

## **Disease Prevention vs. Disease Management**

**Jeanne Stryker MD**

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Disease prevention is really the key to staying healthy instead of living a life chasing disease management which is what traditional medicine is all about. That's the basic difference between traditional and alternative medicine in a nutshell. It's the little things we do every day that make a difference in whether or not we will have to face a cancer diagnosis or not. What we eat, how we exercise, manage our weight and do early detection screening is key to staying ahead of our genetic or environmental pre-disposition to developing cancer.

My good friend and brilliant colleague Dan Harper, M.D. (known as "Dr. Dan") will tell you to look at your own history. Do you have good genes, an organic, non allergenic diet, good attitude, good immunity and a good environment actively avoiding toxic chemicals, molds and heavy metals? Starting with these questions is the beginning. Then you need to consider early detection screening with medical thermography, Anti Malignant Antibody Study (AMAS) testing, estrogen metabolite testing, genomic testing and determining your detoxification pathways.

So what are the common screening tests integrative M.D.'s like Dr. Dan and I order? CEA (colon), CA 15-3 (breast), CA-125 (ovary), CA 27-29 (breast), CA 19-9 (pancreas) and PSA (prostate). In addition, women's and men's health screening thermograms and full body thermography for those people who really want to know what their body is doing.

Hot off the press is using more vitamin D3 5,000 IU per day. Even those of us in sunny southern California are low in D3 so don't skip this vitamin. The current medical literature indicates a 25 OH vitamin D level greater than 60 lowers your risk of breast cancer by 50 %. We also need more iodine so we can support our thyroid and promote the iodine receptors in our breast and prostate. Liver detoxification with methylated folic acid and B12, glutathione, NAC, amino acids for phase 2 liver detoxification with acetyl glutathione, SAME and amino d-tox. In addition, far infrared saunas, organic coffee enemas and milk thistle will help with liver detoxification.

So even though I recommend prevention the reality is that people show up at my office with a cancer diagnosis and ask "what do I do now"? There are companies which can test your tumor for chemosensitivity. What this means is you only take the chemotherapeutic agent which is going to work for you and at a lower dose so you do not have the associated side effects. In addition, there is high dose IV vitamin C with alpha lipoic acid, vitamin D and vitamin K2 or bicarbonate IV therapy or directly injected into the tumor. Oxygen therapy and immune boosters such as mushrooms, beta glucans and transfer factors are other forms of natural therapy. I love homeopathic miasms which my friend and colleague Allison Maslan is an expert practioner using Dr. Ramakrishnan's Plussing method.

Cancer loves to live in an acidic environment so eat alkaline foods. You need to avoid a hypercoaguable state so take omega 3 fatty acids, vitamin E, nattokinase and drink alkaline water. A hypercoaguable state enhances the spread of tumors. Prevent angiogenesis with hyperthermia treatment and Angiostop. Hyperthermia treatment focuses on low voltage microwaves on the tumor and heat the tumor eight or nine degrees. The heat damages the tiny blood vessels feeding the cancer which ultimately leads to starvation.

Support apoptosis (pre-programming cells to die) with avemar, turmeric, melatonin and artemiscin. If you have a tumor which depends on estrogen for cell growth use DIM, I-3-C, oncoplex, calcium d- glucarate and avoid synthetic estrogens and xenoestrogens such as plastics, insecticides and chlorinated water. The good news is even if you are diagnosed with cancer there are integrative forms of cancer which are firing patients from hospice. The substances which are natural and help to kill the tumor are polyMVA and Laetrile. Insulin Potentiation Therapy is an IV with insulin to lower your blood sugar and open the doors on the cancer cell to allow only small doses of chemotherapy into the cancer cells.

Antineoplastons work by looking at gene expression. The coded information is converted into a messenger RNA then into a protein. These proteins attack cancers at the genetic level by providing the correct information which turns cancer genes off and turning tumor suppressor genes on. Antioxidant therapy turns free radicals formed from toxins into harmless chemicals. Radiofrequency tumor ablation for lung lesions and cryotherapy for renal tumors are another form of integrative interventional radiology treatment.

So starve your cancer ... no sugars but take substances which help to starve the cancer such as Protocel, then with a healthy immune system, clean it up and get it out.

This sounds like hard work, right? Well start the path of prevention with thermography screening with a board certified radiologist. Integrative radiologists are imaging experts who can assist you on the path to prevention and healing with this tremendous form of non radiation imaging to detect high metabolic activity in pre-cancerous cells. Remember to ask who is reading your thermography study and what their qualification and experience level is. This will make the biggest difference in interpretation and providing the best road to disease prevention success.

Jeanne Stryker, M.D. is a board certified diagnostic radiologist with fellowships in breast imaging and integrative & anti-aging medicine. She is founder and President of the Rose Clinic / Thermal MD in Solana Beach, CA.