



Dr. Robert Jay Rowen's
SECOND OPINION

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HEALTH NOTES

A Shocking JAMA Editorial

An opinion piece in the orthodox *Journal of the American Medical Association* captured my attention. The heart wrenching experience of a nursing home physician gives a shocking commentary on American cancer management.

Paul Rousseau, MD is a palliative care physician in Phoenix. That means he's interested in your comfort and dignity in the face of chronic disease. He described his meeting with 64-year-old "Mr. Jones" with advanced colon cancer at a nursing home. This man was relatively stable, despite his disease, until shortly before they met. That's when he received his first dose of chemotherapy.

When they did meet, shortly after the first chemo treatment, Mr. Jones couldn't even answer the doctor's greeting. His words were unintelligible, his mouth cracked and bled, and his breath was stale. His oral cavity looked like the scene of a "chemical crime," said Dr. Rousseau. His white blood count was a scary 200 (normal is at least 4,000). Dr. Rousseau continued describing a horror worse than a concentration camp survivor. Just the next morning, Mr. Jones was dead. And it wasn't the cancer that killed him. He was poisoned by the chemo!

Dr. Rousseau did a lot of soul searching. He couldn't help but wonder why this man didn't go on with life to live as long as possible without the poisons. The quick death troubled the doctor. He asked himself why Jones chose chemo. "Perhaps he demanded the poisonous bludgeon, the smell of the chemical aphrodisiac over-

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Awaken "Dead" Heart Cells

Inexpensive supplement mimics the effects of oxidative therapy

Through the years, I've seen hundreds of patients with heart disease completely reverse the disease. Some of these patients had their cardiologist tell them they had to have bypass surgery. And some had nearly escaped death from heart attacks. Others had such a weak heart, they could hardly walk or even breathe.

Few things give me more joy than to see these folks walk out of my clinic with a healthy heart and a new lease on life. To get them there, I have to use a lot of different therapies. Two of my favorites, as you probably know, are oxidative and oxygen therapies.

I've used oxidative and oxygen therapy for 21 years to treat heart problems. When your arteries are blocked or your heart is failing, your body just can't get enough oxygen. Giving the patient hyperbaric oxygen therapy, hydrogen peroxide therapy, or ultraviolet blood irradiation can work miracles. And, if they're healthy enough, they can even exercise at home with oxygen (EWOT), which has remarkable therapeutic effects.

The problem with all of these therapies is that they're not simple to do (except for EWOT). They usually require a visit to a doctor's office. And they can be expensive.

I've always wanted to find a way to increase the oxygen in your body — and repair your damaged heart — with a supplement. I've found many supplements that can help with this. But none of them are strong enough to do away with the oxidative therapies. I never found one that was so effective that I didn't have to use the oxidative therapies along with it — until now.

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whelming his senses. Or perhaps his physician was afraid to tell it like it is for fear that the confrontation of Mr. Jones' mortality would remind him of his own. Or maybe it was an offer of chemotherapy or 'nothing.'"

Dr. Rousseau confessed that we often choose quantity over quality and he can't understand why. He asked if the desire to remain alive is built into our genes coercing us to make unsound decisions.

He continues, "It seems that far too often, we physicians are vendors of suffering, infusing toxic chemicals when we know it's not only futile, but in the realm of ethics, wrong. Have we forgotten the ethical principle ... do no harm?"

I'm astonished that this poignant, most revealing and important piece was published in the AMA's own journal, which is loaded with Big Pharma advertising. I don't think that I could add more to Rousseau's heart-wrenching words.

I have felt the same since I witnessed the horrors of cancer treatment in medical school. In fact, I almost dropped out in my third year for the same reason. I felt medicine did little more than poison people. Dr. Rousseau, humbly, openly, in virtual confession for the medical profession, and in words far kinder than my own in these pages, exposed the depth of depravity of American cancer treatment.

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This supplement has been around for a while. Unfortunately, none of us connected the action of oxidative therapy to ribose. Even us oxygen doctors had no idea it could generate energy within your cells in a fashion similar to oxidation therapy! What you're about to read is ground-breaking new information on something you may have heard of before. This supplement can literally regenerate damaged heart cells and rejuvenate cells throughout your body.

The supplement is actually the sugar ribose. You may be a little startled to see me discuss a sugar in such a positive light. But ribose is different from most sugars. Here's why: If you look at the molecular structure of most sugars, you'll see that they are all a chain of carbon atoms. The most common sugars, including glucose, sucrose, and fructose, have a six-carbon chain in their nucleus. When your body metabolizes these sugars, the six-carbon chain causes your body to produce insulin.

Ribose, on the other hand, has only a five-carbon chain in its nucleus. Your body handles this type of carbon chain in a completely different way. It doesn't raise your blood sugar levels or cause your body to produce insulin. And that difference brings some stunning therapeutic effects.

For instance, we've known for over 16 years that ribose helps cells that aren't getting enough oxygen. If your heart doesn't have enough oxygen (i.e., it's ischemic) in certain areas, those areas might go into "hibernation." That protects their limited energy capacity. The cells will still be viable, they just won't pump.

In a 1991 study, researchers found that ribose can quickly get those cells pumping again. This is especially important to anyone who undergoes bypass. If tests indicate that ischemic areas aren't pumping, the surgeon will assume those cells are dead. But they're not ... they're just asleep. If the surgeon doesn't repair their blood supply, they will never wake up.

However, if we can get those cells pumping again, the surgeon won't miss the area. Taking ribose before a thallium stress test could show the cells are viable. The surgeon will be more likely to address their blood flow needs. Remember, if the cells are dead, they don't need a blood supply. Living cells do! (Of course, I'm not a proponent of bypass, but in selected acute cases, it can save lives.)

If you do have to undergo bypass surgery, make sure you have plenty of ribose on hand. A recent study con-

ducted by an orthodox cardiac surgeon shows why. Dr. D. Perkowski of Laguna Hills, California studied 143 people. All of them had previous bypass surgery. That means that a significant portion of their hearts had vascular damage. He used patients he had treated in the past as controls. Then he compared the heart function of new incoming bypass patients with the controls. The newcomers received ribose as soon as they entered the hospital and continued to take it until they went home.

Considering that bypass “restores” circulation, you would expect cardiac function to improve with surgery alone. It did. He measured their heart condition using the cardiac index. This is a measure of the pumping ability of your heart in a minute. He found that bypass without supplements led to an improvement in cardiac index from baseline 2.39 L/min/m² to 2.71 L/min/m² — or 13%.

However, with ribose, the postoperative improvement went from 2.19 L/min/m² to 3.13 L/min/m². That’s a 43% improvement in cardiac index — triple the improvement of non-supplemented patients in the hands of the same surgeon. Plus, the ribose didn’t cause any adverse reactions.

But even if you don’t need heart surgery — even if you don’t have a heart condition — ribose is worth taking. A study conducted in 1992 showed how taking ribose for only three days can significantly improve your exercise tolerance. *The Lancet* study followed 20 men and found that those taking ribose could exercise much harder before their EKG showed ischemia. Better exercise tolerance means you’re getting more oxygen burned in your cells.

A 2002 study proved this. The researchers in this study followed the performance of athletes exercising at 16% oxygen. Room air is 20%. Hypoxia (low oxygen) can cause free-radicals to form. In this case ribose can stop that formation. In addition, the athletes who took ribose had a lower heart rate with a given amount of exertion. That means that ribose improved oxygen utilization and energy production.

Ribose obviously has an amazing ability to protect and heal the heart. While we’ve known this for some time, we didn’t realize its effectiveness came from its ability to mimic my beloved oxidative therapies. And, more importantly, we know that ribose can actually awaken worn out and dying heart cells! This is an incredible property for a supplement.

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My patients have always known that I believe in quality over quantity. I strongly adhere to my oath “Above all, do no harm.” Sadly that’s been lost in the stampede for “evidence based medicine.” The evidence is that the poisons might “extend” your life. Since that is the measurement of success, that’s what’s offered. But at what cost to the quality of your remaining days? Or to the payer’s pocketbook? And, at the same time, natural alternatives that can ease pain and suffering are snuffed out.

I believe that most conventional cancer treatment is a sham for the same reasons as the penetrating words of Dr. Rousseau. Please ponder them when you have to make serious decisions about your health. And take this report to your doctor when confronting end-stage disease.

By the way, I contacted Dr. Rosseau about *JAMA* publishing his article. Aside from telling me he was well familiar with *Second Opinion* since his nurse practitioner subscribes, he admitted that he, too, is baffled that *JAMA* published this revealing piece. I hope it does some good.

Ref: *JAMA*, August 8, 2007.

Rid Your Body of 5 Pounds of Toxic Sludge Each Year

Most of us would never consider eating five pounds of toxic chemicals. But every year, our bodies absorb that many toxins from one very popular source. And the negative impact on your health can be significant.

The British *Daily Telegraph* just reported a study that confirms what I’ve said for years — that makeup and other cosmetics are a major health hazard. And the more you use, the worse the problem. The story revealed that some women use up to 20 different beauty products a day.

Richard Bence is a biochemist who has spent three years researching these products. He says, “We really need to start questioning the products we are putting on our skin and not just assume that the

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chemicals in them are safe. We have no idea what these chemicals do when they are mixed together. The effect could be much greater than the sum of the individual parts.” Mr. Bence advocates organic beauty products. He believes that absorbing chemicals through the skin is more dangerous than swallowing them.

The enzymes in saliva and in the stomach can break down lipstick in your mouth. “But for chemicals that go straight into your bloodstream (through the skin), there is no protection,” Bence said. And the results can have terrible health consequences. For instance, researchers have found parabens, a common preservative in cosmetics, in some breast tumors. And antiperspirants contain aluminum, which can impact your brain and your breast tissues. Furthermore, outdated lipstick could be a hothouse for bacterial contamination.

One of the biggest turn-offs to me in my younger dating days was a young lady who covered her face up in makeup. I didn’t want to press my cheek up against hers and get the stuff on me. I sincerely empathize with women who don’t want to “go out naked” (meaning no makeup). Even my wife loves her lipstick. The good news is there are alternatives. There are plenty of organic products available in many health food stores and on the Internet.

As with food that you put into your body, go organic with products that you’re putting on your body!

Ref: *Daily Telegraph*, Thursday 12 July 2007.

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Here’s how it works: If your cells aren’t producing enough energy, it means they are producing too much lactic acid. The acid then builds up in your tissues due to oxygen deprivation. A recent study from Germany shows that oxidation therapy causes your cells to consume more oxygen, which reduces the lactic acid stores. That gives you great improvements in your exercise tolerance.

This is where sugar, as glucose, comes into play. Most glucose is burned by your body and turned into energy. Energy is stored in your cells as the molecule ATP. If ATP production falls, your cells will be starved for energy. They could become diseased, disabled, and even die.

To make ATP, your body needs ribose. But unlike glucose, your cells don’t burn ribose. Instead, ribose is the skeleton backbone of the ATP molecules. No ribose, no ATP. No ATP, no energy

It’s a vicious cycle. If your cells’ energy falls, they can’t hold on to their ribose or make it on their own. That impairs energy further. Loss of energy, loss of ribose. Loss of ribose, more energy loss. Their only way to stop the cycle is with outside sources of ribose, such as supplements.

That’s how taking ribose mimics the effects of oxidative therapies. One of the key mechanisms of oxidation therapy is that it causes your cells to produce more ribose. So taking ribose is essentially a short cut for getting the same result. Oxidation therapies have many other effects as well, so they are still very valuable treatments. But taking ribose can help you reap some of the best benefits of oxidation therapy at a much lower cost.

As you can imagine, all of this great research hasn’t changed conventional medicine. Few conventional doctors use ribose, just like few use CoQ10. That’s unfortunate for those missing out on it. Ribose is easily and quickly absorbed in your intestines. In fact, your body absorbs 95% of it. So you don’t have to worry about this supplement not getting into you when you take it orally. It will pour into your bloodstream, where it’s carried to the tissues that need it. And, it doesn’t have any toxicity or known side effects.

Since ribose is a sugar, you might be concerned if you have diabetes. Well, no cause for alarm. As I mentioned earlier, ribose has little effect on insulin (unlike its 6-carbon brothers). Furthermore, by increasing energy production, it can help you burn off sugar more efficiently!

So how much ribose is right for you? If you’re in good health, you can help keep yourself there with five to

seven grams daily. That's one rounded teaspoon. If you have congestive heart failure, you'll likely need more. I suggest one rounded teaspoon twice daily. This dose would be useful if you have moderate heart problems or if you're facing heart surgery.

If you have advanced congestive heart failure, take two to three teaspoons daily. Once your energy is improved and you have less shortness of breath, you can taper the dose somewhat. But make sure you pay careful attention. If your cells have compromised circulation, they will need a continuous supply of ribose.

If you're interested in more information on this stunning nutrient, as well as metabolic (not drug) solutions to your heart problems, you can find it in *The Sinatra Solution*, by Stephen Sinatra, MD, who is a board-certified cardiologist. Dr. Sinatra writes *Heart, Health, and Nutrition*, a competing newsletter. I want to recommend his book, as it has outstanding information on ribose.

Ribose is available as Corvalen. I'm so pleased with the results in my own patients that I asked the people at Healthy Resolve to carry it for you, 800-728-2288. I don't think that it'll do all that oxidation does, but just getting that increase in energy production from a supplement instead of an IV is wonderful! It could be a most cost effective alternative. I'll tell you more about ribose and its magic in fibromyalgia and muscle disease in an upcoming issue.

The Only Time You Should Take Hormones for Prostate Cancer

I'm often asked by prostate cancer patients if they should take hormones to treat the disease. This is a tough situation, as hormone therapy can prolong your life. But it can also end it. So what should you do?

Prostate cancer is hormone driven. But there's some debate about which hormone causes it. The current medical dogma says DHT, which comes from free testosterone, is the culprit. Free testosterone is simply testosterone that floats freely in your plasma. Free testosterone passes through your prostate cell membrane. There it's metabolized into DHT by the enzyme 5 alpha-reductase.

DHT is 2.5 times more potent as a male sex hormone

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What You Must Take if You're Bedridden

You may already know that hospitals are dangerous. The rate of infection is extremely high and medical mistakes are one of the biggest causes of death in this country. But there's another reason hospitals are dangerous — especially if you're bedridden.

Bedsore, or pressure ulcers, are a common and devastating complication. Your own body weight is enough to cut off circulation and break down the skin. A mobile person turns and relieves the pressure without thinking about it. But if you can't move well on your own, they are a real problem. They're terribly painful and they can get infected very easily.

It would be great if we could prevent these sores. But it requires a large number of people to keep turning the patients. And hospitals are already financially strapped and short of staff.

One area that hasn't been considered until now is the nutritional status of those who are bedridden. A new study shows we should have paid attention to this area decades ago.

Researchers in a new study found that enriching the diet with specific nutrients can significantly lower the occurrence of new bedsore. These nutrients are the essential fatty acids EPA and GLA, and vitamins A, C, and E.

In Israel, Dr. Miryam Theilla and her colleagues recruited 100 patients suffering from acute pulmonary disease who were stuck on ventilators. The researchers gave half of the volunteers the normal food from the hospital. They gave the other half the same diet, but supplemented it with the above nutrients.

It took only seven days to see a huge difference. The number of skin lesions increased by 24% in the non-supplemented group. Those taking the supplements saw their bedsore increase by only 15%. The researchers concluded that such supple-

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mentation can prevent pressure ulcers.

Walk into any hospital and look at the “food.” You’ll be appalled at what they serve. When my grandmother was in the hospital, they fed her Jell-O, margarine, white bread, and meat. They also added a few vegetables, but they were cooked to oblivion.

Study after study confirms better outcomes in hospitals when they give patients nutritional supplements. If you have to go into a hospital, take your vitamins, especially a high potency broad-spectrum combination, such as Healthy Resolve’s Max Plus (800-728-2288), which contains all these critical nutrients and much more.

Ref: *Clinical Nutrition*, June 6, 2007.

A Great Tasting Alternative to Fluoride

What if I told you there’s a substance that can fight cavities in teeth better than fluoride? And what if this substance was completely natural and easy to produce? Would you be interested?

When I first saw this news, I was very interested. I don’t talk a lot about fluoride in these pages. Most people already know

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than testosterone. DHT binds to androgen receptors (AR) within the glandular cells and can drive cell proliferation. Ask a urologist or oncologist and he’ll tell you that DHT caused your problem. So, shutting off the source of DHT, namely testicular-produced testosterone, might slow the process.

Your pituitary gland, which is just below your brain, drives the sex hormones (testosterone and estrogen). The drugs available for treating prostate cancer shut off your pituitary gland’s stimulation of your testicles. One of these drugs is Lupron. Lupron shrivels up your testicles (and your sex life). Without testicular testosterone, the theory holds that there’ll be less DHT and a slower growing cancer.

The other theory on what causes prostate cancer is centered around estrogen. I’ve mentioned this in past issues. Certain metabolites of estrogen are highly destructive to DNA. There’s growing evidence that your own estrogen and environmental estrogens (such as man-made chemicals found in pesticides and other toxins) accumulate in your prostate and lead to disease. It’s this estrogen that may be the real driving force behind prostate cancer. After all, it’s what drives breast and uterine cancer. And the prostate is made of the same hormone sensitive tissue as the uterus.

Whether prostate cancer is caused by testosterone or estrogen doesn’t really matter – the hormone-blocking drugs will work for either one. But it will only work for a little while.

Using these drugs will lower your PSA. And it can keep it low for several years. But eventually the cancer cells that are not hormone sensitive will grow and eventually take over. When they do, the tumor is now hormone “insensitive.” At that point, the cancer “returns” and resumes its detectable growth.

But this isn’t the biggest problem with hormone-blocking drugs. There’s a new reported complication for men who take hormone therapy for prostate cancer – dropping dead of a heart attack! Again, we see that conventional treatment may be worse than the disease.

Oncologist Dr. Anthony D’Amico of Boston combined 206 men in his Boston study with studies overseas to evaluate 1,372 men. Researchers gave half of the men both radiation and hormone suppression. They gave the other half only radiation. The researchers tracked the men for five years.

There were 51 fatal heart attacks evenly distributed between the two groups. However, the heart attacks in the hormone group occurred on average two-and-a-half years earlier than the group not receiving the hormones. Some heart attacks occurred within the first six months to two years after treatment, hitting about 2.5% of the men.

Why did they have a heart attack? There are plenty of testosterone receptors in your heart to keep it young and vigorous. Many integrative physicians use testosterone to help reverse heart disease, especially in diabetics and those with significant risk. So, it makes sense that shutting off the supply of heart rejuvenating testosterone could quickly spur a heart attack if you're susceptible.

Conventional treatments for many diseases are far worse than the disease. In the case of prostate cancer, there's little evidence that conventional treatments do any better than living out your life. However, there is a place for hormone blockade. In a number of men, the cancer can be suppressed for years. But the longest I've ever seen is about 10 years. Many are back much sooner.

If you have prostate cancer and are considering or are already receiving the hormone-blockade drugs, please be sure to have your heart status evaluated. You might trade the possibility of delaying death from prostate cancer to hastening your death from a heart attack.

I also recommend you don't take the hormone blockade unless you've tried everything else. I've reported on many treatments that have stopped and even reversed prostate cancer in many cases. You can read about these treatments on my website. You'll also need to find an integrative physician to work with. He or she can help you with an individualized treatment plan that has a much better chance of succeeding. If all else fails, then try the hormone blockade.

Ref: *J of Clinical Oncology*, June 2007.

Looking for an integrative physician near you? These organizations can help:

- American Board of Clinical Metal Toxicology — For a free list, please call 800-356-2228.
- International College of Integrative Medicine — 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine — 888-439-6891 or www.acam.org

HEALTH NOTES ... *continued*

that it's an industrial poison. And there's little they can do about it being added to their water. However, when I hear about great alternatives, I make a point to mention them. And this little gem got me really excited.

A doctoral candidate from Tulane has found that an extract from cocoa can harden tooth enamel and prevent cavities. This extract is a white crystalline powder found in chocolates, teas, and other products. Its chemical make up is similar to caffeine.

Researchers already have proven that the substance hardens enamel in animal studies. While it may take years to prove it in human studies, Arman Sedeghpour compared it side-by-side with fluoride on the surface of human teeth as part of his doctoral research.

He's finding that it works just as well on human teeth as it does on animal teeth. But don't expect to see Crest with cocoa added anytime soon. Doing so will slap around fluoride toothpastes a bit much.

Sedeghpour has already developed a prototype toothpaste using the cocoa. Hopefully he can get it on the market soon. I'll let you know when it happens. I don't recommend any toothpaste with fluoride. So this will be a wonderful alternative when it becomes available.

Ref: *Medscape*, May 19, 2007.

Coming Next Month...

- You may have heard about tocopherols, but you probably haven't heard about its new twin. It's even more powerful at fighting cholesterol, diabetes, and heart disease.
- Are antioxidants really good for you? Not if you're doing this when you take them.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-578-7787 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I've suffered from parasites for many years and have done many different cleansing regimes, which have helped me to get rid of parasites in my intestines. But my organs are still affected. Would you recommend UBI therapy? — *Maria R., Santa Monica, CA*

A: I don't think UBI is a specific therapy for parasites.

However, UBI is a great treatment to tone your immune system. This could give you far greater resistance to the effects of the parasites and make them less of an issue for your health. It would be useful to know what kind of parasites you have.

The homeopathic treatment MIHR may be a very gentle, yet highly effective way to eliminate your parasites.

You can find more information on this doctor-administered homeopathy on my website (simply

search for MIHR). Or you can call Nancy Whitson-Reuben at 212-246-0650.

Q: In the June 2007 issue, you explain that drinking "cocoa" is excellent for a person's health. But isn't any "cocoa" powder sold in the grocery store full of SUGAR!?!?

Is there some place on the Internet to buy "cocoa powder" for a cocoa drink that has no sugar in it?

Also, is there some place on the Internet where I can buy dark chocolate that has no sugar in it? Does dark chocolate taste awful if it has no sugar in it? — *Leonard S., via e-mail*

A: Great question. Terri found sugarless Green and Black's organic cocoa powder at a local health food store. It's also readily available online.

Now regarding chocolate, it must have some sweetener or it will be too bitter for most people. Look for 70% dark chocolate. The small amount of sugar in it brings it balance for your taste buds.

Not being a fan of sugar, I suggest you look into raw whole organic cacao beans. There are many outlets on the Internet. Just do a search for "raw whole organic cacao beans" and you should find plenty of choices.

When I have these beans on hand, I throw several into my morning smoothie. That way I get all the benefits without added sugar in a nutritious cocoa-flavored fruit smoothie.

Q: I have had skin cancer for 40 years. I lived on a farm and worked out in the hot sun. I would like to have some information about this problem.

Can you help? — *Frances J., Canton, IL*

A: There are many ways to handle skin cancer. I'm assuming that you're referring to basal cell cancers, and not melanoma.

First, conventional medicine has its place in skin cancer treatment. There are times when cutting out the cancer is a must.

You might also ask your dermatologist about Effudex. It's a topical cream containing a chemo drug. It's relatively safe applied topically and can reverse lots of precancerous lesions.

Another good option that I told you about in April 2004 has been approved by the FDA to treat precancerous skin lesions. Ask your doctor about Metvixia. This is a good treatment for sun-induced, pre-cancerous skin conditions.

You must use the drug in combination with the CureLight lamp. This is the light source used by PhotoCure in the clinical trials. The Metvixia treatment combines the local application of the cream (Metvixia) and illumination with a proprietary red light source (CureLight/Aktelite). The light source activates the drug.

Among alternative treatments, I've seen some success with a topical "Artemisinin Gel" made by NutriCology. And I've seen Dr. Gerry Graham's 635 nm laser reverse skin cancer (888-696-6532).

SunSpot ES may help. Call 877-807-2007 or 866-883-8226 to order it. You can also find it on the Internet on various sites. Shop around for the best price.