

Clinics Abroad

There are a large number of clinics offering complementary and integrative support in an increasing number of countries abroad which we often get asked about.

Consideration of this option requires a lot of thought and investigation before commitment to ensure it is the correct and appropriate course of action.

There are many aspects to consider in terms of where the emphasis of action lies: detox, underlying elements, active anti-cancer strategies, new immunotherapies. Different clinics offer different things and where the correct balance for the individual requires some discussion

Pros

We do not have any facilities in the United Kingdom that offer anything like the comprehensive approach you can get abroad. As you may have experienced it can be fragmented and isolating trying to attend to all the elements here.

So why do people consider treatment abroad?

The elements treatment abroad can bring are:

Identify underlying toxic elements and areas of cellular malfunction which are contributing to the development of cancer cells and begin correcting them more intensively than is available in the UK

Provide intensive intravenous nutritional and cellular support for anybody depleted by chemotherapy and radiotherapy here

Use low toxic and targeted versions of chemotherapy and radiotherapy which are less toxic than here. These are combined with intense immune support, so the body is working against the cancer and not being disabled by the chemotherapy.

Genomic scanning and blood testing to identify the best treatments for the individual.

Stimulate the immune system into playing a role against the cancer by use of vaccine therapies hyperthermia, dendritic vaccines and more.

Reduce the resistance to treatment as we know cells evolve and find their way past most drug therapies if they remain, targeting resistance as well increases efficiency of treatments and how long they can be used for.

Access to drugs that will not be made available here.

Using targeted ablation for treating individual areas or tumours reducing toxic load on the body.

Cons

I think as with other areas of integrative medicine what can be achieved by treatment at a clinic can be overestimated in both reporting and claims made by various places. Particularly is someone being in the unfortunate situation of having extensive cancer it would need to be very regular treatment over a long period of time to make an impact.

There are many clinics and they vary in both their approach and quality. Some are aimed at general detoxification and immune stimulation which applies to most chronic diseases so they don't have much actual experience with the challenges cancer brings.

Some are more or less medically based than some people would like and put less influence on diet and detoxing so it has to fit your philosophy.

Some unfortunately offer treatment that feels like a conveyor belt and the personalised element that you go to integrative medicine for is missing.

Expense, a big issue, costs vary enormously. One must consider carefully what is going to be achieved with a period of treatment and how ongoing that treatment will be. If a period of treatment is likely to be ongoing one has to consider that you may commence and be making progress and find it difficult to meet the financial implications ongoing. This would clearly be a very stressful situation that should be avoided.

Whilst the temptation to go looking for something more positive is understandably a strong one, a period or two in most clinics can leave many people with insufficient funds to continue or indeed to carry on with their programmes at home.

If you have extensive cancer, paradoxically a quick and successful treatment process can be very taxing on the body. Rapid breakdown of tumours can be hard for the body to process and make the person unwell, you need to be in a position to be able to handle intensive treatment and often late stage disease is not that time.

Another potentially difficult area is if you need other medical treatments whilst you are at a clinic, drainage of pleural effusions, treatment of infections or other medical problems would be charged extra on top of what you are already paying. Depending on the clinic, some may have some access to medical interventions and experienced doctors to carry them out. Those that don't will mean admission to a hospital in that country and treatments carried out and paid for there. Medical insurance may not pay for this.

Fit for Treatment?

You should not consider embarking on a European clinic if you are generally unwell. You are likely to need expensive additional treatment, not benefit very much or the stress of treatment could make things worse. Some clinics require a fitness to fly certificate and most would refer to the Karnofsky scale of wellness to establish if they can help you any score below 50 is the level that a clinic really should not be offering you treatment

KARNOFSKY PERFORMANCE STATUS SCALE DEFINITIONS RATING (%) CRITERIA

Able to carry on normal activity and to work; no special care needed.	100	Normal no complaints; no evidence of disease.
	90	Able to carry on normal activity; minor signs or symptoms of disease.
	80	Normal activity with effort; some signs or symptoms of disease.
Unable to work; able to live at home and care for most personal needs; varying amount of assistance needed.	70	Cares for self; unable to carry on normal activity or to do active work.
	60	Requires occasional assistance, but can care for most of his personal needs.
	50	Requires considerable assistance and frequent medical care.
Unable to care for self; requires equivalent of institutional or hospital care; disease may be progressing rapidly.	40	Disabled; requires special care and assistance.
	30	Severely disabled; hospital admission is indicated although death not imminent.
	20	Very sick; hospital admission necessary; active supportive treatment necessary.
	10	Moribund; fatal processes progressing rapidly.
	0	Dead

Things You Must Do Before Committing for Treatment

If there are underlying medical issues such as ascites drainage etc. one needs to get those attended to here if possible. If you have to add the cost of basic medical care to the top of treatment it can be very expensive.

Get a clear plan of treatment and costs from them before agreement.

Have a telephone consultation with the medical staff.

We can help with all the above, if you would like to discuss these further just let me know.

Choosing A Clinic

There are different clinics for different aims, e.g. detoxification and identification of underlying elements for those in remission.

Breaking down resistance of treatment and getting better results from chemotherapy without losing ground physically for those with active cancer

Ablation therapies for treatment directed to a particulate area or tumour without treating the whole body

Accessing the new immunotherapies alongside holistic programmes which are really at the top end of the scale financially

We are happy to share our experience and feedback on clinics abroad to help you get the right place and help with any arrangements