



Diagnosis Cancer: The Need for Orientation and Personal Care

A Patient's View



My Personal Approach

30 years working on science and medical topics as journalist

11/2009: Prostata Cancer (Gleason Score 8)

Book and film about cancer and my personal strategies to cope with the diagnosis:
„Radieschen von oben – über Leben mit Krebs“



My Needs as Patient

Orientation and support for decisions on

primary treatment to destroy the cancer

supportive treatment to reduce side effects

treatment to reduce risks of relapse (mind and body)

treatment in case of relapse

Emotional support, confidence and continuity



The Approach of Conventional Medicine to My Problems

urologists: radical surgery

No problem! - conventional – minimal invasive – Da Vinci

oncologists: hormone therapy

No problem! We manage it!

radiologists: radio therapy

seeds – high dosis radiotherapy – brachytherapy

other options: watchful waiting



Conventional Medicine About My Chances and Risks

urologists: radical surgery - relapse 40%

No problem! We manage it! virility? (70% impotence) – incontinence (50%)?

oncologists: hormone therapy relapse ??

No problem! We manage it! Castration? – Depression? Relapse caused by resistance

radiologists: radio-therapy – relapse 30%

intestinal problems (25%) – ureter Problems – impotence and incontinence (20%)

other options: watchful waiting

no chance with Gleason Score 8



The Approach of CAM to My Problems

homeopathic doctor: homeopathy

orthomolecular doctor: vitamins, minerals

phytotherapeutic doctor: misteltoe, Yoga

microbiologic doctor: nutrition, probiotics, etc

osteopathic doctor: acupuncture, visceral osteopathy

CAM-oncologist: vitamins, selen, misteltoe, tomatoes

CAM-doctor: hyperthermia, oxigen, thymus

Psychosomatic doctor: psychotherapy



My Questions to be Answered

How to destroy the tumor?

- operation
- radiation
- hormones
- watchful waiting

How to manage Living?

- speechlessness
- anxiety
- anxiety of the people around
- continue working?

Diagnosis Cancer

How to accept the challenge?

- effects of conventional treatment
- side effects of conventional treatment
- confidence and hope
- options in case of relapse

How to strengthen body and mind?

- remedies
- psychotherapy
- immune therapies
- holistic concepts



What I learned

emotions and fear are more important than described – a taboo

prognosis should not destroy hope

evidence gives orientation, decisions are individual

olibanum against inflammation

oncologic psychotherapy



My Way

frequent coaching by a holistic doctor

HDR and brachytherapy

selen during HDR and misteltoe (continued)

olibanum against inflammation

oncological psychotherapy



My Future Options

therapy with dendritic cells

hyperthermia

surgery or second radiation



My Experience During 2 Years

no continuity in personal support

no rational and holistic support for decisions

no help to cope with fear and anxiety –
50% suffer from manifest anxiety or depression

no coaching after primary treatment



My Conclusions

cancer-patients may need personalized medicine

cancer patients definitely need personal medicine

modern clinics organize tumor-boards for physicians to talk about the patient's cells

good medicine should organize structures for physicians to talk with the patients

cancer patients should have the right to get continuous services for years – holistic CAM physicians



My Next Steps

cancer.navigator

web-service: dossiers according to personal needs

network of therapists for consultations
via skype, phone or personally

Documentary film and book about

„Miracle of healing“



Thank You

k.langbein@langbein-partner.com