.

What I would propose you as a vision of cancer treatment in future is further trial of primary prevention of cancer and ultra-early detection of cancer by positron emission tomography and its treatment by cyberknife of pin-point irradiation therapy as secondary prevention of cancer. As for tertiary prevention of cancer, various kinds of immunosupportive therapy and anti-inflammatory therapy including Biobran will be encouraged to holistic medicine. On the contrary, we should reconsider that on-going chemotherapy might be backed off in accordance with immunopotentiating scenario for anti-cancer treatment in the future because of really being immunosuppressive.