

Summary of the October, 2011, Program**Surviving Medicine in the 21st Century**

Summarized by Sharon Daszczyński

**Speaker: Norman Anderson, M.D., P.A.
Robert Boissoneault Oncology Institute**

The North Central Florida Post Polio Support Group was honored to have Dr. Norman Anderson, Radial Oncologist as our guest speaker for our October, 2011 program.

Dr. Anderson began by talking about radiation. Dr. Anderson said, “I tell patients that the biology of radiation is..... child’s play.” When he was a young child, he and his dad would have water grenade fights. His dad used to bring balloons home from work, Dr. Anderson would fill them up with water and he and his dad would go into the back yard and have a battle. He said his dad should have been a professional baseball player because no matter where he ran in the yard, his dad would never miss hitting him with the balloon. When dad’s balloon came through the air, it would form a perfect ball. When it hit him, before it broke open, it would very quickly flatten out like a pancake. Even though the shape of the balloon went from a ball to a pancake, the amount of water in the balloon was the same, it’s just that the shape was changed.

Think about taking the water out of the balloon and replacing it with an energy we will call radiation. You can’t see it, you can’t feel it, but it’s exactly the amount of energy needed to kill any cancer cells that I (Dr. Anderson) may be treating. How the cancer cells get that energy doesn’t matter, you can either give it all at once or you can spread the energy out over a period of treatments. It makes very little difference to the cancer cells because they are very poor at healing or repairing. So if the only thing being treated were the cancer cells, then I would give all of the treatment in one shot and we would be done. But that’s not possible, and the reason why is because when I treat a patient’s cancer, I have to treat through the normal tissue to get to the cancer. And unlike the cancer cells that don’t heal or repair, normal tissue heals beautifully as long as I don’t give too much. So here we have cancer cells and normal cells and in the human body they are intertwined like glue. We need to figure out a safe way to put them into two separate piles. Let the cancer cells accumulate the damage and die and let the normal cells recover after every treatment. The secret, if there is one, is to take the “balloon” of energy and squeeze it so that it becomes a pancake, meaning that I am giving small amounts of radiation each time a patient is treated and that allows more of the normal tissue to heal. The squeezing of the balloon shows that the patient needs more treatments in order to get what he needs. The alternative would be similar to the Canadian system. You take the number of treatments and you condense them into a shorter period of time. That saves money because it’s less treatment time. You can treat more patients in the same period of time, but the difficulty in squeezing the balloon in this direction is that the amount of radiation that the patient receives each time is dramatically higher, and that results in side effects. That is something in our medical system that we want to avoid because when I treat a patient I have two obligations to him, maximize the cure and minimizing side effects. So a lot of the difficulty that I see with the studies coming out of Canada is that

they only talk about cure, they don't talk about side effects. And that's what Congress is hearing, it's cure rather than side effects. So it looks as though, for practical purposes that the results would be essentially the same if you did it in less treatments. What you need to evaluate is, what is that patient's quality of life? You will find in one, two or five years later that the faster you give that amount of radiation, the more permanent damage there will be to normal tissue.

As an example, do an experiment with an automobile. Smash it's bumper against a wall at five miles an hour and see what damage is done. There will be little damage except maybe a few scratches. Then continue by smashing the bumper against a wall every day for thirty days at five miles an hour. There will still be little damage because the bumper will withstand the five mile an hour impact. Now we get a little bit impatient. We want to take these thirty days of hitting the car or compare it to treatment, and now we are going to condense it into just one hit against the wall, and so we add the energies up for thirty days which now means that we are going to hit the wall at one hundred and fifty miles an hour - once. What happens to your car? I don't think they make a bumper to withstand one hundred and fifty miles an hour impact. Damage occurs because of the laws of physics and these laws have been with us for billions of years. They are not going to change with Madison Avenue advertising. There is no way someone should be able to come in and tell you that they have a new and improved way of giving radiation therapy where they can give it in a really condensed period of time and it's not going to cause damage. That is, by the law of physics, impossible to do. If you are going to get treatment and you condense it into a shorter period of time you are going to get damage to normal tissue. Now in some cases where the area is small we are able to accept the damage because it doesn't harm the rest of the person. But the larger the area that we treat the more potential damage will occur. And with radiation therapy there are two side effects. There is the near term side effect which occurs during the treatment and immediately after and there's the long term side effects which may occur a year or more later. And it's the long term side effects that you live with until you die.

Doctor Anderson continued with other examples and discussed how important it is to ask questions of your doctor and not to just rely on technology.

As in previous presentations, Dr. Anderson also discussed alternative medicine is regard to the aging process. Inflammation causes us to age and to reduce inflammation we should choose foods with low glycemic indexes and that are high in antioxidants. There are two supplements that act as lubrication for cells. Co-Enzyme Q-10 and Alpha Lipoic Acid. These supplements do not interact with other medications and are safe to take daily.

Dr. Anderson explained how Co-Enzyme Q-10 has been found to help patients who are recovering from breast cancer and who have Parkinson's Disease. It also helps regulate diabetes and is helpful in improving blood circulation and in improving your immune system.

The recommended daily amount of Co-Enzyme Q-10 is 100 - 200 mg.

For breast cancer patients 400 mg are recommended daily.

For patients with Parkinson's Disease, 2000 mg. are recommended daily. This has been found to help in 50% of Parkinson's patients.

Co-Enzyme Q-10 should be taken with food and should be taken in a gel capsule. If it is taken in a powder form, you must take it with oil such as extra virgin olive oil for it to be effective.

Taking 100 - 500 mg. of Alpha Lipoic Acid with food is recommended as a daily supplement. It is the strongest antioxidant in the world. It stimulates the liver to perform better and helps regenerate Co-Enzyme Q-10.

We always look forward to hearing Dr. Anderson's programs because he not only gives us knowledge, he gives us hope.