

Living Beyond Breast Cancer

Luncheon presentation

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October 26, 2000

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Raleigh, NC

I. Introduction

II. Greeting

A. Can everybody hear me?

B. Healing Story . . . Faith

1. Not an expert on breast cancer, don't treat breast cancer
2. I am an expert on complementary medicine
3. I counsel women on breast cancer prevention and wellness issues
4. DX breast Ca 10 years ago and was treated with surgery and XRT
5. Recurred locally 5 years later – XRT, chemo
6. Recurred again 5 years later, no XRT, chemo this time
7. saw me for natural options. Discussed diet, lifestyle, mind-body. Asked what would bring her joy
8. Wanted to run a B & B, couldn't quit job
9. Ken Morehead, diet, Chinese herbs, acupuncture
10. 6 months later better
11. 1 year later – CT scan neg, started B & B

- C. CAM is not a replacement for conventional cancer therapies
 - 1. 40% Americans use CAM, 1/3 cancer patients use CAM

III. Key Points

- A. Discuss benefits of CAM
- B. Describe How to use CAM to prevent breast cancer
- C. Explain how to talk your doctor about CAM

IV. Benefits of CAM

A. Conventional medicine

- 1. good for crisis medicine, not good for chronic disease
- 2. disease management usually with drugs or surgery.
Naming ceremony
- 3. patient plays a passive role
- 4. health is the absence of disease

B. CAM

- 1. helpful for crisis medicine and complex medical problems
- 2. views disease as an imbalance body, mind, spirit, environment
- 3. patient plays an **active role**, treatment plan is **co-authored** between the patient and doctor, explore the **deeper meaning** of an illness, patients are **taught the skills** necessary for self healing
- 4. health is more than the absence of disease, emphasis on prevention.
- 5. less expensive, fewer side effects

In summary, CAM treats the patient, not just the disease.

V. How to use CAM to prevent breast cancer

A. Everything is listed in my handout. Information you should share with your **children** and your **grandchildren**

B. Stages of cancer – initiation, promotion, progression

C. Natural history.

1. 10 years before discovery
2. 30 doubling cycles, 1 billion cells to reach 1 cm
3. systemic disease. 38% die from breast cancer have neg. auxiliary lymph nodes

D. Benefits of CAM (even if you have breast cancer)

1. prevention
2. reduce the side effects of Chemo and XRT
3. improve the quality of life
4. prolong survival

E. My story – uncle with prostate cancer and alzheimers

F. Three areas – **lifestyle, diet, and environment**

G. Lifestyle – Do's and don'ts

1. do exercise
2. do lose weight (eat fewer calories)
3. don't smoke
4. don't drink

H. Diet – do's and don'ts

1. do eat fresh fruits, vegetables
2. do eat fiber
3. do use olive oil
4. don't eat red meat or dairy – saturated fat, hormones, rBGH(IGF-1)
5. don't eat junk food

I. Environment

1. don't use pesticides and herbicides
2. Every year U.S. farmers add twenty-four tons of fertilizers to the soil and apply one billion pounds of pesticides. Byproducts from these two classes of chemicals pollute the environment, end up in the food we eat, and are stored in body fat and breast milk. Imported produce is also frequently laced with toxic pesticides (including many that have been banned in this country).
3. Buy organic food. This year, the Environmental Protection Agency upgraded *atrazine* - the most commonly used herbicide in the United States –from a “possible” to a

“probable” cause of cancer. Atrazine is used on corn, sorghum, and citrus crops.

4. Don't use endocrine disruptors – plasticizers, polychlorinated biphenols (PCBs)
5. Don't use dark hair dyes

VI. Special Considerations

A. Prevent secondary malignancies

1. Malignancies are increased after XRT and CT.
2. Risk increases with the passage of time
3. Decrease the risk by taking selenium 200micrograms daily and green tea extract 1000mg daily before, during, and after XRT or CT
4. Before and after the procedure take a high potency multivitamin.

To recap, we've learned that CAM treats the patient, not just the disease, and it can be used to prevent cancer, decrease side effects of conventional therapies, and improve the quality of life and survival of cancer patients.

VII. How to talk to your doctor about CAM

A. Become knowledgeable (**my handout**)

1. books
2. conferences
3. journals
4. internet

5. visit CAM practitioners
 6. learn how to recognize a health scam
- B. Choose a doctor that is
1. open minded, willing to review material
 2. willing to listen (**story about Rosemary Nippert**)
 3. willing to explain
 4. willing to show empathy and offer encouragement, hope, and reassurance
 5. well trained

To recap, CAM is more interested in *the patient that has the disease*, than the disease that the patient has; it can be used to prevent the initiation, promotion, and progression of breast cancer. And finally, become knowledgeable about CAM and seek a partnership with an open-minded physician that incorporates CAM into his or her practice.

VIII. Conclusion

- A. Strength of CAM is it encourages patients to explore the deeper meaning of illness.
- B. Cancer as a spiritual journey, a hero's journey not unlike the medieval tale of the search for the holy grail
1. the calling
 2. the journey
 3. enlightenment

Thank you.