

# Letter to the Editor: The Pundit Speaks

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## “Cancers Made Worse By Antioxidants”

Cancer is on the increase and is rapidly gaining on heart disease as the number one killer in America. Even worse, we are lacking new and innovative ways of treating and preventing it and some of the things we do can make cancer worse. Large clinical trials have found that antioxidant supplements can *worsen* some cancers. Antioxidants can block the killing of leukemia, lymphoma, myeloma, and human cancers of the breast, lung, pancreas, liver, colon, rectum and endometrium. This was shocking since, in theory, they should be beneficial. In my book, *Danger of Excessive Antioxidants In Cancer Patients*, I clearly demonstrated the harmful effects of antioxidants in cancer patients. I found twenty seven (27) types of human cancer cell types and nine (9) murine cancer cell types that can be killed by EMODs and in which the killing can be blocked by antioxidants, thereby providing antioxidant protection and shielding of the cancer cells. They also increase the spread of cancer cells (metastasis). A new study in the New England Journal of Medicine (NEJM) found that the levels of natural antioxidants are also boosted in cancer cells. Thus, they suggest therapies designed to boost the levels of oxidants in cells could be beneficial (which I have been saying for a decade). No doubt, radiotherapy and certain chemotherapies depend on oxygen free radicals to kill the cells. Many people take antioxidant vitamins such as A, E, and C thinking that their antioxidant properties will ward off cancer. But some clinical trials have suggested that such antioxidants, which "mop up" free radicals, have the opposite effect and raise cancer risk. Now, in a provocative study that raises unsettling questions and cautions about the widespread use of vitamin supplements, Swedish researchers have shown that relatively "low doses of antioxidants spur the growth of early lung tumors" in cancer-prone mice. Actually, radiation therapy requires adequate levels of oxygen in order to kill malignant cells, without which it has a markedly reduced ability to stop cancer cells from growing and spreading. There can be no doubt that electronically modified oxygen derivatives (EMODs) are at the very heart of naturally-occurring and/or therapeutically induced cancer cellular suicide (apoptosis). With great unexpected alarm, three of the world's largest clinical trials utilizing antioxidants to kill cancer cells had to be stopped nearly two years earlier than planned, because the doctors realized it was harmful and unethical to continue to place the patient participants in further danger.

In the America that I love, we must be guided by scientifically-based studies. This data should not be ignored. In my opinion, if you have cancer, a strong family history of cancer or a premalignant condition, do not unadvisedly take excessive amounts of antioxidants.

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