BONUS REPORT #1

YOUR BREAST CANCER ACTION PLAN

What to Do if You Get Breast Cancer

BONUS REPORT #2

YOUR PROSTATE CANCER ACTION PLAN

What to Do if You Get Prostate Cancer

BONUS REPORT #3

MALE PLUMBING PROBLEMS

The Hidden Causes and Surprising Solutions

BONUS REPORT #4

DOCTOR BLOOPER

How Doctors Mistake Deadly Breast Cancer for a Simple Infection

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Breast Cancer for a Simple Infection

IMPORTANT CAUTION:

By reading these special reports you are demonstrating an interest in maintaining good and vigorous health.

These reports suggest ways you can do that, but — as with anything in medicine — there are no guarantees.

You must check with private, professional medical advisors to assess whether the suggestions in these reports are appropriate for you. And please note, the contents of these reports may be considered controversial by the medical community at large.

The authors, editors and publishers of these reports are not doctors or professional health caregivers. They have relied on information from people who are. The information in these reports is not meant to replace the attention or advice of physicians or other healthcare professionals. Nothing contained in these reports is meant to constitute personal medical advice for any particular individual.

Every reader who wishes to begin any dietary, drug, exercise or other lifestyle changes intended to treat a specific disease or health condition should first get the advice of a qualified health care professional.

No alternative OR mainstream cancer treatment can boast a one hundred percent record of success. Far from it. There is ALWAYS some risk involved in any cancer treatment. The authors, editors, and publishers of these reports are not responsible for any adverse effects or results from the use of any of the suggestions, preparations or procedures described in the reports. As with any medical treatment, results of the treatments described in these reports will vary from one person to another.

PLEASE DO NOT USE THESE REPORTS IF YOU ARE NOT WILLING TO ASSUME THE RISK.

The authors report here the results of a vast array of treatments and research as well as the personal experiences of individual patients, healthcare professionals and caregivers. In many cases the authors were not present themselves to witness the events described, but relied in good faith on the accounts of the people who were.

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BONUS REPORT

YOUR BREAST CANCER ACTION PLAN

What to Do if You Get Breast Cancer

Beat Breast Cancer and Prostate Cancer BONUS REPORT #1

Your Breast Cancer Action Plan What To Do If You Get Breast Cancer

By Lee Euler with Susan Clark

B eing diagnosed with breast cancer – or any cancer — is terrifying. But if your doctor ever says those fateful words "your tumor is cancerous" please remember this:

Breast cancer is not a death sentence. In fact, far from it.

As you've discovered in the Special Report,
Beat Breast Cancer and Prostate Cancer
WITHOUT Surgery, Chemo, or Radiation:
A Guide to the Best Alternative Cancer
Treatments, thousands of women are living proof
that you can survive your breast cancer. And the
information in this Bonus Report will certainly
give you a much better chance than most.

When you're diagnosed

As soon as you're diagnosed with breast cancer your doctor will undoubtedly begin talking about surgery, radiation, chemotherapy or hormone blocking drugs. And he'll likely dismiss any alternative treatment that you ask him about as sheer quackery.

He'll recommend beginning conventional treatment right away. But don't be rushed. Remember, your cancer has likely been developing inside you for decades. You have time to think about your options. All too often, an

oncologist will try to schedule you for surgery or chemotherapy immediately, right after you're diagnosed.

Nonsense. It's rare for that kind of rush to be necessary. If your case is typical, you can safely take a couple of weeks to study your options and think them over.

I urge you to consider alternative treatments first, before you undertake any toxic conventional treatment. In many cases you can cure your breast cancer without ever turning to toxic conventional therapies.

But most important, if you choose chemo or radiation and they fail you and then you try alternative treatments, your immune system will already be seriously damaged by the toxic treatments. Sometimes irreversibly. The damage inflicted by conventional treatments just makes curing your cancer even more difficult, although not impossible.

I want to be very clear about this: Alternative treatments have a much better chance of success if tried BEFORE your immune system is damaged by chemotherapy and radiation.

It's tragic that most patients do it the other way around: they turn to alternative therapies after conventional treatments have failed them, and

their oncologist tells them their case is hopeless. It's remarkable that alternative therapies save so many of these "hopeless" cases. Imagine if more people tried alternatives first!

Choosing the best alternative treatment for you

Whether you choose a treatment from this report, from any of the books in the resources section or from another source, I recommend that you *personally evaluate* your treatment. Don't just take a doctor's or researcher's word for it. For instance:

- Ask about, or research on your own, the treatment's efficacy...
- Ask about, or research on your own, how you use the treatment is it very difficult? Are you willing to commit to what's required?...
- Ask about, or research on your own, the cost. Will insurance cover the treatment? If not, can you afford it?...
- Ask about, or research on your own, who will help you with treatment — will a doctor help you? A nurse? Will you do it on your own? Are there support groups?

The answers you discover to these questions will help you tremendously in choosing the treatment that's the right fit for you.

If you choose to visit a conventional oncologist — and most women do, at least at first — you should evaluate his treatment plan too.

Getting the right information from a conventional oncologist

In the book *Outsmart Your Cancer*, author Tanya Harter Pierce provides a wonderful list of questions to ask your oncologist to get a sense of the true effectiveness of conventional treatment

in your particular case. Here are 6 of them:

- What are my chances of living longer than five years and becoming cancer-free?
- Is the treatment you suggest considered curative or just palliative? (Palliative is simply given to prolong the patient's life.)
- What will this treatment do to my quality of life?
- How long do you think I will live if I follow your treatment suggestion? What about if I do not undergo any treatment at all?
- Can you describe to me any cases of women you have treated who fully recovered from their breast cancer using this treatment?
- If I go through this treatment what are all the side effects I might experience now and in the future? (For instance, you can ask about new cancers or heart damage.)

If You Choose Chemo... Improve Chemo Success Two To Three Times

When doctors prescribe chemo they don't know whether or not the drug they have prescribed will shrink your tumor. It's why you often start with one drug but may switch to another, and then another.

What this means to you is that you could be enduring terrible nausea, fatigue and a high risk of infection for a chemo drug that doesn't even successfully kill your cancer! Not to mention the fact that with every round of chemo the more depleted your immune system becomes.

The fact is, doctors have more than <u>70 different</u> chemo regimens to choose from. And they "experiment" until they get one that works. Don't let your doctor experiment on you! Not when you can know without a doubt if the chemo drug

¹ Harter Pierce, Tanya, M.A., MFCC (2009) *Outsmart Your Cancer* (2nd Edition). Nevada: Thoughtworks Publishing.

he wants to prescribe will kill your cancer.

A brand-new test developed by Dr. Robert Nagourney makes it possible. In fact, <u>this new test can improve your chemo success rate by two to three times!</u>²

Here's how the test works: You send in a tissue sample (biopsy) of your tumor to a special lab. The lab exposes the tumor to different chemo drug regimens in test tubes. The tubes sit for 72 to 96 hours to see if the cancer grows or dies. The one that is most successful against your cancer is the only chemo drug you should ask for.

You can also test the efficacy of natural treatments!

Dr. Nagourney says his test can also determine the success rate of virtually *any* natural substance against your cancer. For instance, you can test shark cartilage or the herb paw paw. The test is called the Ex Vivo Apoptotic Assay.

For more information contact:

Dr. Nagourney's Rational Therapeutics Cancer Evaluation Center

750 East 29th Street Long Beach, CA 90806.

Tel: 562-989-6455

website: www.rationaltherapeutics.com

Treatments even if you choose conventional therapy...

Take antioxidants — yes, it's true!

Despite what conventional medicine maintains, antioxidants DO NOT interfere with traditional radiation or chemotherapy. In fact, they may enhance it.

Gary Gordon, M.D., Charles B. Simone M.D. and Russell Blaylock M.D. are among the leading doctors who frequently point to research showing antioxidant therapy during radiation and chemotherapy enhances the treatments' cancer killing power, decreases dangerous side effects and improves your chances of surviving!

Dr. Simone writes...

"Our findings are clear and consistent over decades: Since the 1970s, 280 peer-reviewed in vitro and in vivo studies, including 50 human studies involving 8,521 patients, 5,081 of whom were given nutrients, have consistently shown that non-prescription antioxidants and other nutrients do not interfere with therapeutic modalities for cancer.

In 15 human studies, 3,738 patients who took non-prescription antioxidants and other nutrients actually had increased survival."³

Among these studies include one published in 2008 by the National Cancer Institute. According to Dr. Simone, scores of doctors and The American Cancer Society banned the use of <u>all</u> <u>antioxidants</u> with chemotherapy and radiation based on an interview in the New York Times in 1997 with the author of a single research paper that involved vitamin C and mouse cells!

But as Dr. Simone points out, there is no legitimate scientific evidence proving that vitamin C or any other antioxidant interferes with chemotherapy or radiation in humans. (In fact, quite the opposite.)

Dr. Gordon agrees and writes...

"It seems that some spacing of the therapy some hours away from the antioxidant supplements makes sense, but clearly the current dogma that no one can take vitamin C while receiving chemo is

² Diamond, John W. M.D., Cowden, W. Lee M.D., Goldberg, Burton (2000) *Cancer Diagnosis: What to Do Next.* California: AlternativeMedicine.com P. 23.

³ Simone CB, Simone CB 2nd.Re: Should supplemental antioxidant administration be avoided during chemotherapy and radiation therapy? *J Natl Cancer Inst.* 2008 Nov 5;100(21):1558-9; author reply 1559-1560. Epub 2008 Oct 28. comment on: *J Natl Cancer Inst.* 2008 Jun 4;100(11):773-83.

not supported by the facts."4

Juice Vegetables

Many alternative cancer treatments such as Gerson Therapy call for juicing vegetables. Drinking large amounts of fresh vegetable juice is one of the most popular cancer therapies. Now we know why.

New studies have shown that breast cancer cells need certain enzymes to grow. These enzymes include *aromatase*, *tyrosine kinase*, *Lox*, *Cox-2* (*the inflammation enzyme!*) and many more.

Vegetables contain a large number of healthy flavonoids that block these enzymes in cancer cells without having any effect on normal cells.

A flavonoid in celery has been shown to stop aromatase <u>8.7 TIMES BETTER than hormone blocking drugs.</u> Quercetin, which is found in apples,blocks it <u>1.5 TIMES BETTER.</u>⁵

Vegetables and fruits also contain natural vitamins and antioxidants which block another group of enzymes that cancer cells need to spread — *MMP-2* and *MMP-9 enzymes*. For example, vitamin C can block these enzymes. So can a compound named luteolin which is found in celery, green pepper, dandelion, even the herbs thyme and chamomile.

Blocking these enzymes can help stop cancer cells from invading surrounding tissues and spreading throughout the body. When it comes to most cancers, it's the metastasis or spreading of the cancer that is most deadly.⁶

In the March 2007 issue of his newsletter, *The*

Blaylock Wellness Report, Russell Blaylock M.D. writes:

"I have observed, over the years, that people who have survived advanced cancers — believed to be terminal — either juiced virtually all their vegetables or ate very large amounts of nutrient-dense vegetables." ⁷

Juicing also boosts your immune system

A strong immune system is *very important* when fighting any cancer, but especially breast cancer. In a study of breast cancer patients at the Elliott Mastology Center in Baton Rouge, Louisiana, researchers found patients with stronger immune systems had a better chance of defeating cancer.

Researchers took samples of each woman's tumor and then cultivated some immune cells and monitored the response. Twelve years later, 47 percent of the group of patients whose immune cells did not react to the tumor cells had died, whereas 95 PERCENT of the group whose immune systems had been active under the microscope were still alive. 8

Also, breast cancer patients are *very susceptible to infection* and a strong immune system is vital protection.

Many alternative doctors believe that a strong immune system is essential to completely cure breast cancer, and to keep it from spreading or coming back later. In the book *Cancer Diagnosis: What to Do Next*, Dr. Wolfgang Kostler, M.D., agrees that it's not the primary tumor that kills the patient, but the metastasis and recurrences of breast cancer.

⁴ Simone CB, Simone CB 2nd.Re: Should supplemental antioxidant administration be avoided during chemotherapy and radiation therapy? *J Natl Cancer Inst.* 2008 Nov 5;100(21):1558-9; author reply 1559-1560. Epub 2008 Oct 28. comment on: *J Natl Cancer Inst.* 2008 Jun 4;100(11):773-83.

⁵ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3

⁶ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3

⁷ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3

⁸ Head JF, Wang F, Elliott RL, McCoy JL. Assessment of immunologic competence and host reactivity against tumor antigens in breast cancer patients. Prognostic value and rationale of immunotherapy development. *Ann N Y Acad Sci*. 1993 Aug 12;690:340-2. No abstract available.

Dr. Kostler says conventional medicine fails to cure breast cancer because it only focuses on removing the tumor, not on changing "the cancerprone environment inside the body." As a result, cancer never goes away completely. What's more, radiation causes DNA damage which can cause cancer in the long run.

For the last 32 years, Dr. Kostler has helped patients whip breast cancer by helping them maintain a strong immune system and minimize free radical damage. This is the only way, says Dr. Kostler, that you can stop the growth of cancer. He urges women to take an "active stance against the possibility of recurrences and metastases" and not succumb to conventional medicine's "wait and see" approach.

IMPORTANT: Dr. Kostler advises improving the immune system prior to undergoing a surgical procedure of any kind.

Take advantage of NASA-rated protection against radiation

Radiation is dangerous because it damages the DNA of your cells. This is how radiation exposure causes cancer and why women who undergo radiation treatment for their breast cancers are at higher risk of developing secondary cancers in the years that follow.

But there's good news. Should you choose to undergo radiation treatment for your cancer, you can protect yourself against radiation damage with food extracts and vitamin combinations. In fact, it may surprise you to know that one of the world leaders in this research is The National Aeronautics and Space Administration (NASA).

You see, astronauts and high-altitude pilots are exposed to very high levels of gamma radiation. NASA has been conducting a great deal of experimental study into how to protect their men and women from radiation damage. Their

new-millennium knowledge can help you protect yourself like never before.

One doctor who has seen the research and is trying to get the word out is Dr. Russell Blaylock. In his online newsletter in August 2009 he reported that the most potent food extracts and vitamin combinations to fight radiation damage can all be purchased in your health food store! They include:¹⁰

- Curcumin Protects organs, especially the brain and heart, against radiation damage. This benefit is especially important for breast cancer patients. A laboratory study shows curcumin stopped breast cancer from spreading in mice.¹¹
- Quercetin Offers significant protection against DNA damage.
- Folic acid Plays a vital role in the protection and repair of DNA along with vitamins B12 and B6.
- Aged garlic extract Contains some compounds that strongly protect DNA against radiation injury. Aged garlic extract or AGE is generally the most potent, useful form of garlic. It confers a wide range of health benefits beside the one just mentioned.
- Alpha-lipoic acid One of the body's chief antioxidants. Greatly protects against radiation injury. It's also credited with being a powerful detoxification agent, i.e. it removes heavy metals and other toxins from your body. That's of great value to a cancer patient since toxins are a major cause of cancer.

Beat nausea from chemo by 40 percent!

Scientists at the James P. Wilmot Cancer Center at the University of Rochester Medical

⁹ Diamond, John W. M.D., Cowden, W. Lee M.D., Goldberg, Burton (2000) *Cancer Diagnosis: What to Do Next.* California: AlternativeMedicine.com

¹⁰ Dr. Russell Blaylock. Newsmax.com Health Alerts, Blaylock Tip of the Week, Protect Yourself Against Dangerous Radiation, August 2009.

¹¹ Servan-Schreiber, David M.D. Ph.D. (2008) *Anti-Cancer A New Way of Life.* Viking Penguin Publishing.

Center found that you can naturally reduce one of the most uncomfortable side effects of chemotherapy: *nausea*. ¹²

About 70 percent of cancer patients complain of nausea and vomiting while undergoing chemotherapy. But in the largest randomized study of its kind, researchers found that taking ginger supplements with standard anti-vomiting drugs reduces nausea and vomiting by an incredible 40 PERCENT!

In this placebo-controlled, double-blind study that was funded by the National Cancer Institute, 644 cancer patients took up to 1.5 grams of ginger along with anti-vomiting drugs three days before each session of chemotherapy and three days following treatment.

Think "healthy" thoughts

There's a saying in Eastern philosophy "Think it and it will be so." It's an apt description that the power of healthy thinking has on our lives and our health. While I'm not necessarily saying that you can cure your own cancer just by willing it to go away, many serious scientists say you CAN will yourself to improve.

Dr. O. Carl Simonton was the first to notice that if you give patients the exact same dose of radiation for similar cancers some will survive and some won't make it. He spent many years researching the reason for this phenomenon at his cancer care center in Fort Worth, Texas. Dr. Simonton concluded that cancer patients with a more positive attitude generally live longer and have fewer side effects than those who have given up hope.

"Most of us kill ourselves with unconscious emotional pain," he said in a 1995 interview,

and he warned readers to beware of those who say there is no hope. "Label those people as ill-informed and hazardous to your health," he said. ¹³

Now, let me just say that this whole area is highly controversial. Positive mental attitude is just one tool among many that you should use. I'm sure there are plenty of serene, well-balanced people who die of cancer and plenty of grumps who live to be a hundred. But I'm inclined toward the camp that says a positive attitude is useful, and it certainly can't do any harm. (I mean, why not be happy?)

If you want more evidence, here it is: Conventional medicine long considered Dr. Simonton a quack. But in 1989 a study by Stanford University and UC Berkeley researchers found that women with advanced breast cancer who received emotional counseling lived about TWICE AS LONG as those who did not. ¹⁴

Dr. Simonton created an entire "whole-body" approach to battling cancer that he called his "will-to-live" philosophy. His recommendations include:

- Talking openly about your cancer
- Writing down your beliefs and feelings about your cancer and turning unhealthy beliefs like "I will be dead in two years" into healthy ones like "I may or may not be alive in two years and what I do makes a difference." 15
- Regular meditation exercises and conscious imagery to visualize successful treatment and the disappearance of cancer
- Eating a sensible diet
- Regular exercise

Dr. Simonton outlined his philosophy in a

¹² Hickok JT, Roscoe JA, Morrow GR, Ryan JL. James P. Wilmot Cancer Center at the University of Rochester, NY. A Phase II/III Randomized, Placebo-Controlled, Double-Blind Clinical Trial of Ginger (Zingiber officinale) for Nausea Caused by Chemotherapy for Cancer: A Currently Accruing URCC CCOP Cancer Control Study. Support Cancer Ther. 2007 Sep 1;4(4):247-50.

¹³ Nelson, Valerie J. Obituary, O. Carl Simonton. July 3, 2009 *Los Angeles Times*

¹⁴ Nelson, Valerie J. Obituary, O. Carl Simonton. July 3, 2009 *Los Angeles Times*

¹⁵ Simonton, Oscar C, Henson, Reid, (2002) *The Healing Journey* Bantam Books. P. 69

handbook for cancer patients called *The Healing Journey*.

Exercise prevents cancer relapse

Exercise not only increases the number of feel-good endorphins that lift your mood, exercise also boosts your immune system. Research shows that women who exercise have MORE cancer-fighting cells.¹⁶

In his book *Anti-Cancer, A New Way of Life*, David Servan-Schreiber, M.D., Ph.D. reports a huge drop in the relapse rate in breast cancer in 50-60 PERCENT of women who exercised regularly. ¹⁷

I've also seen powerful evidence – largely accepted by mainstream medicine – that regular exercise helps defeat prostate cancer and colon cancer, too. All you have to do is take a walk several times a week and you're half way to beating this particular form of cancer.

Avoid sugar — it's fuel for cancer cells!

Here's a medical fact that's sure to dampen your sweet tooth: *Cancer cells feed on sugar!* German biologist Otto Warburg won the Nobel Prize in medicine for making this discovery. He found that tumors grow based on their ability to consume glucose.

It's why PET scans are often used to detect breast cancer metastasis. These scans simply measure areas in the body that consume the most glucose. 18

Sugar's effect on breast cancer cells is so powerful that it even interferes with chemotherapy. In a surprising study in the

16 Servan-Schreiber, David M.D. Ph.D. (2008) Anti-Cancer A New Way of Life. Viking Penguin Publishing.

journal *Cancer Research*, mice were injected with breast cancer cells and then fed sugar. Researchers reported that the breast cancer cells <u>DID NOT respond to chemotherapy.</u>¹⁹

Avoiding sugar is a relatively simple and easy thing to do. When you're craving something sweet, instead of sugar eat a piece of fruit or use an all-natural stevia sweetener.

¹⁷ Servan-Schreiber, David M.D. Ph.D. (2008) *Anti-Cancer A New Way of Life.* Viking Penguin Publishing.

¹⁸ Servan-Schreiber, David M.D. Ph.D. (2008) *Anti-Cancer A New Way of Life.* Viking Penguin Publishing.

¹⁹ Dunn, S. E., R. A. Hardman, F. W. Kari, Etal., Insulin-like growth factor 1 (IGF-1) alters drug sensitivity of HBL100 human breast cancer cells by inhibition of apoptosis induced by diverse anticancer drugs. *Cancer Research* 57, no. 13 (1997): 2687-93

REPONUS *2

YOUR PROSTATE CANCER ACTION PLAN

What to Do if You Get Prostate Cancer

Beat Breast Cancer and Prostate Cancer BONUS REPORT #2

Your Prostate Cancer Action Plan What to Do If You Get Prostate Cancer

By Lee Euler with Susan Clark

s you've discovered in the Special Report, Beat Breast Cancer and Prostate Cancer WITHOUT Surgery, Chemo, or Radiation: A Guide to the Best Alternative Cancer Treatments, most prostate cancer is not as deadly as you're being led to believe. Remember: Most men die "with" prostate cancer instead of because of it.

This is because prostate tumors are so common in old age, almost every man gets one if he lives long enough. But most of the time it's a slow-growing, non-aggressive type of cancer so these older gentlemen live another ten or fifteen years and die of something else altogether.

But most conventional doctors ignore these facts and try to rush you into treatment. As soon as you're diagnosed with prostate cancer your doctor will no doubt begin talking about surgery or radiation. And he'll likely dismiss any alternative treatment that you ask him about as sheer quackery.

He'll also recommend beginning conventional treatment right away. But don't be rushed. I want to be absolutely clear about this: prostate cancer usually takes decades to develop. And in most cases, it grows very slowly. If your prostate cancer hasn't spread to other organs, you've got plenty of time to study your options before you

plunge into treatment. I'd say, all the time in the world.

Dr. Laurence Klotz of the University of Toronto believes that the time it takes for the PSA level to double is a good indicator of the aggressiveness of your prostate cancer.

For instance, if the PSA level doubles in less than two years then you may have a more aggressive form of prostate cancer that needs immediate treatment.

Dr. Klotz recommends basing PSA doubling time on *three* separate measurements during a minimum of six months. The final value should be greater than 8ng/ml before any "radical" conventional treatment is considered.²⁰ (See more information in Chapters Twelve and Eighteen of *Beat Breast Cancer and Prostate Cancer WITHOUT Surgery, Chemo, or Radiation: A Guide to the Best Alternative Cancer Treatments* to help you and your doctor determine if you have a slow moving prostate cancer or a faster, more aggressive form.)

And before you get *any* treatment for your prostate cancer I urge you to consider using

²⁰ Klotz L. Active surveillance with selective delayed intervention: using natural history to guide treatment in good risk prostate cancer. *Journal of Urology*, Vol. 172, November 2004, pp. S48-S51

alternative treatments first. In many cases you can cure your prostate cancer without ever turning to toxic conventional therapies.

But most important, if you choose to try radiation or chemo first, and they fail you, and only then do you try alternative treatments, your immune system will already be seriously damaged by the toxic treatments. Sometimes irreversibly. The damage that conventional treatments do to your immune system just makes curing your cancer more difficult, even impossible.

So let me be clear about this, too: Alternative treatments have a much better chance of success if tried BEFORE your immune system is damaged by chemotherapy and radiation.

Since the typical prostate patient has years to solve the problem, why not try alternatives first?

It's tragic that most patients do it the other way around: they turn to alternative therapies after conventional treatments have failed them and their oncologist has told them their case is hopeless. It's remarkable that alternative therapies save so many of these "hopeless" cases. Imagine if more people tried alternatives first!

Choosing the best alternative treatment for you

Whether you choose a treatment from this report, from any of the books in the resources section or from another source, I recommend that you *personally evaluate* your treatment. Don't just take a doctor's or researcher's word for it. For instance:

- Ask about, or research on your own, the treatment's efficacy...
- Ask about, or research on your own, how you use the treatment is it very difficult? Are you willing to commit to what's required?...
- Ask about, or research on your own, the cost. Will insurance cover the treatment? If not, can you afford it?...

 Ask about, or research on your own, who will help you with treatment — will a doctor help you? A nurse? Will you do it on your own? Are there support groups?

The answers you discover to these questions will help you tremendously in choosing the treatment that's the right fit for you.

If you choose to visit a conventional oncologist — and most men do, at least at first — you should evaluate his treatment plan too. Don't be pushed into doing anything hasty.

Getting the right information from a conventional oncologist

In the book *Outsmart Your Cancer*, author Tanya Harter Pierce provides a wonderful list of questions to ask your oncologist to get a sense of the true effectiveness of conventional treatment in your particular case. ²¹ Here are 6 of them:

- What are my chances of living longer than five years and becoming cancer-free?
- Is the treatment you suggest considered curative or just palliative? (Palliative is simply given to relieve the symptoms, not save the patient's life.)
- What will this treatment do to my quality of life?
- How long do you think I will live if I follow your treatment suggestion? What's the outlook if I do not undergo any treatment at all?
- Can you describe to me any cases of men you have treated who fully recovered from their prostate cancer using this treatment?
- If I go through this treatment what are all the side effects I might experience now and in the future? (For instance, you can ask about new cancers or heart damage.)

²¹ Harter Pierce, Tanya, M.A., MFCC (2009) *Outsmart Your Cancer (2nd Edition)*. Nevada: Thoughtworks Publishing.

Now, because early stage prostate cancer can remain fairly harmless for years, the questions above are more important if you have late-stage prostate cancer, that is, cancer that's spread outside the prostate. Then you need to ask hard questions about things such as the five-year survival rate and whether the practitioner can provide you with similar cases of metastatic prostate cancer who fully recovered instead of just gaining time.

Before I let a doctor inflict drastic conventional treatments on me, I'd darn well want to meet an advanced stage patient of his who did the same thing and had a long life to show for it.

If You Choose Chemo... Here's a Way to Improve Chemo Success by Two To Three Times

When doctors prescribe chemo they don't know whether or not the drug they have prescribed will shrink your tumor. It's why you often start with one drug but may switch to another, and then another.

What this means to you is enduring terrible nausea, fatigue, and a high risk of infection for the sake of trying a chemo drug that doesn't even successfully kill your cancer! Not to mention the fact that with every round of chemo the more depleted your immune system becomes.

The truth is, doctors have more than <u>70</u> different chemo regimens to choose from. And they "experiment" until they get one that works. Don't let your doctor experiment on you! Not when you can know without a doubt if the chemo drug he wants to prescribe will kill your cancer. A brand new test developed by Dr. Robert Nagourney makes it possible.

Dr. Nagourney, a board-certified oncologist, hematologist and pharmacology professor, says his research shows the test can **improve your**

chemo success rate by two to three times! 22

Here's how the test works: You send in a tissue sample (biopsy) of your tumor to a special lab. The lab exposes the tumor to different chemo drug regimens in test tubes. The tubes sit for 72 to 96 hours to see if the cancer grows or dies. The one that is most successful against your cancer is the only chemo drug you should ask for.

To the shame of the medical profession, Dr. Nagourney's system of matching the chemo drug to each specific cancer cell hasn't become widely known. Most cancer doctors still proceed by trial and error. You'll have to tell your doctor about it and insist that he try it.

The good news is, I think if your doctor speaks with Dr. Nagourney and learns about the science, he'll feel comfortable with this approach and support you in it. It's not alternative medicine as such; it's an improvement in conventional treatment.

You can also test the efficacy of natural treatments!

Dr. Nagourney says his test can also determine the success rate of *virtually any* natural substance against your cancer. For instance, you can test alternative treatments such as shark cartilage or the herb paw paw. The test is called the Ex Vivo Apoptotic Assay.

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Tel: 562-989-6455

website: www.rational the rapeutics.com

²² Diamond, John W. M.D., Cowden, W. Lee M.D., Goldberg, Burton (2000) *Cancer Diagnosis: What to Do Next.* California: AlternativeMedicine.com P. 23.

Treatments even if you choose conventional therapy...

Take antioxidants — yes, it's true!

Despite what conventional medicine maintains, antioxidants DO NOT interfere with traditional radiation or chemotherapy. In fact, they may enhance it.

Gary Gordon, M.D., Charles B. Simone M.D. and Russell Blaylock M.D. are among the leading doctors who frequently point to research showing antioxidant therapy during radiation and chemotherapy enhances the treatments' cancer killing power, decreases dangerous side effects and improves your chances of surviving!

Dr. Simone writes...

"Our findings are clear and consistent over decades: Since the 1970s, 280 peer-reviewed in vitro and in vivo studies, including 50 human studies involving 8,521 patients, 5,081 of whom were given nutrients, have consistently shown that non-prescription antioxidants and other nutrients do not interfere with therapeutic modalities for cancer.

In 15 human studies, 3,738 patients who took non-prescription antioxidants and other nutrients actually had increased survival."²³

Among these studies is one published in 2008 by the National Cancer Institute. According to Dr. Simone, scores of doctors and the American Cancer Society banned the use of <u>all</u> <u>antioxidants</u> with chemotherapy and radiation based on an interview in *The New York Times* in 1997 with the author of a single research paper that involved vitamin C and mouse cells!

But as Dr. Simone points out, there is no legitimate scientific evidence proving that

vitamin C or any other antioxidant interferes with chemotherapy or radiation in humans. (In fact, quite the opposite.)

Dr. Gordon agrees and writes...

"It seems that some spacing of the therapy some hours away from the antioxidant supplements makes sense, but clearly the current dogma that no one can take vitamin C while receiving chemo is not supported by the facts." ²⁴

Juice vegetables and fruits

Many alternative cancer treatments such as Gerson Therapy call for juicing vegetables and fruits. It's one of the most popular alternative cancer therapies. Now we know why.

New studies suggest that hormone dependent prostate cancer cells need certain enzymes to grow. These enzymes include *aromatase* and *tyrosine kinase*.

Vegetables and fruits contain a large number of healthy flavonoids that block these enzymes in cancer cells without having any effect on normal cells. In fact, a flavonoid in celery has been shown to stop aromatase 8.7 TIMES BETTER than hormone blocking drugs. Quercetin, which is found in apples, blocks it 1.5 TIMES BETTER.²⁵

Vegetables and fruits also contain natural vitamins and antioxidants that block another group of enzymes that cancer cells need to spread — *MMP-2* and *MMP-9 enzymes*. For example, vitamin C can block these enzymes. So can a compound named luteolin which is found in celery, green pepper, dandelion, even the herbs thyme and chamomile.

Blocking these enzymes can help stop prostate cancer cells from invading surrounding tissues

²³ Simone CB, Simone CB 2nd.Re: Should supplemental antioxidant administration be avoided during chemotherapy and radiation therapy? *J Natl Cancer Inst.* 2008 Nov 5;100(21):1558-9; author reply 1559-1560. Epub 2008 Oct 28. comment on: *J Natl Cancer Inst.* 2008 Jun 4;100(11):773-83.

²⁴ Simone CB, Simone CB 2nd.Re: Should supplemental antioxidant administration be avoided during chemotherapy and radiation therapy? *J Natl Cancer Inst.* 2008 Nov 5;100(21):1558-9; author reply 1559-1560. Epub 2008 Oct 28. comment on: *J Natl Cancer Inst.* 2008 Jun 4;100(11):773-83.

 $^{\,}$ 25 $\,$ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3 $\,$

and spreading throughout the body. When it comes to most cancers, it's the metastasis or spreading of the cancer that is most deadly. ²⁶

In the March 2007 issue of his newsletter, *The Blaylock Wellness Report*, Russell Blaylock, M.D. writes:

"I have observed, over the years, that people who have survived advanced cancers — believed to be terminal — either juiced virtually all their vegetables or ate very large amounts of nutrient-dense vegetables." ²⁷

Take advantage of NASA rated protection against radiation

Radiation is dangerous because it damages the DNA of your cells. This is how radiation exposure causes cancer and why men who undergo radiation treatment for their prostate cancers are at higher risk of developing secondary cancers in the years that follow.

But there's good news. Should you choose to undergo radiation treatment for your cancer, you can protect yourself against radiation damage with food extracts and vitamin combinations. In fact, it may surprise you to know that one of the world leaders in this research is The National Aeronautics and Space Administration (NASA).

You see, astronauts and high-altitude pilots are exposed to very high levels of gamma radiation. NASA has been conducting a great deal of experimental study into how to protect their men and women from radiation damage. Their new-millennium knowledge can help you protect yourself like never before.

One doctor who has seen the research and is trying to get the word out is Dr. Russell Blaylock. In his online newsletter in August 2009 he reported that the most potent food extracts and

vitamin combinations to fight radiation damage can all be purchased in your health food store! They include: ²⁸

- Curcumin Protects organs, especially the brain and heart, against radiation damage.
- Quercetin Offers significant protection against DNA damage.
- Folic acid Plays a vital role in the protection and repair of DNA along with vitamins B12 and B6.
- Aged garlic extract Contains some compounds that strongly protect DNA against radiation injury. Aged garlic extract or AGE is generally the most potent, useful form of garlic. It confers a wide range of health benefits besides the one just mentioned.
- Alpha-lipoic acid One of the body's chief antioxidants. Greatly protects against radiation injury. It's also credited with being a powerful detoxification agent, i.e. it removes heavy metals and other toxins from your body. That's of great value to a cancer patient because toxins are a major cause of cancer.

Beat nausea from chemo by 40 percent!

Scientists at the James P. Wilmot Center at the University of Rochester Medical Center found that you can naturally reduce one of the most uncomfortable side effects of chemotherapy: nausea. ²⁹

About 70 percent of cancer patients complain of nausea and vomiting while undergoing

²⁶ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3

²⁷ Blaylock, Russell M.D. (2007) The Blaylock Wellness Report, vol. 4. No. 3

²⁸ Dr. Russell Blaylock. Newsmax.com Health Alerts, Blaylock Tip of the Week, Protect Yourself Against Dangerous Radiation, August 2009.

²⁹ Hickok JT, Roscoe JA, Morrow GR, Ryan JL. James P. Wilmot Cancer Center at the University of Rochester, NY. A Phase II/III Randomized, Placebo-Controlled, Double-Blind Clinical Trial of Ginger (Zingiber officinale) for Nausea Caused by Chemotherapy for Cancer: A Currently Accruing URCC CCOP Cancer Control Study. Support Cancer Ther. 2007 Sep 1;4(4):247-50.

chemotherapy. But in the largest randomized study of its kind, researchers found that taking ginger supplements with standard anti-vomiting drugs reduces nausea and vomiting by an incredible 40 PERCENT!

In this placebo-controlled, double-blind study that was funded by the National Cancer Institute, 644 cancer patients took up to 1.5 grams of ginger along with anti-vomiting drugs three days before each session of chemotherapy and three days following treatment.

Think "healthy" thoughts

There's a saying in Eastern philosophy "*Think it and it will be so*." It's an apt description that the power of healthy thinking has on our lives and our health. While I'm not necessarily saying that you can cure your own cancer just by willing it to go away, many serious scientists say you *CAN* will yourself to *improve*.

Dr. O. Carl Simonton was the first to notice that if you give patients the exact same dose of radiation for similar cancers some will survive and some won't make it. He spent many years researching the reason for this phenomenon at his cancer care center in Fort Worth, Texas. Dr. Simonton concluded that cancer patients with a more positive attitude generally live longer and have fewer side effects than those who have given up hope.

"Most of us kill ourselves with unconscious emotional pain," he said in a 1995 interview, and he warned readers to beware of those who say there is no hope. "Label those people as ill-informed and hazardous to your health," he said. ³⁰

Now, let me just say that this whole area is highly controversial. Positive mental attitude is just one tool among many that you should use. I'm sure there are plenty of serene, well-balanced people who die of cancer and plenty of grumps who live to be a hundred. But I'm inclined toward

the camp that says a positive attitude is useful, and it certainly can't do any harm. (I mean, why not be happy?)

If you want more evidence, here it is:
Conventional medicine long considered Dr.
Simonton a quack. But in 1989 a study by
Stanford University and UC Berkeley researchers
found that women with advanced breast cancer
who received emotional counseling lived about
TWICE AS LONG as those who did not. 31

Dr. Simonton created an entire "whole-body" approach to battling cancer that he called his "will-to-live" philosophy. His recommendations include: 32

- Talking openly about your cancer
- Writing down your beliefs and feelings about your cancer and turning unhealthy beliefs like "I will be dead in two years" into healthy ones like "I may or may not be alive in two years and what I do makes a difference." 33
- Regular meditation exercises and conscious imagery to visualize successful treatment and the disappearance of cancer
- Regular exercise
- Eating a sensible diet

Dr. Simonton outlined his philosophy in a handbook for cancer patients called *The Healing Journey*.

And let me just mention a practical factor here. Some of the things you should do take some will-power and stick-to-itiveness. Exercise, giving up sugar, and eating fresh fruits and vegetables, to name a few. You're much more likely to do the things you need to do if you're optimistic and motivated than if you're depressed and angry and

³⁰ Nelson, Valerie J. Obituary, O. Carl Simonton. July 3, 2009 *Los Angeles Times*

³¹ Nelson, Valerie J. Obituary, O. Carl Simonton. July 3, 2009 *Los Angeles Times*

³² Simonton, Oscar C, Henson, Reid, (2002) *The Healing Journey* Bantam Books. P. 69

³³ Simonton, Oscar C, Henson, Reid, (2002) *The Healing Journey* Bantam Books. P. 69

you figure there's no use anyway.

Exercise slows prostate cancer growth 30 percent!

Regular, moderate exercise along with a lowfat, high-fiber diet can slow prostate cancer. According to research at UCLA's Jonsson Cancer Center and the university's Department of Physiological Science, walking exercise plus a sensible diet slowed prostate cancer growth up to 30 PERCENT in just eleven days.

During the study, men walked at a quick pace for 30 to 60 minutes, four to five times a week and at a slower pace for 40 to 60 minutes once or twice a week. The diet was low-fat (10 percent fat calories), moderate protein (15-20 percent protein from non-animal sources and some fish and poultry) and included many vegetables, fruits, whole grains and legumes (70- 75 percent).³⁴

Similar research shows exercise helps defeat breast cancer and colon cancer, too. This is the real deal. These findings are now widely accepted among conventional doctors.

You need to stand up and move. Taking several half hour walks each week – along with other alternative therapies – can be the difference between life and death.

Avoid sugar — it's fuel for cancer cells!

Here's a medical fact that's sure to dampen your sweet tooth: *Cancer cells feed on sugar!* German biologist Otto Warburg won the Nobel Prize in medicine for making this discovery. He found that tumors grow based on their ability to consume glucose. 35

The first thing many alternative doctors recommend is that you stop eating sugar. It's a relatively simple and easy thing to do. When you're craving something sweet, instead of sugar eat a piece of fruit or use an all-natural stevia sweetener.

³⁴ Aronson WJ, Glaspy JA, Reddy ST, Reese D, Heber D, Bagga D. Department of Urology, University of California, Los Angeles, School of Medicine, Los Angeles, California 90095-1738, USA. Modulation of omega-3/omega-6 polyunsaturated ratios with dietary fish oils in men with prostate cancer. *Urology*. 2001 Aug;58(2):283-8.

³⁵ Servan-Schreiber, David M.D. Ph.D. (2008) *Anti-Cancer A New Way of Life.* Viking Penguin Publishing.

REPONUS *3

MALE PLUMBING PROBLEMS

The Hidden Causes and Surprising Solutions

Beat Breast Cancer and Prostate Cancer BONUS REPORT #3

Male Plumbing Problems The Hidden Causes and Surprising Solutions

By Lee Euler with Susan Clark

you're a man over the age of 50 you may have started noticing changes in the way you urinate. For instance, you may find yourself going more frequently than you did when you were younger. Or you may wake up in the middle of the night once, twice maybe even three or four times to urinate.

There's more: when you go, your stream may be weaker or suddenly stop and start again. These changes are annoying, but you can rest assured that you're not alone in experiencing them.

By age 60, nearly HALF of all men will suffer an increase in urinary urgency, frequency, leakage and dribbling. These are symptoms of an enlarged prostate, a condition that doctors call benign prostatic hyperplasia or BPH.

If you're diagnosed with BPH, your doctor will probably recommend prescription drugs such as tamsulosin (Flomax), terazosin (Hytrin), alfuzosin (UroXatral) and doxazosin (Cardura) which relax the prostate and bladder muscles so urine can pass more easily. In more severe cases, your doctor may even recommend surgery!

But it's important for you to understand that you have other more natural solutions to male plumbing problems, solutions that you won't hear about from your doctor.

Getting to the hidden causes of urinary problems naturally

Natural health doctors like Andrew L. Rubman, N.D. and Al Sears, M.D. have helped countless men improve or even totally eliminate their urinary problems by addressing the hidden causes instead of the symptoms.

According to Dr. Rubman, an enlarged prostate is only part of the problem. In an article in *Daily Health News*, he explains that another hidden cause of urinary problems is *inflammation*. In fact, Dr. Rubman blames inflammation for a host of problems that afflict men over 50 — from poor ejaculation to digestive problems and constipation!

You see, Dr. Rubman believes that the connection between the organs and nerves within the pelvic-abdominal area means that inflammation in one part of the pelvic region can affect the others.

For example, if you suffer digestive problems such as irritable bowel syndrome (IBS) you will also likely suffer urinary leakage (incontinence) and be at higher risk of urinary tract infections (UTI's).

One reason for this is that inflammation disturbs the healthy balance of "good bacteria"

that live in your gut and urinary tract. These "good bacteria" keep bad bacteria and yeast under control. When "good bacteria" are out of balance the bad bugs grow like wildfire and cause all sorts of digestive and urinary problems — even infection!

This is why, if you take prescription drugs to improve urination, they'll only work for a short while. They do nothing to solve the inflammation crisis or encourage a healthy balance of "good bacteria" in your gut and urinary tract.

Solving pelvic-abdominal inflammation starts at the dinner table

Fortunately, solving the inflammation problem is easy. The first step is following the right eating plan. By simply cutting back on certain foods every day you can relieve inflammation in your pelvic-abdominal region and promote better urination, digestion and a stronger sex drive. Here's what to do:

- Cut back on processed foods such as refined carbohydrates like white bread and desserts.
- Cut back on homogenized dairy products and choose non-homogenized milk, yogurt and ice cream when possible. (Homogenized dairy products contain certain fats which have been linked to inflammation.)
- Cut back on "fast" foods and fried foods which are high in trans fats.

So, what *can* you eat? Plenty. In fact, there are some foods you should eat *more* of. For example:

• Eat protein and healthy fats at every meal. In addition to providing crucial nutrients your body needs, they help slow the rate of sugar entering your bloodstream. (Sugars can pass into the urinary tract where they can cause infection and inflammation.) According to the Mayo Clinic, healthy fats include monounsaturated fat which is found in olive

- oil, peanut oil, avocados, nuts and seeds.
- Eat more foods rich in inflammation-fighting omega-3 fatty acids. Cold-water fish such as salmon or tuna are the foods highest in these healthy fats. Try eating them two to three times a week. You can also take a fish oil supplement.

Anti-inflammatory supplements for men only

Al Sears M.D., who operates The Health and Wellness Center, also believes that fighting inflammation is important to keep a man's "plumbing" in tip-top shape. Dr. Sears recommends the following supplements:

- Saw palmetto. Numerous studies show this safe herb naturally soothes an inflamed prostate and improves urinary flow and frequency.
- Vitamin E.
- Zinc.
- Selenium.

You should also take a good Probiotic with Lactobacillus and Bifidobacterium. These are names of "good bacteria." By taking a supplement you can help them repopulate your gut and urinary tract and improve your digestion and urination. IMPORTANT: Taking a Probiotic is especially important if you've taken an antibiotic during the last two or three years. Remember, antibiotics kill bacteria — even the good ones!

Exercise your pelvic muscles for better bladder control, better sex

You already know that exercise is good for your muscles, but does that include your pelvic muscles? You bet. In your pelvis are muscles called pubococcygenus muscles or PC muscles which help control urine and semen release. By strengthening and toning these muscles you can

enjoy better bladder control and better sex.

So how do you do it? Dr. Rubman's recommendation may surprise you. He tells patients to use an exercise that is usually prescribed to women for easier childbirth! I'm talking about Kegel exercise. Kegel exercise is named after Dr. Arnold Kegel, who discovered that by contracting and relaxing PC muscles you could enhance urinary and reproductive function.

How to perform a Kegel exercise:

- First locate your PC muscles. The next time you're urinating, purposely stop the flow of urine. The muscles that you used to do this are your PC muscles.
- To exercise your PC muscles repeatedly clench and relax them for five to ten seconds.
 Then relax for one full deep breath and repeat.

Dr. Rubman recommends doing daily Kegel exercises while you sit in your car or your office. Dr. Sears also recommends Kegel exercises along with an additional exercise to strengthen your bladder muscles. Here's how to do the second exercise:

- Lie on your back and put your feet flat on the floor with knees bent upward.
- Slowly tighten, lift, and then draw towards the floor the same muscles you use to hold back gas. Count to five and then release.
- Try not to squeeze your buttocks, abdomen or thighs during this exercise. You'll just be moving the work to those muscles and will get minimal benefit.

Dr. Sears recommends performing three sets of these two exercises, three times a day, and doing 10 of each exercise per set. Over time the exercises will get easier and you'll notice a stronger urine stream, less frequency, and a more powerful ejaculation.

Sources:

Daily Health News, The Surprising Cause of Male Plumbing Problems, Dr. Andrew L. Rubman, N.D., Director, Southbury Clinic for Traditional Medicines, Southbury, Connecticut.

Six Steps to a Healthy Prostate, Dr. Al Sears, M.D., Founder, The Health & Wellness Center, Wellington, Florida.

Optimal Bladder Health for the 21st Century, Dr. Al Sears, M.D., founder, The Health & Wellness Center, Wellington, Florida.

Mayo Clinic, Healthy Fats, http://www.mayoclinic.com

BONUS REPONUS **4

DOCTOR BLOOPER

How Doctors Mistake Deadly Breast Cancer for a Simple Infection

Beat Breast Cancer and Prostate CancerBONUS REPORT #4

Doctor Blooper

How Doctors Mistake Deadly Breast Cancer For A Simple Infection

By Lee Euler with Susan Clark

ou may be shocked to discover that you or a loved one could have breast cancer and your doctor could miss it entirely. That's right, instead of treating you for breast cancer your doctor could prescribe an antibiotic, thinking that the cancer is nothing more than a simple breast infection!

It's exactly what happened to "Sandy" (not her real name), according to an ABC news report from Seattle, Washington.

How a "bug bite" was really Stage 4 breast cancer!

When Sandy went to her doctor's office she had a small inflamed area on her breast. According to KOMO-TV reporter Kathi Goertzen, Sandy's doctor told her that it was nothing to worry about. "Probably a bug bite" the doctor said. But just in case of infection the doctor gave Sandy a round of antibiotics.

However, when Sandy finished the antibiotics she *still* had the swollen spot on her breast. Little did Sandy — or her doctor — realize, but the little "bug bite" on her breast was actually Stage 4 breast cancer!

Even more frightening, Sandy's story is not a 'once in a blue moon' event. In fact, according

to the Inflammatory Breast Cancer Foundation it's happening to many women in doctors' offices across the country. I've heard several accounts of women suffering from Stage 4 breast cancer whose doctors told them that they had infected bug bites and needed antibiotics. How could doctors possibly mistake a bug bite for cancer?

Don't blame them. Blame the cancer. The breast cancer that Sandy and these other women are suffering is a little-known but increasingly common type of breast cancer called *Inflammatory Breast Cancer or IBC*.

What is inflammatory breast cancer?

Inflammatory breast cancer is an unusual kind of breast cancer because it rarely causes a typical breast lump. And when there's no breast lump, there's no cancer — at least according to modern day mammograms!

You see, without a lump in breast tissue a mammogram will come back negative for cancer. Even if you've got advanced inflammatory breast cancer growing in your breast like Sandy!

Worse yet, instead of a lump, inflammatory breast cancer develops as a spiraling "nest" of cancer deep within the breast. One of the only signs is sudden breast swelling. The breast grows

hot to the touch, resembling an infection. This leads many doctors to mistakenly diagnose the cancer as an infected bug bite or even mastitis (a common breast infection). They're making a dangerous mistake...

Inflammatory breast cancer is the most aggressive type of breast cancer there is. The cancer can spread within a few weeks to three months — that's right, weeks. And in most patients, by the time the cancer is diagnosed it has already spread into the lymphatic system. Its aggressiveness is the reason why inflammatory breast cancer is among the deadliest types of breast cancer on record.

Your best chance of survival? Catch it early. And that means you've got to know what to look for — especially since your doctor will not.

Symptoms of inflammatory breast cancer

Unfortunately, women — and doctors — have been trained only to look for lumps in breast tissue. But inflammatory breast cancer doesn't usually develop into a traditional breast lump that can be felt by a self-breast exam or seen by a mammogram.

"In inflammatory breast cancer, it's really an inflamed breast, that's why we call it inflammatory" says Julie Gralow, M.D. during a recent interview with Heather Stark on Health Talk, a regular webcast devoted to health issues. "The breast looks red. It can be warm and swollen. The skin – because we've got tumor cells in the lymphatic vessels in the skin – can look dimpled; we call it peau d'orange or orange peel even."

Dr. Gralow, an associate professor of medical oncology at the University of Washington School of Medicine and Fred Hutchinson Cancer Research Center in Seattle, specializes in breast cancer.

"(IBC) is very similar to what mastitis can look like, which is an infection and inflammation,

particularly in nursing women. They don't look terribly different when they're in that state" says Dr. Gralow. "And this is why it is frequently misdiagnosed, although, of course, if you're not nursing or haven't recently nursed, it would be very uncommon to get an infection of the breast."

Here are the signs and symptoms of inflammatory breast cancer*:

- Warm, swollen breast that does not change through the menstrual cycle or respond to antibiotics.
- Skin which is red or dimpled or appears thickened
- Nipple that becomes flattened or retracted, with or without discharge
- Swollen lymph nodes under the arm or above the collar bone
- Sudden appearance of a lump

*Symptoms were obtained from the Inflammatory Breast Cancer Research Foundation, www.ibcresearch.org.

Who's most at risk?

Another reason inflammatory breast cancer is difficult to diagnose is because it occurs in *younger women*. The average age of diagnosis for women with inflammatory breast cancer is 52 compared with 62 for other types of breast cancer.

Even more surprising, inflammatory breast cancer can occur in very young women. These are women in their 20's, 30's or 40's who are considered at very low-risk of breast cancer.

I read one tragic account of a young girl who was only 16 years old when she died of inflammatory breast cancer. Apparently, she had noticed changes in her breast but was too embarrassed to tell her mother that her breast looked "weird." By the time she sought medical

treatment, it was too late.

Inflammatory breast cancer is also being seen in women who are pregnant or lactating. The Inflammatory Breast Cancer Research Foundation notes that many women who are diagnosed with IBC experience their first symptoms during pregnancy and lactation.

Maybe most surprising of all, inflammatory breast cancer can also occur in *men*.

Could you be at high-risk of developing inflammatory breast cancer?

There are some risk factors for inflammatory breast cancer that you should be aware of. One of the strongest risk factors for developing inflammatory breast cancer is being overweight.

Another risk factor is being African-American. For some reason, studies show that young African-American women appear to get inflammatory breast cancer in higher numbers.

Interestingly enough, inflammatory breast cancer is NOT "hormone-dependent" or "estrogen positive" like many breast cancers. Experts believe this may explain why younger, pre-menopausal women are getting this disease versus older women who are getting hormone-dependent estrogen positive breast cancers.

Research also shows that there does not appear to be a genetic link in inflammatory breast cancer as there is in other breast cancers. For example, carrying the BRCA1 or BRCA2 genes would not raise your risk of inflammatory breast cancer as it would other breast cancers.

Some experts now believe a virus may play a role in the disease. Scientists are currently investigating this theory.

Diagnosing inflammatory breast cancer

Since patients with inflammatory breast cancer rarely suffer breast lumps, a mammogram will miss most cases of IBC. So how do you diagnose inflammatory breast cancer?

The best screening tests are a physical examination and an MRI or an ultrasound.

"Physical examination is very important. These women have large lymph nodes very early on suggesting that there is a metastatic process, and this is not typically present in an infection" says Massimo Cristofanilli, M.D. during the Health Talk interview.

"Any other imaging method is a confirmatory measure. The MRI is very important because it not only evaluates the presence of masses or nodules in the breast that you cannot see, but also to evaluate and measure the skin thickening, a very important factor that you see in inflammatory breast cancer."

Dr. Cristofanilli, an associate professor at the Department of Breast Medical Oncology at the University of Texas M. D. Anderson Center in Houston, Texas, and medical director of The Inflammatory Breast Cancer Research Program and Clinic, also recommends ultrasound.

"Ultrasound is very important because you can also evaluate masses and local lymph nodes" says Dr. Cristofanilli. "This is just for confirmation. Definitely, the biopsy would be the ultimate way to confirm the diagnosis of an invasive disease."

What to do if you suspect IBC

If you or a loved one experiences any of the symptoms of inflammatory breast cancer, you need to see your doctor right away.

According to the Inflammatory Breast Cancer Foundation, many medical practitioners are not familiar with the symptoms of inflammatory breast cancer and therefore waste precious time by prescribing antibiotics.

If your doctor does prescribe antibiotics and you do not notice a change in your breast swelling within a matter of days, then you need to get an MRI or ultrasound right away. Remember, inflammatory breast cancer is very aggressive and fast-moving. The sooner you act the better.

For More Information:

To learn more about inflammatory breast cancer, visit the Inflammatory Breast Cancer Foundation website at www.ibcresearch.org.

Sources:

Inflammatory Breast Cancer Foundation website at www.ibcresearch.org.

KOMO-TV, ABC Channel 4, Seattle, Washington, Television News Report March 2009.

Heather Stark, Health Talk webcast interview with Dr. Julie Gralow, associate professor of medical oncology at the University of Washington School of Medicine and Fred Hutchinson Cancer Research Center in Seattle; and Dr. Massimo Cristofanilli, an associate professor at the Department of Breast Medical Oncology at the University of Texas M. D. Anderson Center in Houston, Texas, and medical director of The Inflammatory Breast Cancer Research Program and Clinic.