

5 things you should know

about your low-dose immunotherapy vaccines

If you are a patient at Breakspear Medical, chances are you are currently taking low-dose immunotherapy vaccines or have heard about this method of allergy/sensitivity testing.

Breakspear Medical specialises in the treatment of allergy, intolerance and sensitivity using the proven technique of allergen-specific low-dose immunotherapy (LDI).

Each patient who undergoes LDI testing will be prescribed their custom-made, preservative-free LDI vaccines.

1. All our LDI vaccines are manufactured on-site

Breakspear Medical's Manufacturers' "Specials"

Licence laboratory is on the first floor of our main building.

Every antigen vaccine is custom-made to fulfil each patient's prescription and manufactured to the high standards demanded by the

Medicines and Healthcare products Regulatory Agency (MHRA).

Each day, the laboratory staff are producing vaccines for patients on Breakspear Medical's Testing Wards and for patients who have reordered their vaccines. They also produce vaccines for patients testing and reordering at other clinics.

(Continued on page 4)



Introducing Dr Caroline de Mello

Dr Caroline de Mello has recently moved from Portugal to join Breakspear Medical as a full-time member of staff.

Dr de Mello has experience in Family Practice, Paediatrics and Immuno-haematology and has developed an interest in the last few years in Anti-ageing and Orthomolecular/Nutritional Medicine.



Dr Caroline de Mello

She received her degree from the Faculty of Medical Sciences - Universidade Nova de Lisboa, Portugal.

Dr de Mello is fluent in English and Portuguese and has a professional working proficiency in Spanish.

Please join us in welcoming Dr de Mello to the Breakspear Medical team.

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Results of our scent-free survey...so far

In Issue 35 of the Breakspear Medical Bulletin, we asked our readers to complete an online scent survey.

Initially we asked people to respond before 31 May 2014 but we have extended the closing date to 30 October 2014 in order



to hear more people's opinions.

We also handed out printed copies of the questionnaire to many of our patients, who completed and returned it to Reception.

If you have already completed our survey, thank you for your time and contribution!

So far, our scent-free survey results show:

95% know of no other scent-free UK business.

68% experience dizziness when exposed to perfumed products.

63% suffer from headaches when exposed to fragrances.

100% of respondents said they would or may feel comfortable telling a member of staff that they suspect another patient is wearing a scented product. However, opinions about what should be done to remedy the situation are quite divided.

26% of respondents believe that a patient suspected of wearing scented products should have their appointment cancelled and re-scheduled for another time after they agree to return scent-free.

Breakspear Medical Bulletin

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From those who have already completed the survey, we have received many practical suggestions on this sensitive issue. In fact, one suggestion submitted initiated an all-Breakspear Medical staff survey conducted earlier this summer to collect the names of scent-free products used by members of staff. This will help to devise a list of tried and tested suitable products for patients, including details of where one can purchase them.

The findings of the staff survey are currently being correlated. However, the initial findings are that 82% of the staff members who use unscented shower gels or bar soap purchase them in a major food shop. This shows that there is a significant demand in the marketplace for scent-free toiletries, which we hope will continue to increase so that they are readily available to everyone.

If you have not completed our quick 10 question survey, please help us by doing it right now online: [www.Breakspear Medical.com/ScentSurvey](http://www.BreakspearMedical.com/ScentSurvey) or pick up a printed copy from Reception. Your participation will help us make sure Breakspear Medical is truly scent-free.

Ask Dr Jean Monro

As I recover from chronic fatigue, I am eating better and still taking supplements but I wonder if there is something more I can do to improve my health?

There is a large amount of literature available on the benefits of exercise. It is widely accepted that exercise is important for general maintenance of health and helps protect people against cardiovascular disease.

Studies have shown that aerobic exercise enhances brain function in both the healthy aged and in the young, which suggests that it plays a role in promoting the health of nerve cells.

A study conducted a few years ago in Ireland assessed the effects of strenuous exercise and memory.

Using the results of a before and after brain-teaser test, stationary exercise bike and blood samples that

measured the protein called brain-derived neurotrophic factor (BDNF), which is known to promote the health of nerve cells, the researchers concluded that strenuous exercise improved brain function and increased levels of BDNF in the blood of their test subjects.

While it may sound too good to be true, perhaps even the simple exercise of walking could help. A study of ageing rats concluded that short bouts of mild-intensity physical exercise improved spatial learning and memory, as well as resulting in a marked increase in BDNF levels.

Exercise may be protective and rehabilitative in neurodegenerative diseases of the brain and peripheral nervous system, such as Alzheimer's disease and Parkinson's disease, too.

Alzheimer's disease is characterised by a loss of memory and cognitive functioning. It would seem that it can affect anyone; however, there is evidence that there may be a genetic predisposition. People who harbour a specific variant of a gene, commonly known as the APOE-e4 gene, have a substantially increased risk of developing the disease.

A study published in May 2014 looked at nearly 100 volunteers who were divided into 4 groups; one group included the people with the e4 gene who did not exercise, another group of those with the e4 gene who did exercise, and the other 2

groups were without the gene who did or did not exercise regularly. The subjects were initially brain scanned, with particular emphasis on the hippocampus (part of the brain relating to memory and spatial navigation) and then the scans were repeated 18 months later. It was found that the members of the group carrying the APOE-e4 gene who did not exercise had undergone significant shrinkage of their hippocampus, by about 3% on average. The subjects who carried the gene but who exercised showed almost no shrinkage. Likewise, both groups of the subjects who did not carry the gene showed little change in their hippocampus. While more research is needed, the professor conducting the study recommends that everyone should exercise to protect their memories.

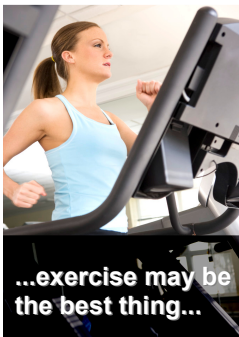
Similarly, a systematic review of 14 clinical studies published earlier this year recommended exercise as part of routine management and neurorehabilitation for Parkinson's disease.

An animal study published in February 2014 determined moderate aerobic exercise helps to preserve the structure and function of nerve cells in the retina (light-sensitive membrane of inner eye) after damage, which suggests exercise may be able to slow the progression of retinal degenerative diseases.

In the experiment, there were mice training on treadmills for 1 hour per day, 5 days per week for 2 weeks, which were exposed to toxic bright light (simulating retinal degeneration) and then exercised for 2 more weeks. The exercised animals lost only half the number of photoreceptor cells that were lost by the animals that spent the equivalent times on a stationary treadmill.

As well, the exercised mice were more responsive to light and had higher levels of BDNF. When the scientists blocked the receptors for BDNF in the exercised mice, they discovered the retinal function in the exercised mice was as poor as in the inactive mice, effectively eliminating the protective effects of the aerobic exercise.

In addition to toning your body, reducing stress and warding off heart disease and diabetes, exercise may be the best thing for your brain function, memory, learning and prevention of neurodegenerative diseases.



5 things you should know about your low-dose immunotherapy vaccines

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2. Our LDI vaccines are custom-made by people, not machines

Barry, Helen, Sam, Marion and Ron prepare, manufacture and dispatch all the LDI vaccines produced at Breakspear Medical.

Before entering the pressurised and air-filtered environment of the laboratory, the technicians must follow strict procedures of changing into their laboratory uniforms, including shoe covers and hairnets.

The cleanroom clothing is made from a special material that minimises the shedding of particles from the technician.

Each morning, the laboratory is cleaned and monitored by the laboratory technicians before any production can begin.

During production, the technicians are each seated at an individual small laboratory cabinet, with their arms reaching in through extra-large long rubber gloves to work with the small volumes of liquids, syringes and vaccutainers to create each cocktail.

3. LDI vaccines cannot be made in less than 28 minutes

From start to finish, with no interruptions or supply issues, 1 antigen vaccine cocktail (a tube of up to 25 different antigen items) can take approximately 30 to 40 minutes to manufacture. Technicians are working on cocktails, as well as fulfilling various other responsibilities and adhering to strict good manufacturing practice (GMP) and environmental validation conditions, and every vaccine is tested for sterility.

Sometimes there are delays in production

because the items required for one cocktail may be being used by another technician for another patient's cocktail. Sometimes the patient requires changes to endpoints partway through production, which means that the order may have to be re-started. And, of course, being people, occasionally the technicians need personal breaks and must take scheduled lunch breaks, which requires them to change from their laboratory clothes, exit the cleanroom and then upon returning to work, go through the sanitising laboratory entry process again.

The laboratory must keep to a strict time schedule for the start of manufacturing and shut down at the end of the day. Shutting down at the end of the day requires sanitising and maintenance work before the staff's shifts end. This

Vaccine Laboratory Assistant Manager Helen Talbot is a second generation Breakspear Medical staff member; her mum was long-time nurse Margaret King, after whom the Testing Ward is named. Helen's daughter, Sara, has also worked at Breakspear Medical.



means that once the shutdown procedures are underway, it is not possible for the technicians to continue with any more production for the day.

4. We offer over 520 standard antigens, including foods, pollen and supplements

Our laboratory supplies the Breakspear Medical testing ward with 522 antigen vaccines to enable the nurses to test patients 6 days per week.

Each vial of antigen vaccines has an expiry date 3 months from manufacture. This means that the laboratory must constantly monitor and replenish stock levels and manufacture entire new runs of all the testing vaccines every 3 months. Thus the laboratory has to prepare 3400 individually labelled tubes when renewing the testing wards' supplies, in addition to manufacturing the daily patients' individual prescriptions.

5. We can create unique testing and treatment antigen vaccines

All base ingredients for the antigen vaccines are

(Continued on page 5)

New thoughts on vitamin-mineral treatment of ADHD adults

A New Zealand study published in the British Journal of Psychiatry January 2014 concluded that micronutrients, which were mainly vitamins and minerals without omega fatty acids, provided treatment of attention-deficit hyperactivity disorder (ADHD) symptoms in adults.

The double-blind study looked at 80 adults with ADHD, with one group taking micronutrients and the other on a placebo for 8 weeks.

The researchers concluded that there was a significant difference between the groups at the end of the 8 weeks. The clinicians rated those receiving the micronutrients as more improved than those on the placebo both globally and on ADHD symptoms. Data analysis showed that for those also suffering from moderate/severe depression at the start of the study, there was a greater change in mood-favouring active treatment over the placebo.

It was also concluded that there were no adverse effects.

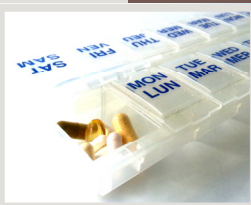
About ADHD

Attention-deficit hyperactivity disorder (ADHD) usually starts during childhood and is a developmental disorder where the individual finds it difficult to focus on something without being distracted, which results in them being much more impulsive and restless. It is estimated to affect 5%-10% of children and 1%-6% of adults.

There have been many studies focused on diet restriction and individual nutrients; however, standard treatments are usually medications and psychosocial treatments.

As sufferers have trouble organising and completing tasks, these individuals often have difficulty completing higher education and maintaining employment. They also have a high rate of car accidents and increased rates of divorce.

ADHD sufferers often also suffer from depression, anxiety disorders and substance use disorders.



(Continued from page 4)

sourced by the laboratory staff and the antigen vaccines are produced entirely on-site.

If we do not have a food or inhalant or other item for which a patient requires an antigen vaccine, our laboratory can manufacture one for an additional charge of only £45 (+VAT).*

To create a unique antigen vaccine, a sample of the substance needs to be provided. For example, if a patient had an adverse reaction to a rare food, such as dandelion leaves, the laboratory would require a 2 gram sample of the food to produce the testing and treatment vaccines.

The food sample then goes through the same processing techniques as standard vaccines,



Vaccine Laboratory Manager Barry Ryan has worked at Breakspear Medical for 22 years this October.

which include processing in a saline solution and being filtered and sterilised.

Creation of a non-standard vaccine does take additional time and the unique antigen solution requires additional storage space in the special laboratory freezers, which is why there is an extra charge for this service.

Breakspear Medical is proud

Breakspear Medical is proud to have maintained the high MHRA standards in our laboratory

since 1993. For over 20 years, the laboratory team has produced thousands of antigen vaccines and has an exceptional success record of delivering the customised vaccines within 14 days of orders being placed.

**Breakspear Medical reserves the right to change prices without notice.*

Linking gut bacteria, moods and mental health

Up to 80% of people suffering from IBS experience anxiety and depression.

Our guts contain vast communities of bacteria, both good and bad. This means that we share our diet with these microbes and naturally our diets will affect which types of bacteria thrive and which do not. It is theorised that good bacteria can help alter mood and behaviour.



Research is underway to find out why people with chronic intestinal conditions, such as irritable bowel syndrome (IBS), also frequently have psychological disturbances, such as anxiety and depression.

A number of published studies conducted at McMaster University, Montreal, Canada, link intestinal bacteria to changes in behaviour in mice.

One of the studies published last year concluded that mice behaviour changed with faecal transplants of intestinal bacteria. It was found

that giving adventurous mice bacteria from timid ones induced timid behaviour.

They also did the reverse, transplanting bacteria from adventurous mice into timid mice, which caused the timid mice to become adventurous.

...it was concluded that the women who drank probiotics for 4 weeks had a reduced brain response to stress.

The newly adventurous mice had increased levels of a naturally occurring

chemical called brain-derived neurotrophic factor (BDNF), which is linked to reduced anxiety. The newly timid mice had reduced BDNF.

A study at the University of California, Los Angeles, USA, studied the effects of a probiotic supplement, made of 5 different strains of bacteria, on 12 healthy women. Using before and after brain scans, it was concluded that the women who drank probiotics for 4 weeks had a reduced brain response to stress. Follow-up studies will test the impact of probiotics on people with high anxiety.

New thoughts on type 2 diabetes and saturated fats

Type 2 diabetes is the most common form of diabetes and affects almost 3 million people in the UK.

Saturated fats, typically found in foods with a high proportion of animal fat, have long been considered detrimental to health. Eating foods that contain saturated fats has been linked to diabetes, heart disease and stroke, some types of cancer and various other health problems.



Researchers at the University of Cambridge set out to examine the relationship between blood levels of 9 different saturated fatty acids and the risk of developing type 2 diabetes in later life.

From examining the diets of 340,234 European adults, 12,403 of whom developed type 2 diabetes, they found one group of saturated fatty acids was associated with a higher risk of type 2 diabetes, while other saturated fatty acids were associated with a lower risk.

Lead scientist Dr Nita Forouhi, from the MRC Epidemiology Unit at the University of

Cambridge, said: "Our findings provide strong evidence that individual saturated fatty acids are not all the same. The challenge we face now is to work out how the levels of these fatty acids in our blood correspond to the different foods we eat."

The group of saturated fatty acids which were associated with a lower risk of type 2 diabetes are ones that are well-established

markers of eating dairy fats. This would suggest a protective effect against type 2 diabetes from eating yoghurt, cheese and other dairy products.

The group of saturated fatty acids associated with the higher risk of type 2 diabetes were found to be consistent in fatty diets; however, these blood fatty acids can also be made within the body through a process which is stimulated by the intake of carbohydrates and alcohol.

The authors conclude that it is too early to make any direct dietary recommendations on the basis of their work and further studies are underway.

Recommended recipe

Alina Tierney, Nutritional Therapist

Prized by the Aztecs, Chia seeds are currently increasing in popularity due their health benefits, which include:

- aiding balance of lipid profile
- helping with weight loss
- improving digestion
- balancing blood glucose levels

These seeds, also known as *Salvia hispanica* L, belong to the mint family (Labiatae) and have been cultivated for centuries in South America.

Packed with good nutrients, they are composed of protein (15-25%), fats (30-33%), carbohydrates (26-41%), high dietary fibre (18-30%), vitamins and minerals. They also contain a high amount of antioxidants, especially quercetin. They are a great source of omega-3, calcium, magnesium, manganese and B vitamins especially niacin (vitamin B3), riboflavin (vitamin B2) and thiamin (vitamin B1).

Another key feature of chia seeds is that they do not contain gluten and they do not have a strong flavour so they would not impair any flavouring. Because most of the carbohydrate content is fibre, this makes them a low-carb-friendly food.

I recommend organic whole seeds, although milled are available as well. Milled seeds should be kept in the fridge, while whole seeds do not need to be refrigerated.

These seeds can expand significantly, becoming gel-like, so make sure you add sufficient liquid if you do not like it too thick.

They can also get stuck in your teeth!

Enjoy!



About Alina Tierney

With our regular recipe contributor, Michele Kingston, on maternity leave, Alina Tierney has provided this Bulletin's chia seed pudding recipe.

Alina worked closely with Dr Jean Monro for over a year and is now working as a full-time nutritional therapist at Breakspear Medical.

Chia seed pudding



This gluten-, sugar- and dairy-free pudding, which sets overnight, can be used either as a breakfast, snack or as a dessert.

Makes 2 servings.

Ingredients

- 1 small banana
- 4 tbsp chia seeds
- 250-280 ml almond milk or any other milk
- 1/2 tsp pure vanilla extract
- 2 pinches of cinnamon

Top with 1 or more of the following:

- 2 tbsp of nuts and seeds of your choice
- Pinch of cinnamon
- 1 tbsp hemp seeds
- Berries

Method

1. Mash banana in a medium-sized bowl.
2. Stir in chia seeds.
3. Whisk in the milk, vanilla and cinnamon until combined.
4. Place in fridge overnight to thicken.
5. In the morning, place your desired amount of chia pudding into a bowl.
6. If you like a smoother texture, you can mix in a blender. Add more almond milk if you want to thin it, or if it is too thin, add more chia seeds to thicken it.
7. Sprinkle on top your toppings, such as some nuts, seeds and/or berries, perhaps with a pinch more cinnamon and some hemp seeds.
8. You can store the leftovers in the fridge for 1-2 days.

New thoughts on chemicals affecting fertility & the unborn

The number 1 concern of parents-to-be is the health of the unborn child. There are unfathomable known and unknown factors that affect the health of the generations to come.

Today there are so many man-made chemicals in our environment, in the air we breathe, the water we drink and food we eat, it is not surprising that many studies have been undertaken to study how various chemicals may be affecting fertility and unborn babies.

Plasticisers affecting male and female fertility

The European Food Safety Authority (EFSA) has reviewed scientific information in 2008, 2009, 2010, and 2011 and concluded that there was no new evidence which would lead them to revise their opinion that known levels of exposure to bisphenol A (BPA) are safe. (See *About the chemicals* for more information on various substances.)

However, many reports have been published which link both BPAs and phthalates to fertility issues in men and women.

A study in China, published in the journal *Fertility and Sterility* in 2010, concluded that there was a link between very high levels of BPA exposure and decreased sperm count and other sperm-related problems. The study was one of the first in humans to link BPA with reproductive problems; most previous evidence has come from animals or laboratory studies.

Last year, Dr Irene Souter of Massachusetts General Hospital, Boston, USA, and colleagues presented their findings at the annual meeting of the European Society of Human Reproduction and Embryology in London, which concluded that exposure to specific phthalates might lead to adverse female reproductive outcomes. They questioned whether phthalates had an effect on women going through in vitro fertilisation (IVF), and followed 231 women at the hospital between 2004-2012. The researchers detected urinary phthalates in more than 95% of the samples.



About the chemicals

Bisphenol-A – a colourless solid used to make certain plastics and epoxy resins. It is used to make a variety of consumer goods, such as water bottles, sports equipment and food and beverage cans.

Phthalates – primarily used as an additive to plastics to increase their flexibility, transparency, durability and longevity. They are used in a host of plastics, including PVC and vinyl, and in personal care products and aerosols with fragrances in them.

Acetamiprid (ACE) – an organic insecticide that affects the central nervous system of insects. It is used to control

...many reports have been published which link both BPAs and phthalates to fertility issues in men and women.

sucking insects on crops such as leafy vegetables, citrus fruits, cherries, cotton and various other crops.

Imidacloprid (IMI) – the world's most widely used insecticide, which acts on the central nervous system of the insects. It is used for pest control in agriculture, applied to building foundations to prevent termite damage, flea treatment of domestic pets and many other places.

Disinfection by-products (DBPs) – a group of chemicals formed when disinfectants react with matter in water. The most common classes of DBPs are trihalomethanes (THMs) and haloacetic acids (HAAs). Bromate is a chemical formed when ozone used to disinfect drinking water reacts with naturally occurring bromide in the source water. Chlorite is formed when chlorine dioxide is used to disinfect water.

Insecticides and the developing nervous system

Late in 2013, the EFSA issued a press release which announced that 2 widely used insecticides, acetamiprid (ACE) and imidacloprid (IMI), may affect the developing human nervous system.

These 2 insecticides are classed in a group of nerve-active insecticides called neonicotinoids, which are chemically similar to nicotine.

The EFSA has delivered its scientific opinion,

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The importance of cleaning your hands

Cleaning your hands thoroughly is one of the most important things you can do to help prevent and control the spread of many illnesses.

Hand cleaning can reduce flu, food poisoning and healthcare-associated infections being passed from person to person.

Good practice hand washing includes lathering one's hands and wrists for a minimum of 20 seconds. It is recommended that one sings "Happy birthday" twice as a method of ensuring enough time has been spent soaping up.



Everyone should wash their hands:

- after visiting the toilet
- before handling food
- when the hands are visibly dirty
- after coughing or sneezing into one's hands

Several years ago Breakspear Medical installed general-use handrub dispensers throughout the facilities to provide easy access for patients, visitors and staff.

Our dispensers contain Steri-7 hand sanitiser, which is a foam (reducing the risk of eye-splashing), and scent-free. The datasheets state that no irritation or reaction are expected with use; however, simply rinse with water if an irritation is experienced. This product is not classified as hazardous to health or the environment.

We also use scent-free trigger sanitising spray for wiping down hard surfaces throughout the wards and other communal areas.

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at the request of the European Commission, by considering recent research by Kimura-Kuroda and existing data on the potential of ACE and IMI to damage the developing human nervous system.

The Kimura-Kuroda study, which was published in 2012, concluded that ACE, IMI and nicotine all showed similar excitatory effects on mammals' nerve receptors and concluded that this class of insecticides may adversely affect human health, in particular the developing brain.

The European safety officials are calling for recommended exposure limits for these chemicals to be lowered while more research is carried out.

Disinfection by-products affecting foetal growth

Disinfectants react with organic and inorganic matter to form a complex mixture of several hundred different disinfection by-products (DBPs) in drinking water. The make-up of this mixture varies with the water source, amount, timing, disinfectants and, of course, the organic matter contained in the source water.

Generally, drinking water is tested and to be considered drinkable, it has low levels of DBPs in parts per billion or, in some cases, parts per million.

There have been many studies over the years which have been considered to determine if there is an association between DBPs and outcomes such as low birth weight, pre-term delivery and small for gestational age, as well as other variations.

While data from animal studies show various adverse reproductive and developmental effects associated with DBPs, at this time, the human studies' results are mixed. Several American studies have reported associations between different DBPs and small for gestational age (SGA) and low birth weight (LBW).

A Taiwanese study published in Environmental Health 2008, assessed the effect of DBPs on the risk of the most common specific birth defects, using a cross-section of nearly 400,000 births. Their conclusion suggests that prenatal exposure to DBPs increases the risk of ventricular septal defects (also known as hole in the heart), cleft palate and anencephalus (failure of the brain to develop in the foetus).

Did you know...?



The benefits of chocolate - A 2013 study published in *Neurology*, the medical journal of the American Academy of Neurology, tested the effects of cocoa on thinking and memory and showed that consuming 2 cups of hot chocolate a day may help older adults maintain brain health and improve thinking skills.

Tuesday 4 February 2014 was World Cancer Day

The World Cancer Report predicts that cancer cases worldwide will increase by over 70% in the next 20 years.

The report suggests that low- and middle-income countries will be increasingly hit by cancers triggered by infections, such as human papillomavirus (HPV), or associated with more affluent lifestyles, which include smoking, alcohol use and lack of physical activity.

The UN Agency, the International Agency for Research on Cancer (IARC) released the following figures:

- there were an estimated 8.2 million deaths from cancer in 2012
- global cancer incidence over 4 years increased by 11% to an estimated 14.1 million cases in 2012

- if cancer rates do increase as predicted, global cancer incidence will reach close to 25 million in the next 2 decades

The IARC is calling for:

- development of National Cancer Control Plans
- awareness programmes against modifiable risk factors
- cancer screening programmes, which have been shown to have decreased some cancers by at least 25%
- introduction of HPV vaccination programmes

The press release concludes "...the world cannot afford to sit back and continue to let the global cancer burden grow."

Vitamin C may boost chemotherapy

Findings published in *Science Translational Medicine* suggest that giving some cancer patients high doses of vitamin C intravenously (as opposed to orally) alongside conventional chemotherapy may help kill cancer cells and also reduce some of the toxic side-effects of the therapy.

The clinical trial studied 27 patients who were recently diagnosed with stage 3 or 4 ovarian cancer. The patients underwent conventional chemotherapy, with some patients being given intravenous vitamin C. The patients were followed for 5 years and it was found that the toxic effects of the therapy tended to be less in the patients given vitamin C.

Other experiments on mice showed that intravenous vitamin C killed cancer cells and provided the researchers with clues as to what is happening at a molecular level. The researchers are calling for large clinical trials to be conducted to definitively examine the benefit of adding vitamin C to conventional chemotherapy.

Fibromyalgia pain reduced with vitamin D

Fibromyalgia is a condition that involves chronic, widespread pain along with other symptoms such as fatigue, poor sleep and mood changes.

The Arthritis Foundation's website reported that a study conducted at Vienna's Orthopaedic Hospital Speising found that taking supplements of vitamin D can reduce pain and offer a cost-effective complement to other treatments for fibromyalgia.

The study looked at the role of vitamin D supplementation in 30 female fibromyalgia patients. After 25 weeks of supplementation, the patients receiving the vitamin D supplement reported a 20% reduction in their chronic pain levels, while the placebo group remained unchanged.

There have been other studies which look at vitamin D supplements as a complementary treatment for chronic pain; however, the results have been mixed.

Available at our Pharmacy

There are a number of ways that people can purchase products from Breakspear Pharmacy. You can place an order by:

- visiting Breakspear Pharmacy's online shop anytime of the day or night to order and pay securely for all the Pharmacy items available.

www.breakspearmedical.com/shop

(correction)

- telephoning the Pharmacy to place your order 01442 261 333 ext 291, Monday to Friday 9:00-5:00.
- speaking to one of our Pharmacy staff next time you are visiting the clinic.

Please let your family and friends know that our online shop is open to anyone wishing to buy quality nutritional products and scent-free household supplies.

Have you heard of the Medical Innovation Bill?

In June 2014, a revised Medical Innovation Bill, which offers legal protection to doctors who try out innovative new techniques or drugs on patients when all else has failed, received its second reading in the House of Lords.

The Bill proposes that patients will be able to look up new medicines tried on other ill people on a new database run by Oxford University and ask their doctors for the same treatment. The Bill would protect the doctors who try the innovative new techniques or drugs.

The Bill is being promoted by Lord Saatchi and many leading medical experts and cancer patients signed a letter of support.

Last year, the legislation was endorsed in principle by Health Secretary Jeremy Hunt.

However, it is very controversial, as many

doctors, lawyers and patients believe that it could be putting patients at risk, particularly very ill patients who are desperate.

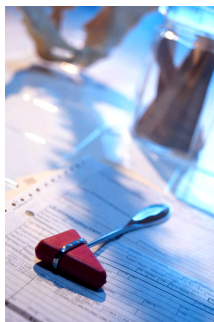
In 2011, Lord Saatchi's wife, Josephine Hart, died aged 69, of a type of ovarian cancer and

Lord Saatchi has stated that he was furious at the lack of treatment available.

He stated that 15,000 people die every year because of cancer treatments rather than because of the illness itself.

In response last autumn, the Department of Health stated, "There is nothing to stop doctors considering novel and innovative treatments to help their patients but what is crucial is that patients are involved in the decision making process and are fully informed of the risks and benefits of any treatment."

...many doctors, lawyers and patients believe that it could be putting patients at risk, particularly very ill patients who are desperate.



Enhancing access to new medicines—Scotland's systems for approving and accessing new medicines for use in the NHS changed in May 2014, giving patients and clinicians a greater say on what new medicines are approved for end-of-life care and treating very rare conditions.

Tribute to Sir John Colfox 1924 - 2014

It is with sadness that we report that Sir John Colfox died at the age of 90 on 12 July 2014.

He leaves behind his wife Lady Frederica Colfox, 5 children and 17 grandchildren.

The funeral was held on 23 July in Symondsburry, Dorset. The service was attended by around 500 people.

Dr Jean Monro's tribute:

Sir John was a very stalwart gentleman who helped to found the Environmental Medicine Foundation in 2004. He and Lady Frederica Colfox were amazingly supportive of Breakspear Medical and went through times of travail and joy with us. They became our friends.

John and Frederica raised funds through holding major events, such as carriage rides through the countryside followed by a barbecue at Chideock Manor. They hosted a

ball in London at the Savoy Hotel and with considerable endeavour managed to maintain continuing support for individual patients as well as for the educational goals of the Environmental Medicine Foundation.

In later years, John continued his interests in Breakspear Medical and he and his family were dedicated to following the precepts of environmental medicine in their own lives and for their family.

John was very much loved by all of us at Breakspear Medical and we will honour his memory here. Our love and concern for Frederica remain strong and we send her our condolences in her time of sorrow as we do to all of the family.

In Frederica's words, "We are not sad he has died. We are so happy he was alive and that we knew him."



Sir John Colfox and Dr Jean Monro, on his Dorset estate.

Bulletin board

Safeguarding training for all staff

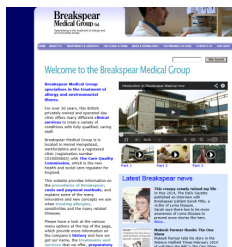


Clinical Care Manager Anne Derham

As part of Breakspear Medical's commitment to providing high-quality healthcare and complying with national standards, this summer all our staff received mandatory safeguarding training.

The course focused on protecting vulnerable adults, centring on their needs and rights, with some time also spent on safeguarding children and the procedures to handle any concerns.

This summer's course was presented by our Clinical Care Manager, Anne Derham. Anne holds a teaching qualification and has had many years' experience of safeguarding to a high level in her previous position at a prison.



Updating the Breakspear Medical image

Ten years after they were first developed, redesign of the website and online shop is underway to improve the flow of

information and convenience of online shopping.

If you use our website or online shop and have suggestions about how we may improve either website for you and future users, please drop a note or email to our Publications Editor Carolyn Northcote Monro email:

cmonro@breakspearmedical.com

We'd really appreciate hearing your feedback!

Price change notification—Just to let you know, due to the increase in running costs, Breakspear Medical has reviewed and marginally increased some consultation and treatment prices with effect from 1 July 2014. The new prices are available online: www.BreakspearMedical.com/prices or you can pick up a copy of our "Appointment fee structure" leaflet from Reception.