

Rejuvenate!

SPDT therapy provides Giselle with a sunny outlook

It's mid-winter back in her homeland but for New Zealander Giselle, life has taken on a decidedly sunny outlook.

And it's not just because she's in south China, where we're at the height of summer and entering what at times agitated locals grappling with a run of continuous high temperatures aptly call the "barbecue season".

No, this sunny disposition has been brought on by her recent experiences with the groundbreaking SPDT tumour therapy offered by Renkang Hospital and its expert team under attending doctor and world authority on the cancer treatment, Dr Lu.

Perhaps SPDT's biggest feature is its non-toxic nature which, as opposed to chemotherapy, has no nasty side effects on the body. And, of course, it works!

Giselle was diagnosed with breast cancer in 2013, after which she underwent surgery to remove the tumour and embarked on an eight-course chemotherapy phase. Initially upbeat, her optimism was dashed when, in May 2014, she required more surgery and another lengthy course of chemotherapy over some 12 months.

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Giselle and her husband relax in South China.

"At the beginning, I thought the future was bright but when the tumour re-occurred and my doctor predicted I had just 30 months to live, I was seriously crestfallen. I'd had two years of intensive treatment and basically got nowhere," recalled Giselle as she basked in the glorious sunshine outside Renkang Hospital.

"With an enormous appetite for life, I decided I needed to look beyond what was on offer in New Zealand and travelled to China to explore SPDT.

"I can honestly say it's the best decision I have ever made. The hospital is right up there with the very best, as are the medical teams and support staff... and after just one course of treatment, I felt

the neck lymph node had softened and reduced, which was subsequently confirmed by the ultrasound examination."

This "totally unexpected" result provided Giselle with her first ray of light in a long time and again fired up her spirits.

Giselle has since undergone three continuous treatment courses of SPDT and the results have been most encouraging. Her lymph node at the left supraclavicular has narrowed from 21x10mm to 14.8x8.6mm while the original tumour on her left breast and measuring 10x7mm has completely disappeared.

"I can honestly say it's the best decision I have ever made."

"We have now entered the local treatment stage and within a month, I am most confident we will have eradicated all malignant features from Giselle's body," said Dr Lu.

So, while most people are complaining about the soaring summer temperatures, Giselle's enjoying what she says is the most relaxing time in the past three years...and she's looking ahead to an even brighter and better tomorrow!

How to prevent pancreatic cancer

As pancreatic cancer has a close relationship with smoking, excessive intake of fat and protein from food and drink, an overindulgent lifestyle and poor nutrition, the best way to increase your chances of avoiding it is to quit drinking and smoking and follow a diet low in fat and protein and high in fibre and vitamins, essentially one with more fresh fruit and vegetables.

In addition, early detection is key for secondary prevention, particularly

among high risk groups. These include those over 40 years of age, those with symptoms of abdominal pain, abdominal fullness, loss of appetite, emaciation, fatigue, diarrhoea, lower back pain, recurrent pancreatitis, sudden or suddenly aggravated diabetes.

It's best that these people are treated as the high risk group of pancreatic cancer patients. They should have timely medical treatment and regular medical examination.