

Over-Diagnosed and Over-Treated

For the purpose of this conversation I will be limiting my comments to prostate and breast cancer. Both of which have many similarities. They are both hormonal, for the most part slow-growing, having a genetic component, and surprising being diagnosed at the same rate.

To have a successful transaction you need a willing seller and a willing buyer. In diagnosing cancer and its subsequent treatment you have a perfect marriage between the cancer industry and a sufficiently scared public. The cancer industry has done an amazing job of conveying the importance of screening for cancer. The mindset of the public is to screen annually so as to detect cancer at its earliest appearance. Because of the perception that undiagnosed cancer will cause your death, the public is all too willing to go through screening, diagnostic testing and treatments.

The cancer industry has many good reasons for promoting early detection. Detection is good for business from millions of office visits and millions of screenings which in turn results in millions of biopsies. In the end there are 600,000 new cases of cancer (prostate and breast) each year. Besides the obvious billions of dollars in revenue they also benefit by the public's perception that cancer treatments are successful. It is very easy to make cancer

treatments appear successful simply by adding to the numbers of diagnosed cases gives the appearance that a smaller percentage of people dying from cancer. This in turn helps with the unsuspecting public.

In recent years panel after panel has concluded that we are over-diagnosing cancer with an alarming amount of negative consequences. In the case of men we are seeing much more sepsis, impotency, incontinence, anxiety, unnecessary surgery and radiation along with additional hospitalization. In the case of women we are seeing anxiety, increased risk of dying from heart disease, unnecessary surgery and radiation along with deformity. Even with all of the above the patient is still willing to proceed because of the scare tactics used to encourage annual screening without regard to exhibiting no symptoms.

Only 15% of the hormonal cancers are considered to be lethal. In a misguided attempt to diagnose and treat all cancer we end up harming many more people than we are helping. My advice to all who will listen is to live a healthy lifestyle, eat plant-based food, exercise, be surrounded by positive energy and let cancer cells be a non-issue in your life.

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www.cancerisnotmyenemy.com 6/13/12

