

Letter to the Editor: The Pundit Speaks

By Randolph M. Howes, M.D., Ph.D.

November 15, 2015

“Cancer Can Be Turbocharged By Antioxidants”

The media pushes antioxidants as being capable of preventing cancer and heart disease, but nothing could be farther from the truth. Several large, randomized controlled trials (RCTs) have failed to confirm the benefits of vitamin C and E in cardiovascular disease (CVD) prevention. Results from large RCTs do not support long-term use of single antioxidant supplements for CVD prevention due to their lack of effect or even adverse effects on major cardiovascular events or cancer. The latest studies about antioxidants are terrifying. Scientists think they may boost cancer cells to spread faster. 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 is shocking since, in theory, they should be beneficial. In my book, *Dangers of Excessive Antioxidants In Cancer Patients*, I clearly demonstrated the harmful effects of antioxidants in cancer patients. In my research, I found twenty seven (27) types of human cancer cell types and nine (9) rodent cancer cell types that can be killed by oxygen free radicals and, in which, the killing can be blocked by antioxidants, thereby providing antioxidant protection and shielding of the cancer cells. People who have been diagnosed with cancer should avoid antioxidant supplements. Cancer patients are particularly prone to take supplements containing antioxidants. Antioxidants can work against you on cancerous cells, turbo-charging the process by which they grow and spread. Researchers at Sahlgrenska Academy, University of Gothenburg, demonstrated in January 2014 that antioxidants hastened and aggravated the progression of lung cancer. Mice that were given antioxidants developed additional and more aggressive tumors. Experiments on human lung cancer cells confirmed the results. This study showed that normal doses of vitamin E and smaller doses of N-acetylcysteine, an antioxidant supplement, appeared to lead to a three-fold increase in the number of tumors and caused them to be more aggressive. Shockingly, 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, our safest course is to be guided by scientifically-based studies. If you or a love one have cancer, a strong family history of cancer or a premalignant condition, do not unadvisedly take excessive amounts of antioxidants.

Randolph M. Howes, M.D., Ph.D.

Surgeon/Scientist/Patient Advocate

27439 Highway 441, Kentwood, LA 70444

985-229-6955 Home | 985-229-3760 – Fax | 985-514-0578 – Cell

rhowesmd@hughes.net | www.iwillfindthecure.org

