

# Melatonin



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In fact, melatonin has a calming effect on several reproductive hormones, which may explain why it seems to protect against sex hormone-driven cancers, including ovarian, endometrial, breast, prostate and testicular cancers. risk among women who work predominantly night shifts

Women who live in neighborhoods with large amounts of nighttime illumination are more likely to get breast cancer than those who live in areas where nocturnal darkness prevails, according to an Israeli study<sup>8</sup>

From participants in the Nurses' Health Study, it was found that nurses who work nights had 36 percent higher rates of breast cancer<sup>9</sup>

Blind women, whose eyes cannot detect light and so have robust production of melatonin, have lower-than-average breast cancer rates<sup>10</sup>

When the body of epidemiological studies are considered in their totality, women who work night shift are found to have breast cancer rates *60 percent above normal*, even when other factors such as differences in diet are accounted for<sup>11</sup>

The journal *Epidemiology*<sup>7</sup> reported increased breast cancer

[GreenMedInfo lists twenty studies demonstrating exactly how melatonin exerts its protective effects against breast cancer.](http://www.greenmedinfo.com/search/google-cse#gsc.q=melatonin)

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...melatonin has a calming effect on several reproductive hormones, which may explain why it seems to protect against sex hormone-driven cancers, including ovarian, endometrial, breast, prostate and testicular cancers.

# Neurotransmitters P.W. 60 y.o.w.f. w sleep disturbance

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Salivary:	Patient Result		Optimal Range
Melatonin	10:00 P.M.	1.8	5 - 10
Melatonin	1:00 A.M.	4.3	25 - 60
Melatonin	6:00 A.M.	1.8	< 5.0

# Melatonin Rx



0.5 mg/capsule



2.5 mg/ml  
0.13 mg/gtt  
30 ml

# Melatonin: Pharmacologic Window and Dose Determination

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0.5 mg Melatonin capsules

Start with 0.5 mg h.s.

Gradually increase by 0.5 mg h.s.

Excessive melatonin can result in intense dreams & a.m. grogginess

Rare patient needs < 0.5 mg