

# WAKE UP



**"As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone."**



**Dr. Alan Greenberg,**

What some doctors know about herbs year. And the fact most doctors are totally ignorant about herbs. Fewer than half of cancer doctors oncologists bring up the subject of herbs or supplements with their patients, the researchers found. Many doctors cited their own lack of information as a major reason why they skip that conversation.

"Lack of knowledge about herbs and supplements, and awareness of that lack of knowledge is probably one of the reasons why oncologists don't initiate the discussion," said the study's author, Dr. Richard Lee, medical director of the Integrative Medicine Program at the University of Texas MD Anderson Cancer Center

in Houston. "It's really about getting more research out there and more education so oncologists can feel comfortable having these conversations," Lee said.

The study was published recently in the Journal of Clinical Oncology.

For the current survey, the researchers asked almost 400 oncologists about their views and knowledge of supplements. The average age of those who responded was 48 years. About three-quarters of them were men, and about three-quarters were white, the study noted. The specialists polled talked about supplements with 41 percent of their patients. However, doctors initiated only 26 percent of these discussions, the researchers found. The survey also revealed that two out of three oncologists believed they didn't have enough information about herbs and supplements to answer their patients' questions.

Of all the doctors surveyed, 59 percent said they had no education on these products. A cross-sectional survey was done using an interviewer-administered pilot tested de novo questionnaire at six public hospitals in Trinidad between May–July 2004. The questionnaire utilized weighed questions to quantify acceptance (maximum score = 14 points) and knowledge (maximum score = 52 points). Acceptance and knowledge scores were analyzed using the ANOVA and Tukey's tests. 192 physicians interviewed, most (60.4%) believed that herbal remedies were beneficial to health. Respondents had relatively high acceptance levels (mean =  $5.69 \pm 0.29$  points or 40% of total possible score) and poor knowledge (mean =  $7.77 \pm 0.56$  points or 15% of total possible score). Seventy-eight physicians (40.6%) admitted having used herbs in the past, and 60 of these (76.9%) were satisfied with the outcome. Although 52 physicians (27.1%) recommended the use of herbs to their patients. Feel free to contact me about this or any other health issues you may be going through.