

Dedication

This book is dedicated to the memory of Bernadette Sau-fong
for whom it was too late.

Introduction

When my wife Bernadette was diagnosed with cancer, I set out to find out as much as I could about the disease. What I discovered shocked me. I found that doctors are pursuing treatments that are damaging patients in large numbers with little hope of curing them. Even when the treatments have a track record of success against cancer they often leave the patients themselves living in permanent pain and indignity. On the other hand, forms of treatment that appear to have exciting results – while being totally harmless – are ignored. It is a world where patients will almost inevitably become victims of the medical process because they are not given the information they need to make properly considered judgements.

I read book after book in my own search for a solution to my wife's illness. Each book contained interesting information but none provided the all-encompassing context that allowed a proper comparison of standard and complementary/alternative treatments. On Bernadette's death, I nearly despaired and gave up – but I realised that the pain and torment that I had gone through was bound to repeat itself endlessly unless I did something. I had seen what surgery, radiation and chemotherapy had done to Bernadette. I needed to come to as to what I would do if I also were to be diagnosed with cancer – and the statistics warned me that my lifetime chances were 1 in 2 that I would get cancer.

This then is the book that contains the answers that I have arrived at – presented within the context of his exploration of the world of cancer and its treatments. In my view, every adult is responsible for making his or her own decisions about what treatments they wish to choose – but this responsibility can only be properly exercised if information is available and accessible. This book provides this information. This book is a primer in basic cancer literacy. Anyone who chooses not to be informed must accept responsibility for the consequences.

Acknowledgements

This book is dedicated to my wife, Bernadette Sau-fong, but I must also acknowledge a great debt to her extraordinary courage and her grace in the face of her continual pain, her ultimate acceptance of her imminent death and her fortitude in keeping death at bay while the family arrived from distant corners of the world to be with her at that time. I owe her more than even I know.

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