



# Breakspear Medical Bulletin

Breakspear Medical Group Ltd, Issue 13

Spring 2007

## Notes on the rising incidence of allergies

***"Allergies are very common and affect around 1 in 4 people in the UK at some time in their lives. Each year the numbers increase by 5%, with many more children being affected."***  
- NHS Direct.

Doctors, dieticians, alternative practitioners and everyone with an allergy are searching for answers.

Until recently mainstream medicine and the general public

have considered the treatment of food allergies to be a fringe medicine.



Today everyone is becoming affected by the seriousness of food allergies which affect an estimated 20 million people in

the UK, some to a life-threatening degree.

Most people are familiar with the reason why peanuts are no

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## Neurological assessments available

Two well-known specialists in the field of neurosciences, Dr Goran Jamal and Dr Peter Julu (see page 8 for their brief biographies) are now practising in the newly established Neuroscience Services facility on the first floor of Breakspear Hospital.

Dr Jamal has many years of experience in diagnosing, treating, and managing patients with neurological disorders while Dr Julu specialises in the investigation of the autonomic nervous system. Both doctors have been involved in clinical research and clinical trials.

Neurological disorders are

ailments that affect the central nervous system (brain and spinal cord), the peripheral nervous system and muscles, or the autonomic nervous system.

Some major neurological conditions for which Neuroscience Services can provide assessments include:

- Chronic fatigue syndrome
- Headache, including migraine, cluster headache and tension headache
- Epilepsy and seizure disorders, which require EEG and possibly autonomic

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**Breakspear Hospital is pleased to welcome qualified nutritionist, Ron Leon, to the team. Introduction on page 5.**

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## On the market: cervical cancer vaccine

### Approximately 1500 women die from cervical cancer in the UK every year.

Human papilloma virus (HPV) is the virus that causes cell changes that can lead to cervical cancer. It is a common virus that is mainly passed on during sexual intercourse.

Breakspear Hospital has been offering HPV testing for some time now. By detecting HPV and treating it early, the chances of developing cancer are reduced. Cervical smears are intended to screen for cancer but are not preventative; these screens detect when cells have begun to become abnormal.

But now an amazing breakthrough in the fight

### Breakspear Medical Bulletin

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**Breakspear Medical Bulletin** is a private publication that we aim to produce quarterly. It is for the promotion of environmental medicine awareness and Breakspear Medical Group Ltd. This newsletter is not intended as advice on specific cases but as a forum of information researched and stored at Breakspear. We urge readers to discuss the articles in this bulletin with their health-care practitioners. Unauthorised reproduction of this newsletter, or quotation except for comment or review, is illegal and punishable by law.

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Gardasil is a vaccine for the prevention of high-grade cervical dysplasia (CIN2/3), cervical carcinoma, high-grade vulvar dysplastic lesions (VIN 2/3), and external genital warts (condyloma acuminata) causally related to HPV types 6, 11, 16, and 18, which are strains of the virus that are considered high risk.

Gardasil is recommended for 9–15 year old children and adolescents and 16–26 year old non-sexually active females. It is not recommended for use in children under the age of 9 years.

According to the Gardasil Summary of Product Characteristics 20 September 2006, "Protective efficacy of Gardasil has not been evaluated in males."

According to [www.docguide.com](http://www.docguide.com), "HPV types 16, 18, 45 and 31 are collectively responsible for 80% of cervical cancers globally."

against cervical cancer has been made: an HPV vaccine has been created and has been approved by the US Food and Drug Administration (FDA). Gardasil, from the pharmaceutical company Merck, (and its rival Cervarix, made by GlaxoSmith-Kline) will prevent infection by HPV, potentially saving thousands of lives.

An important point to emphasize is that Gardasil is not a treatment for cervical cancer, high-grade cervical, vulvar and vaginal dysplastic lesions or genital warts, neither is it a substitute for routine cervical screenings.

It is, however, the first vaccine developed to prevent cancer that is approved and is now available at Breakspear Hospital.

The primary vaccination series consists of 3 separate doses, given at intervals of 0, 2, 6 months. Alternatively the second dose should be administered at least 1 month after the first dose and the third dose should be administered at least 3 months after the second dose. All 3 doses should be given within a 1-year period.

The course of 3 vaccinations is currently £450.00.\* The initial visit and vaccination will include a brief consultation with a doctor.

*For more information or to book an initial consultation, please contact Reception 01442 261 333.*

\* Breakspear Hospital reserves the right to change the price without notice.



*Have you acquired a few pounds over the holidays?*

*Ask Reception for a copy of Breakspear Hospital's Weight Loss Programme to see how we can help you!*



## Ask Dr Monro

*For the past couple of weeks I've had intensely itchy fingers, especially in the folds of skin between the fingers. They're also slightly red in this area. What could this be?*



It would be unwise to diagnose your condition without taking a skin-scraping to verify your specific case. It is possible, however, that you are one of the many affected by the rising incidence of *Sarcoptes scabiei*, commonly known as scabies.

It is difficult to tell whether patients who have eczema have also contracted the scabies mite, as both conditions cause redness and itching. If you have intractable (hard to control) eczema, you may consider testing for scabies.

Scabies is a contagious cutaneous (skin) inflammation caused by the infestation by the mite. The symptoms are caused by an allergic reaction that the body develops over time to the mites and their by-products under the skin.

It takes approximately 4-6 weeks to develop the symptoms after initial infestation. Therefore, a person will have been contagious for at least a month before being diagnosed.

Scabies mites do not jump from person to person; they crawl from place to place at the rate of about 1 inch per minute and take up to an hour to burrow into the skin. Therefore it is not possible to contract scabies from a handshake, particularly for someone who washes their hands frequently, which would probably wash off the mite before it burrowed.

Usually scabies is contracted through prolonged skin-to-skin contact with another person who has it, although it is possible to become infected from sharing bedding or clothing of an infected person. Some people can be infected and not show symptoms. There are types of scabies mites from animals which occasionally infest humans.

It is a myth that you can get rid of scabies by being clean and bathing daily. The female mites burrow under the skin and once

burrowed under the skin, they cannot be washed off. Some males may be washed off, but can cling with two rear sucker legs. The males tend to be nomadic and roam the skin surface looking for unfertilised females under the surface of the skin in order to enter their burrow to fertilise them.

While washing and using a facecloth to scratch off these little mites is not a cure, it may help keep the total population low. Also, humans create antibodies to scabies mites, which do kill some of them.

People with compromised immune systems do not develop antibodies to the mites and may develop crusted Norwegian scabies, with scabs or very red skin. The elderly are particularly susceptible to this condition.

Scabies is not a dangerous condition and does not endanger your life. It is a nuisance because the itching makes everyone so miserable.

Treatment can be either or both topical applications (liquids or creams) and systemic oral doses (usually pills). Benzyl benzoate is commonly used and is one of the safest treatments. At Breakspear, we offer Kleen-Free, a new non-toxic, pesticide free, all natural enzyme based solution. (See page 11 for more information.)

All household members will need applications of topical and systemic treatments and all clothes worn recently should be washed in hot water and dried in a hot dryer. Beds, bedding and soft furnishings (from pillows, stuffed animals, mattress pads, and blankets) should be treated with boric acid and ironed, if possible. Also, remember coats, gloves, hats, slippers, dressing gowns, overalls, kitchen towels, brushes and combs.

Even after treatment, the rash and itch may persist for up to 2-4 weeks. The dead mites can remain in the skin for a month or more as they are removed with the body's natural shedding process.

*If you think you may have scabies, make an appointment to see a Breakspear doctor who will take a skin-scraping to be sent away for analysis and can supply the necessary treatments.*

## Notes on the rising incidence of allergies

(Continued from page 1)

longer served as a snack on airlines. Just the faintest whiff of peanuts can send some peanut allergy sufferers into anaphylactic shock.

According to BBC News, anaphylaxis "causes 10 to 20 deaths every year".

The list of foods and ingredients that may cause severe allergic reactions continues to increase. While peanuts were the main concern a few years ago, now the food labelling Codex Alimentarius lists gluten, seafood, fish, eggs, milk, peanuts, soybeans, nuts (including hazelnuts), and even food additives in very small amounts, as potentially causing severe allergy reactions.

There is still little known about the rising incidence of allergies over the last 30 years. The World Health Organisation (WHO) reported that asthma is 10-fold more frequent in Western European countries than in Eastern European countries. This suggests that the incidence increase in allergies is not only linked to the environment but also to western countries' lifestyle.

At the second International Congress of the Paris Appeal, held on 9 November 2006 and entitled "Environment and Sustainable Health", a Memorandum was drawn up by 68 international experts. In their allergy management section (R41), they have said that "the European Union and member states must legislate in a much stricter way in the field of allergies. Among the measures to be considered... are the intensification of allergy research and especially recognition of allergology as a medical speciality in the framework of environmental medicine". Of their principal recommendations, nine in number, one is the creation of a new medical speciality called environmental medicine.

The treatments for allergy and environmental illnesses go hand in hand. Breakspear Hospital



has been specialising in allergy and environmental medicine from the beginning. In 1979, Medical Director Dr Jean Monro was a founding member of the British Society for Clinical Ecology, which was created to promote the medical specialty of environmental medicine.

Since the beginning, the Hospital has been evaluating hazardous chemicals and pesticides and their effects on people, and using nutrition, detoxification and many other methods to try to repair the damage done. The Hospital has, for over 25 years, been using low-dose immunotherapy to relieve patients of allergy and sensitivity symptoms.

One of the most recently published studies appeared in *Nature Reviews. Immunology* (2006; 6; p.761-71). It claims immunotherapy remains one of the few antigen-specific treatments for inflammatory disease. The article is available through [www.nature.com](http://www.nature.com) and reviews the development of allergen-specific immunotherapy, the current understanding of its mechanisms of action and its future prospects.

The review article on allergen-specific immunotherapy states:

*Allergen-specific immunotherapy (SIT) involves repeated administration of the sensitizing allergen (usually by subcutaneous injection or, more recently, by sublingual application). SIT was first reported at the beginning of the last century and has been shown to be a robust and clinically effective allergen-specific form of treatment that induces active immunity to the allergen. SIT is disease modifying, rather than palliative, and has a duration of action that exceeds the treatment period. It has been shown to prevent the onset of new sensitizations to different allergens and to reduce the development of asthma in patients with allergic rhinitis caused by inhaled allergens. SIT improves the quality of*

## Welcoming qualified nutritionist, Ron Leon

An exciting new addition to the Breakspear Medical Group is Ron Leon, a nutrition consultant. Ron has a Bachelor of Science degree in Health Sciences from the University of Westminster in London and a Master of Science degree in Nutrition from



**Qualified nutritionist, Ron Leon, can advise on beneficial dietary and lifestyle modifications.**

Bastyr University in Seattle, USA, which is the leading institution in this field in the world. He has also studied biochemistry and microbiology at Oxford Brookes University.

Besides teaching at Bastyr, Ron did counselling work in Seattle and also carried out research for Alan Gaby, MD, who is the past President of the American Holistic Medical Association, and a leading authority in the field of nutritional therapy.

Ron has had a lifetime's interest in the subject of nutrition and its importance in overcoming

many ailments and enhancing health and wellbeing. Ron vowed to help individuals

improve their health and relieve their suffering after, in 1987, helplessly watching his grandmother fall ill with severe digestive disturbances, the cause of which conventional medicine was unable to identify, and

her life was shortened as a consequence.

Ron is well qualified to join the expert team at Breakspear as a specialist in this most important field. His expertise will round off the vast holistic knowledge and experience already available at the Hospital. He is now available for appointments and is looking forward to meeting his new patients. We are sure many of you will gain enormously from his knowledge of nutrition!

*Feel free to make an appointment with Ron Leon to discuss your nutritional requirements by telephoning Breakspear Reception 01442 261 333.*

*life of the treated individuals, through the reduction of symptoms and medication usage. More specifically, it has been shown to reduce seasonal increases in specific IgE and in the nonspecific airway hyper-reactivity that occurs in individuals with asthma. Bronchial responses to an inhaled allergen challenge, and late-phase responses to an allergen challenge in the skin or nasal mucosae, are also reduced. Here, we review the development of SIT, the immunological mechanisms of action of SIT and the novel approaches that are underway to improve its safety and efficacy.*

In 2003, the Royal College of Physicians Working Party published a report, "Allergy: the unmet need". The report demonstrated the dangers to allergy sufferers caused by the serious deficits in the NHS allergy care services.

According to the report, "... there are only six major allergy centres in the UK, all concentrated in the south and south-east; training in allergy is

minimal or non-existent and, therefore, there is a lack of expertise in diagnosing and dealing with allergy in general practice; there are far too few allergy specialists to meet current clinical or service needs or to provide vital training."

A 2006 report by the Department of Health, "A review of services for allergy", concluded that charities and other groups are often left to plug the gaps in NHS care.

There is an urgent need for medical studies to present to mainstream medicine the findings of Breakspear Hospital's allergy treatments, which would help this technique become funded treatment by the National Health Service and help more people overcome their allergies.

*By making a donation to Breakspear Hospital Trust, you will be helping an allergy sufferer receive treatment that they otherwise would not be able to afford and a portion of your donation may go towards allergy research. Please see enclosed letter from Ron White, Chairman of the Trustees, to learn more about our registered charity.*



## Notes on hypertension

Blood pressure changes are necessary to accommodate changing requirements for the circulation of blood. More pressure is needed when exercising the muscles and heart, more to the gut after eating, and there are differences between standing up compared with lying down.

The adjustments are automatic and controlled by the autonomic nervous system, which alters the calibre of the blood vessels. The variables are principally the calibre of the blood vessels and their elasticity and the blood volume.

Excessive blood volume will make the vessels more turgid (swollen) and full and can lead to high blood pressure.

Narrowed vessels can lead to increased pressure within them.

Constantly raised pressure is from these two factors, and also from failure of the automatic adjustment (autonomic function).

There is a system, known as the renin-angiotensin system, that plays a major role in controlling blood pressure.

The enzyme renin is produced mainly in the kidneys and converts a protein that circulates in the blood called angiotensin I. This in turn is converted to angiotensin II by an enzyme called the angiotensin-converting enzyme (ACE).

Angiotensin II will stimulate the constriction of blood vessels and causes the release of aldosterone and vasopressin, which can contribute to raising blood pressure.

Medications known as ACE inhibitors reduce both the production of angiotensin II and the breakdown of bradykinin, which is an endogenous vasodilator (a self-produced substance which widens blood vessels, following the relaxation of the smooth muscle in the vessel wall, reducing blood pressure). Angiotensin II has a receptor. Antagonists to the receptor will reduce access to the receptors and therefore will stop the effects of circulating angiotensin. The manipulation of the system can also be effected with ACE inhibitors, calcium channel blockers, beta blockers and diuretics.

**Blood pressure** - is measured by taking two readings. The first is the systolic pressure, which is higher measurement. It is a measure of the blood pressure as the heart contracts and pumps blood out. The second is the diastolic pressure, which is the lower number. It is a measure of the blood pressure when the heart is relaxed and filling up with blood.

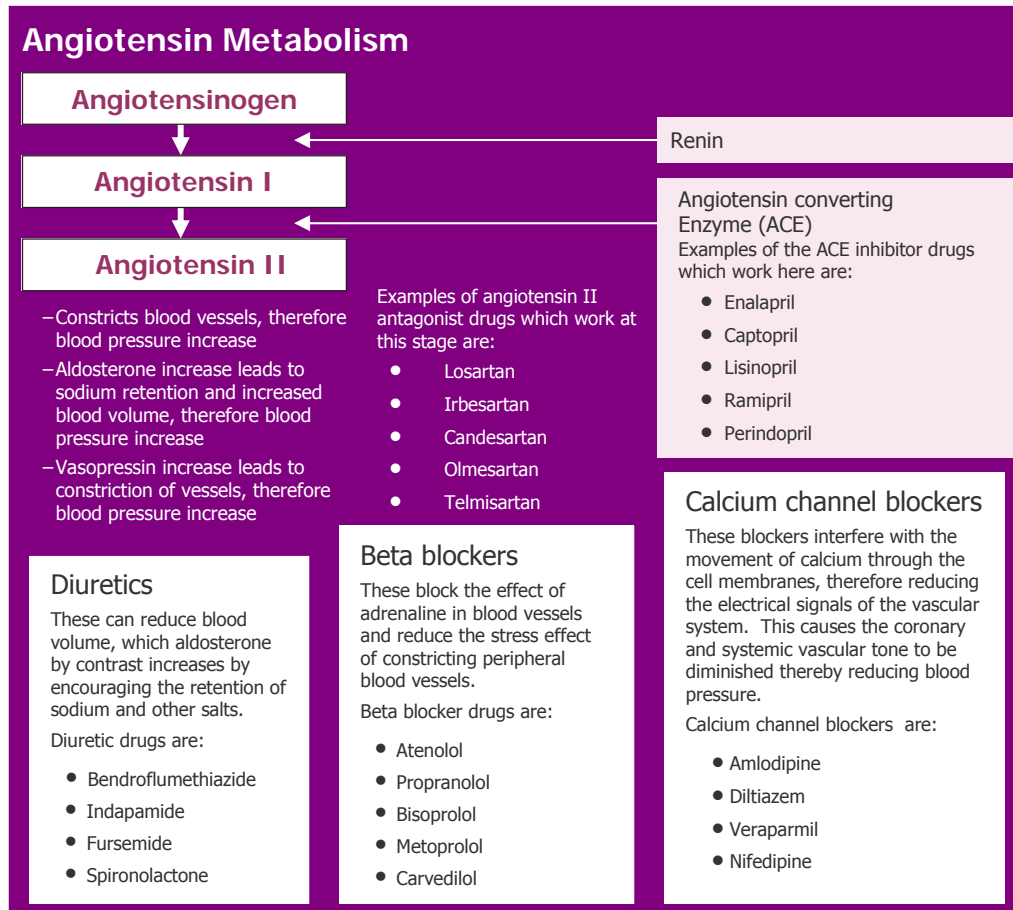
**Hypertension** - is the term given to persistent high blood pressure. If left untreated, it can put one at greater risk of having a heart attack (myocardial infarction) or stroke.

With stress there is a constant production of adrenaline. This is our 'fight or flight' activation, which is needed, for example if running from a lion, to divert blood to muscles and shut off blood from the extremities, and is activated centrally. However some stresses are not the short-lived ones, like being ready to run from a lion, but the persistent long-lived ones, such as getting a mortgage, a new job, bereavement, a marriage or divorce. Blood pressure can therefore rise uncontrollably with stress.

Breakspear Hospital offers various treatments and recommendations for dealing with hypertension.

The principal variables that must be addressed are as follows:

1. Fluid retention - It is said that 10% of the body weight can accumulate as fluid in people who have food or other sensitivities.
2. Autonomic changes - These are often seen in allergic states. The relief from hidden allergies/sensitivities may alleviate the chronic effect of stress, which needs to be addressed as these affect autonomic function.
3. Diet - We recommend the following dietary hypertension regime:
  - Adopt a high fibre, low fat, low carbohydrate and no sugar diet (to keep insulin levels down).
  - Reduce sodium intake (use LoSalt).
  - Reduce intake of caffeine.



- **Supplements:**
    - High potency multiple vitamin and mineral formula
    - Vitamins B6, C, and E
    - Calcium and magnesium complex
    - Coenzyme Q10
    - Hawthorn extract
    - Garlic
    - Flaxseed oil
  - 4. **Assessment of heavy metals and, in particular, elimination of cadmium and lead load.**
  - 5. **Autonomic function testing** - Our neurophysiologists can assess the cardiovascular reflexes in hypertensive people, and the effects of drugs, such as the calcium channel blockers and beta blockers, can be quantified.
  - 6. **Cardiovascular risk** - We can undertake a cardiovascular risk profile in order to assess the lipid profiles, mineral status and antioxidant status. A vascular screen can be arranged to assess blood vessel elasticity.
  - 7. **Genomic profile** - We can also undertake a genomic profile, which assesses a patient's tolerance of medications, thereby assisting in the right choice of drugs, should they be required.
- By closely evaluating each of the principal variables of hypertension and addressing each one, using a variety of our treatments and services such as our allergy desensitisation programme and dietary consultation with a nutrition specialist, we can help people reduce their blood pressure.
- Contact Breakspear Hospital to arrange a consultation if you would like more recommendations for controlling hypertension.*

## Introducing the neurophysiologists practising at Breakspear



### Dr Goran Jamal

Dr Goran Jamal MB ChB MD PhD FRCP has worked as senior lecturer for the Imperial College School of Medicine, London, and was a consultant

for many years at the West London Regional Neuroscience Centre at Charing Cross and Central Middlesex Hospitals, London and earlier at Glasgow's Institute of Neurological Sciences and Glasgow University.

Dr Jamal has published more than 150 papers on various aspects of clinical neurosciences and supervised the graduation of doctorate students and training of many consultants.

Dr Jamal is a leading expert on the long-term effects of organophosphate pesticides on people exposed to these chemicals at work and in their homes. He has given specialist evidence as an expert witness around the world on behalf of Gulf War veterans, farmers suffering from organophosphate poisoning from sheep dip and many other cases.

You may have heard of Dr Jamal in the press over the years. For example in 1991 the former Overseas Development Minister, Lynda Chalker, praised Dr Jamal for his role in setting up Britain's fast-response disaster relief action plan.

Dr Jamal had initially sought to

get urgent British help for Kurdish refugees in Northern Iraq in the nineties but many of his suggestions were determined to be part of a more permanent plan for disaster relief.

In 1994 Dr Jamal advanced a number of theories regarding the effects of sick Gulf War veterans which did not gain British research funds. It wasn't until two years later that the former Defence Minister, Nicholas Soames, first admitted that organophosphates were used during the first Gulf War. Dr Jamal's research and work played a leading role in the recognition of Gulf War Syndrome.

Dr Jamal developed patented tests to assess the function of small nerve projections of the limbs, the transmission of nerve impulses between the nerves and the muscles, and the movement of nerve signals in the brain and spinal cord.

In 2001, Dr Jamal was invited to testify at the American Subcommittee on National Security, Veteran Affairs and International Relations hearing entitled "Gulf War Veterans' Illnesses: Health of Coalition Forces" in Washington, DC. For his role in the success of the Congressional hearing and for his leading research, he was awarded the US Congressional Sword of Truth, which he received in 2006.



### Dr Peter Julu

Dr Peter O Julu MB ChB MSc PhD is a leading expert in brainstem abnormalities in Rett Syndrome and has a special interest in diabetic neuropathy.

He is the only doctor on the General Medical Council Specialist Register in the field of Autonomic Neurophysiology.

Dr Julu previously assisted Dr Jamal in running the Peripheral Nerve and Autonomic Monitoring Unit at the Institute of Neurological Sciences in Glasgow. He later assisted Dr Jamal to set up a similar unit in the Department of Neurology at Central Middlesex Hospital, London, under the Imperial College of Science, Technology and Medicine (which was not part of the National Health Service). This was the only unit in the UK that performed target-organs-orientated

examinations of the autonomic nervous system and the assessment of brainstem function in Rett Syndrome.

Dr Julu's published breakthroughs in neurosciences include:

- *Reduced cardiac parasympathetic activity in children with autism.* Brain Dev. 2005;27:509-16.
- *Cardiovascular regulation in the period preceding vasovagal syncope in conscious humans.* J Physiol. 2003;549(Pt1):299-311.
- *Changes in a measure of cardiac vagal activity before and after epileptic seizures.* Epilepsy Res. 1999;35:87-94.
- *Characterisation of breathing and associated central autonomic dysfunction in the Rett disorder.* Arch Dis Child. 2001;85:29-37.

For more information on Dr Julu's work and research, visit [www3.imperial.ac.uk](http://www3.imperial.ac.uk) or [www.medifitgroup.com](http://www.medifitgroup.com).



## New thoughts on visual processing, light sensitivity in migraine

According to the a research report *Visual Processing and Light Sensitivity in Migraine* by AJ Shepherd, School of Psychology, Birkbeck College, University of London, striped patterns of flickering light can trigger migraines.

The Migraine Action Association contributed to the funding of this research project which investigated visual perception (what you can see) in an effort to understand how visual patterns induce migraine. Six experiments were completed within the 2-year period.

Migraines reportedly affect 1 in 4 women and 1 in 12 men.

The research used tests specific to particular stages within the visual system and uncovered

Migraines reportedly affect 1 in 4 women and 1 in 12 men.

distinct differences between people who do not suffer from migraines and those who do, at various stages



The results of further research may provide guidelines for the design of the sufferer's environment or may help develop a visual test which can predict when an attack is likely so that the migraineur can take evasive action.

*Breakspear Hospital's Ian Jordan FBDO CL works with patients who have problems such as dyslexia, tinnitus, and with hearing and balance. These can be due to visual processing problems and can be helped through the use of different coloured spectacles. Sufferers will be tested to assess the influence of different colours on a range of visual processes.*

## Neurological assessments available

(Continued from page 1)

assessment in certain cases

- Autonomic function assessment in various neurological conditions which are widely known to affect the autonomic nervous system, like multiple system atrophy and Parkinson's disease
- Traumatic neurological lesions like spinal injuries, head injuries and post-traumatic symptoms and conditions
- Neurodegenerative disorders, such as Alzheimer's disease, dementia, Parkinson's disease, and Amyotrophic Lateral Sclerosis (ALS, also known as Lou Gehrig's disease) and motor neuron disease
- Cerebrovascular disease, such as stroke and transient ischemic attack (TIA)
- Sleep disorders and sleep apnoea syndrome
- Disturbances of sexual function
- Toxic neuropathies, including neuropathies induced by exposure to organophosphates and other pesticides as well as other environmental toxins such as lead, mercury, cadmium, zinc and tin
- Disorders of peripheral nerves, muscles (myopathy, muscular dystrophies) and neuromuscular junction diseases

- Inflammatory conditions of muscles (myositis)
- Traumatic injuries of the peripheral nerves
- Entrapment neuropathies such as carpal tunnel syndrome, tarsal tunnel syndrome, ulnar nerve trapping, cervical nerve root or lumbosacral nerve root trapping.
- Altered mental status and encephalopathy
- Speech and language disorders
- Inflammatory conditions such as Multiple Sclerosis (MS)
- Infectious diseases such as Lyme disease
- Lower back pain and disc prolapses

The field of neurology overlaps with various other specialties. For example, nervous system infectious diseases are usually treated by infectious disease specialists but a patient may benefit from a neurological assessment in diseases involving the immune system to aid in recovery.

All investigations and tests are done with state of the art equipment. Dr Jamal has a special interest in the long-term effects of organophosphates, pesticides and other environmental toxins on people exposed to these chemicals at work, accidentally, and in their homes. Dr Julu is a leading expert in the brainstem abnormalities in Rett syndrome - a genetic neurodevelopmental disorder that can often be misdiagnosed and mistaken for autism.

*If you would like further information about Neuroscience Services, please contact Breakspear Reception 01442 261 333.*

## New thoughts on prevention of the neurotoxicity of metals

Scientists and physicians from 27 nations convened an International Workshop on Neurotoxic Metals: Lead, Mercury and Manganese, at the University of Brescia, Italy, in June 2006.

Data was presented for each of the 3 metals on such topics as environmental sources, human exposure, risk assessments and prevention. Ongoing and future studies were also described and discussed.

According to the summary, consumption of fish with high mercury concentration by pregnant women is the primary route of exposure to methylmercury causing foetal neurotoxicity.

At the conclusion of the event, the following recommendations were adopted:

1. Intensified attention must be paid to early warnings of neurotoxicity.
2. All uses of lead including recycling should be reviewed in all nations.
3. In particular tetraalkyllead must be eliminated without delay from gasoline supplies of all nations.

4. Current exposure standards for lead need urgently to be reduced particularly for children, industrial workers, and for female industrial workers of reproductive age.
5. Exposures of pregnant women and women of reproductive age to methylmercury need to be reduced to prevent subclinical foetal neurotoxicity.
6. Exposures of pregnant women and young children to manganese need to be reduced to prevent subclinical neurotoxicity.
7. The addition of organic manganese compounds to gasoline should be halted immediately in all nations.
8. Exposure standards for manganese need to be reconsidered.
9. Economic impacts of the neurotoxicity caused by metals must be considered.
10. Need is great for continuing research into the neurotoxicity of metals.

*For the full Declaration of Brescia on Prevention of the Neurotoxicity of Metals, visit [www.ntoxmet.it](http://www.ntoxmet.it).*

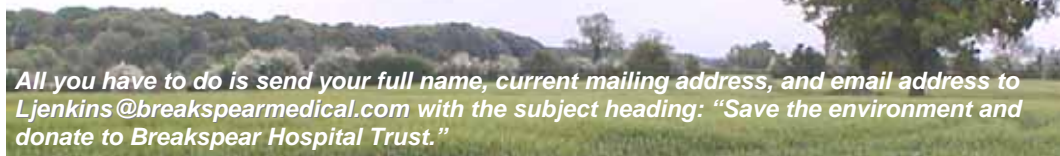
## Help save the environment and help Breakspear Hospital Trust

In an effort to be more environmentally friendly by cutting down on our use of printing inks and paper, and possibly reducing some of the carbon emissions of postal trucks, we are asking people to sign up to receive their Breakspear Medical Bulletin by email!

You will receive email notification and a URL link which will take you directly to the latest Breakspear Medical Bulletin *before* it is mailed out by the printers. That means you will be one of the first people to see the new Bulletin possibly days before it is snail mailed to everyone else!

If you sign up for email receipt of the Breakspear Bulletin, Breakspear Medical Group will donate £2 to Breakspear Hospital Trust. The money raised by the Trust is used to help patients who are unable to afford treatment for allergy and environmental illnesses and also helps fund medical research projects. *(See letter enclosed for more information about Breakspear Hospital Trust .)*

*All you have to do is send your full name, current mailing address, and email address to [Ljenkins@breakspearmedical.com](mailto:Ljenkins@breakspearmedical.com) with the subject heading: "Save the environment and donate to Breakspear Hospital Trust."*



## Available at our Pharmacy

Breakspear Pharmacy offers a collection of everyday products that we've selected as wise choices for sensitive people. Household cleaners, personal hygiene items, as well as recommended products such as Epsom salts and peroxide, are all available at competitive prices. Visit our Pharmacy section at [www.breakspearmedical.com](http://www.breakspearmedical.com) for more information or talk to our Pharmacy staff.

### To order:

**Call us:** + 44 (0) 1442 266 244.

Call our Pharmacy Department between 9:00 am and 4:30 pm, Monday to Friday. Outside those times, you may leave your telephone number and we will call you back.

**Send a fax:** + 44 (0) 1442 266 388.

Please write a note, stating which products you would like to purchase, including your credit card details and daytime phone number in case any details have not printed clearly.

**Write a letter:** Breakspear Pharmacy, Hertfordshire House, Wood Lane, Hemel Hempstead, Hertfordshire HP2 4FD, United Kingdom

Please write a note, including your credit card details or enclosing a cheque. Please make cheques payable to "Breakspear Hospital" and print your name, address, telephone number and cheque card number on the reverse of the cheque.

### Or come and visit us at Breakspear Hospital!

*All prices are inclusive of VAT, where applicable.*

*There will be an additional charge for postage and packaging.*

*Please allow up to 4 weeks for delivery.*

*Breakspear Hospital reserves the right to alter prices without notice.*

## This issue's feature:

### Introducing Kleen-Free

#### ***An effective and safer product for getting rid of scabies***

Kleen-Free is an all natural enzyme based solution for scabies. It is non-toxic and pesticide free.

Kleen-Free works by breaking down the outer exoskeleton of the scabies bug. Insects are made up of a high concentration of protein. When Kleen-Free enzymes are introduced to the insect, the enzymes act on the protein and cause the insect to moult (shed its outer coating) prematurely. Poison pesticides attack the nervous system of the insect, which is not always effective as many bugs have become immune to pesticides.

Kleen-Free is completely safe for humans, pets and the environment.



## Did you know...?

### Sleep disorders and driver statistics

According to the American College of Occupational and Environmental Medicine (ACOEM) Science & Policy Review August 2006, "Sleep disorders largely go unrecognised by physicians and [commercial motor vehicle] drivers even though this condition is more common than diabetes." Approximately 28% of commercial drivers suffer from some form of sleep apnoea, which creates a public safety risk that impacts on everyone on the road.

### Exciting news about medicinal mushroom products

According to a recent article in the New Straits Times 19 December 2006, "... the exciting news about medicinal mushroom products is that they have been gaining a role in cancer therapy and are increasingly used as adjunct nutrition for immuno-compromised patients." The article also states that mushroom nutrition helps in fighting off viruses such as Human herpesvirus 8, Human papillomavirus (HPV), Epstein-Barr virus, and Hepatitis B virus.

### Folic acid helps reduce risk of Alzheimer's

CAM, a UK magazine for practitioners of complementary and alternative medicine, featured a story in September 2005 which read, "High daily doses of folic acid significantly reduce the risk of developing Alzheimer's disease, according to the results from a long-term National Institute on Aging Study of diet and brain aging." The study found that folate appears to have more impact on reducing Alzheimer's risk than vitamin E, which is a noted antioxidant.

## True or false?

- About 3 million people visit their doctor or hospital suffering from conditions related to allergies every year in England - costing the NHS around £1 billion.
- Atopic eczema affects approximately 15-20% of young children in the UK.
- If 5% of the [UK] child population have food allergy, the risk that a food allergic child will die from a food allergic reaction is about 1 in 800 000 per year.

*All of the above statements are true and quoted from reliable sources. (References available upon request.)*

## Bulletin Board



*Elizabeth I knighting  
Managing Director Alister  
Monro*

### Managing Director knighted

The Breakspear Medical Group staff's evening Christmas banquet took place in the 15<sup>th</sup> century Great Hall of the Old Palace of Hatfield on Saturday 16 December 2006. The banquet included a four-course dinner with costumed entertainment followed by dancing. Everyone pooled together and hired a King Henry VIII costume for Managing Director, Alister Monro, which was presented to him as a surprise before the banquet. In tights and Elizabethan bling, Alister was knighted by Her Majesty Elizabeth I, God Queen of England, France and Ireland.

### [www.breakspearmedical.com](http://www.breakspearmedical.com)

Over the last 4 months, Breakspear Hospital's website has been averaging over 9,000 new visitors per month.

We now have many pdfs available for you to print at home including forms for pharmacy or antigen vaccine re-orders.

We also provide information on the conditions we treat, products and services we offer, a news section which posts interesting newspaper articles on topics we think our patients may find interesting and, of course, all previous editions of the Breakspear Medical Bulletin!

