

Healthy Happenings

Would You Be Open to Considering an Evidence-Based Approach?

By Ray Andrew, MD

When Peter was found to have an elevated prostate specific antigen (PSA), he saw a urologist, underwent biopsy, and was diagnosed with prostate cancer. Following removal of his prostate, he heard the words every person with cancer likes to hear: "We got it all." Perhaps paradoxically, if you've ever had cancer, you know that we doctors (unintentionally, of course) talk out of both sides of our mouths: On the one hand, we say, "We got it all" while admitting in the next breath, "We need to keep checking in case we didn't get it all." The latter advice comes from the realization that, ironically, many people with cancer end up passing away 5 to 10 years after being cured of their disease. For this reason, standard treatment for many cancers is to undergo chemotherapy and/or radiation after the tumor is gone to reduce (although not eliminate) the risk of it coming back.

Unfortunately, this approach ignores basic cancer physiology. In order to grow, cancer needs nutrients.

careful not to recommend them without fairly good confidence they are going to work.

As predicted, Peter's PSA kept climbing, untouched by the radiation damage to the pelvic floor, bladder, and rectum. As predicted, too, the PET scan could not demonstrate where in the body the new tumor or tumors were located because they were too small. At this point, there was nothing more to do. Once Peter's PSA reaches a whopping 10.0, he was told, he will be eligible for a castration drug that will suck the life out of him but hopefully buy him another 12 to 18 months of breathing on this planet.

Only in his 60s at the time, Peter did not think his time had arrived. Not satisfied with watching tumors overtake his body, he decided it was time for a different approach. Rather than focusing only on destroying cancer, he thought it made more sense to work on building health. Rather than doing things that impair the immune system in an attempt to kill cancer cells, he decided to do things that strengthen it while improving his overall health and function. Rather than waiting for tumors to enlarge enough to show up on imaging tests, he chose to look for CTC already in his bloodstream. As predicted, he was found to have CTC. He underwent a blood test to discover his tumor's genetic strengths and vulnerabilities, as well as what natural and manmade substances are toxic to his cancer.

Following this approach, Peter is still alive and well seven years after we discovered metastatic prostate cancer. He is able to do everything he could do before treatment. He hasn't lost any hair or spent any days in bed vomiting and exhausted. This is not a victory lap, but rather a celebration of Peter's commitment to life, health, and vitality. Hopefully he will be cured in due time. Even if not, however, every additional year of quality life with his family makes his efforts worth it.

What if you had cancer? What if it was in your colon?



Because your tumor arose in your colon, it will have characteristics like those of other people with colon cancer. As a result, it may respond to some of the treatments that have helped other people with colon cancer. But it may not. This is because you grew your own tumor. It is unique to you. It has specific combinations of genes that are different from everyone else's colon cancer cells. In order to most effectively free yourself of cancer, you might want to identify those genes, as well as the substances that can stop them from working. Surprisingly, most doctors are either unaware of or uninterested in testing patients' tumor genes, along with their sensitivities to vitamins, herbs, hormones, and drugs.

Fortunately, you don't have to give up your current doctor and treatment in order to avail yourself of additional, more targeted treatment. You can do both. If, like Peter, you don't think your time is up here, and you would rather not rely on the fingers crossed approach to cancer recurrence, call (435) 210-0184 to see if a more individualized approach would be helpful. It's hard enough to have cancer. You don't need to be miserable too. Those who choose a whole-body approach are often surprised to discover that they can become even healthier than they were before their diagnosis.



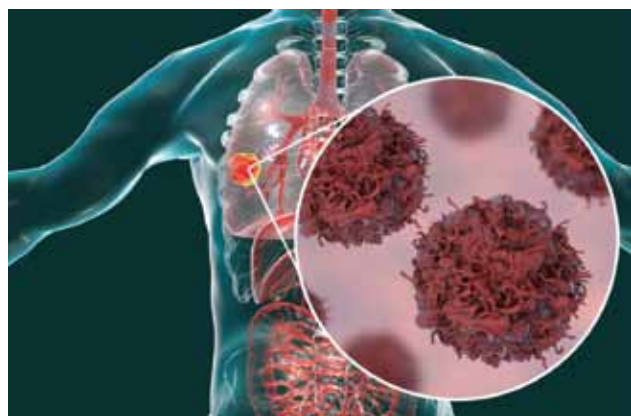
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Nutrients are carried to organs and tissues throughout the body—including to tumors—by blood vessels. Whereas it is important to treat the tumor itself, we have not eliminated the cancer from the body if cancer cells have already left the tumor through the bloodstream. We call these "circulating tumor cells" (CTC). Nearly 8,000 peer-reviewed medical journal articles have been published about CTC, mostly within the last 15 years, yet most doctors have never heard of them. Whereas we can run a PET scan to look for tumors elsewhere in the body, it takes a lot of tumor cells in one place to show up. For this reason, a PET, CT, or MRI scan is a poor way to determine whether cancer has already spread beyond the tumor site. None of these tests will show the spread until 1-2 billion cells are present in any single location. In the medical world, "cure" is defined as being tumor-free for five years. But it takes 8 to 10 years for one cancer cell



to divide enough times to create a mass that is visible on a scan. In other words, the victory lap is almost invariably five years too soon.

Such was the case with Peter. The urologist, Peter, and I were all happy as we saw one PSA test after another come back zero...until it didn't. Fifteen months after surgery, his PSA climbed to 0.25. This is not supposed to happen. He went back to the urologist, who recommended radiation of the area where his prostate used to be. This did not make sense. He had had "clean" surgical margins at the time his prostate was removed, so the likelihood of the tumor having spread right next to where the prostate used to be was not great. And when it comes to radiation and other procedures that carry significant risks of their own, doctors have to be

Ongoing Activities:

Free Community Lunch

Thursdays from 11:30am to 1:00pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab). Free lunches for all who come by. Homemade soups (always several choices) or sandwiches, bread (chips with sandwiches), dessert, coffee and water. Call St. Francis Episcopal Church at 435 259-5831 for information.

Free Community Food Pantry

Fridays from 4-6pm at the St. Francis Episcopal Church (250 Kane Creek Boulevard, Moab) No ID, no name, no address, no personal information needed. We always have canned goods, bagged goods, meat. We often have bread, fresh produce, milk, cheese, fruit juice, eggs. Also personal toiletries, cleaning supplies, diapers, dog food. Feel free to pick up for someone who can't get out, or someone who is working. Call St. Francis Episcopal Church at 435 259-5831 for information.

Moab Valley Multicultural Center Food Pantry

Clients may access the Food Pantry once every two weeks. Schedule:

Mon Wed Thu: 9am-12pm, 1-5pm
 Tue: 9am-12pm, 2:30-5pm
 Fri: 9am-12pm

LUNCH at the Grand Center,

182 N. 500 W. Noon on Mon, Tues, Wed & Fri under 60: \$6.00 over 60: \$2.50 suggested donation

Moab Community Health Talks - Our Village

Community Center hosts Dr. Don Leathers, naturopathic physician, and Sarah Cook, massage therapist health coach & lay homeopath in an informal round table discussion meant for community members to have their questions answered in a supportive space. Second Wednesday of each month. 1-2pm at Our Village Community Center, 721 N 500 W, Moab. Suggested donation of \$5-\$20. Info: ourvillage.org, phoenixrisingmoab.com, sarahcookmassage.com or 435-260-0294 or 435-259-8123

Moab Community Yoga

Tuesdays 6:30-7:30pm at the Moab Arts and Recreation Center (MARC) in the dance room. 111 E 100 N

MELT Method Series w/ Kelly Michaud

MELT (Myofascial Energetic Length Technique) uses balls, a soft roller, and bands to reconnect, rebalance, and rehydrate your fascia to a healthy, supportive state. Wednesdays Noon-1:15pm (Nov 16-Dec 21) 6 Week Series \$90. Drop-ins welcome \$20. Sundari Yoga & Wellness Studio 1105 S US-191 #3 www.sundariyogamoab.com

Gyrokinesis® Class w/ Anne Howe

The Gyrokinesis® Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method that coordinates movement, breath and mental focus. Thursdays 5:30-6:30pm. Sundari Yoga & Wellness Studio 1105 S US-191 #3 www.sundariyogamoab.com

Sheng Zhen Meditation - Thursdays 5:30-7pm at Moab Arts and Recreation Center. Other classes available and info at shengzhenmoab.com/

Assembly of God 435-259-7747
 1202 South Boulder Avenue

Bahá'í Faith 435-650-5778

Canyonlands Fellowship 435-260-2434
 111 East 100 North

Church of Jesus Christ of Latter-Day Saints

First & Second Wards 435-259-5566
 475 West 400 North

Third, Fourth & Fifth Wards 435-259-5567
 701 Locust Lane

Moab Church Services Directory

Community Church 435-259-7319
 544 MiVida Drive

Episcopal Church of St. Francis 435-259-5831
 250 South Kane Creek Blvd

First Baptist Church SBC 435-259-7310
 420 MiVida Drive

Friends in Christ Free Lutheran Church
 1240 South Highway 191 435-259-4378

Grace Lutheran Church 435-259-5017
 360 West 400 North

Jewish Interfaith Beit Moabi 435-260-0241

Kingdom Hall of Jehovah's Witnesses
 25 Dogwood Ave 435-259-8166

Moab Baptist Church 435-259-8481
 356 West Kane Creek Blvd.

Quaker Worship Group 435-210-4374
 4581 Spanish Valley Drive call or text

River of Life Christian Fellowship
 2651 East Arroyo Rd. 435-259-8308

St. Pius X Catholic Church 435-259-5211
 122 West 400 North

Seventh Day Adventist 435-259-5545
 4581 Spanish Valley Drive

The Church of Christ 435-259-6690
 456 Emma Boulevard