



Giving Life to the Living!™

Top 10 Myths About Cancer

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The devastating plague of cancer has touched the life of each Canadian in a variety of ways. According to the Canadian Cancer Society an estimated 186,400 new cases of cancer (excluding about 81,300 non-melanoma skin cancers) and 75,700 deaths will occur in Canada in 2012. In 2007, cancer surpassed cardiovascular disease (heart and cerebrovascular) as the leading cause of death in Canada. On average, 500 Canadians will be diagnosed with cancer every day. The alarming reality is that many families and friends are faced with this difficult situation. Here are 10 myths you may

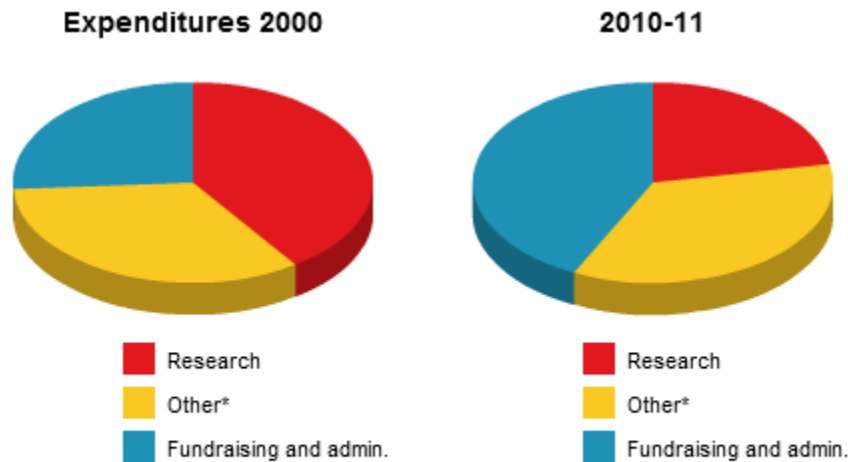
not have known about cancer.

1. **Conventional Treatments.** Chemotherapy, Radiation and Surgery are **not** the only options.
2. **Your Oncologists are not Naturopaths.** They do not know everything and are unfamiliar with Naturopathic treatment for oncology.
3. **Natural does not mean harmless.** Every day there is a new “magical cure” on the market. Before one starts any new supplement and is receiving conventional treatments, they should sit down with their Naturopathic doctor to make sure there are no contraindications.
4. **Naturopathic, Natural and Alternative Approaches.** These therapies can work in conjunction with conventional methods as well as enhance their effectiveness, reduce side effects and improve quality of life. It is important that the patient seeks out a qualified Naturopathic doctor who is familiar with oncology and one has a comprehensive strategy.
5. **IV Vitamin C is not an Antioxidant.** This is an extremely important point. The conventional approaches to cancer, chemotherapy and radiation, relies on the production of pro-oxidants to damage and kill the cancer cells and thus antioxidants are contraindicated during the times of treatment. However, intravenous vitamin C is not an antioxidant. Many times when patients share with their oncologists that they will be utilizing naturopathic approaches such as intravenous vitamin C, the oncologist will invariably respond by saying that such treatment is an antioxidant and request the patient not to pursue this line of alternative treatment.



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6. **Cancer Society spends more on fundraising than research.** Where is your money going?
<http://www.cbc.ca/news/canada/story/2011/07/04/cancer-society-funding.html>



**Support, info, prevention, advocacy*

7. **Chemotherapy May Trigger Tumor Resistance.** Prolonged conventional treatment can in fact create more harm. One must look at the whole picture and have a balanced strategy.
<http://www.medscape.com/viewarticle/768882>
8. **Only Women get Breast Cancer.** False, men can also get breast cancer (National Cancer Institute www.cancer.gov). In 2012, 200 cases of male breast cancer diagnosed (Canadian Cancer Society).
9. **Night Shifts Increase Chances of Breast Cancer.** This emphasizes the importance of a good night's sleep. Shift work creates havoc with the body's circadian rhythm (internal clock) and studies have shown that this disruption can increase the individual's chances for cancer.
<http://www.medscape.com/viewarticle/764656>
10. **Cancer is Increasing.** With all the "new" breakthroughs in cancer therapy, chemo and radiation, are we really winning the battle? Prevention is everything. Take control with what you can do today, knowledge is power. <http://www.medscape.com/viewarticle/764821>. By 2030, Global cancer rates are to skyrocket by 75%