



# Lamont Health Care Centre

Telephone (780) 895-2211 Fax (780) 895-7305  
P.O. Box 479, 5216-53 Street, Lamont, Alberta T0B



## 2013 COMMUNITY NEWSLETTER – WINTER EDITION

### 'MEDICAL CORNER'

#### *Bad Medicine*

by Dr. Zainool Mohamed, Chief of Medical Staff - LHCC

Today I would like to talk to you about *Bad Medicine*; extracted from an article in the Guardian Newspaper from England and written by Christopher Wanjek.

As the title implies, we are going to talk about proposed medical treatments that are actually either fraudulent or they are superstitions rather than scientific medicine. It is important to remember that medicine is a biological science and that both its research and practice follow scientific principles. One of the most common issues I have to deal with is when somebody goes in to emergency or the doctor's office and without any examination walks out with a prescription for antibiotics. This is not the way that medicine should be practiced. A prescription of antibiotics should only be given after a thorough history and examination. In the cases where the cause is not obvious, further testing should be completed before prescribing antibiotic therapy.

Coming back to *Bad Medicine*, the first myth I would like to talk about is the use of 10% of our brain. This is in actual fact a myth. Recent MRI and brain imaging studies have shown that we use 100% of our brain. However, in the 1930's when they were trying to sell self-help pamphlets they came up with the 10% figure in order to try to beguile the public into believing that if they practiced the self-help techniques that they would actually increase the use of their brain power. This in actual fact is false.

The second myth that I would like to talk about is the detoxification of poison in the liver. A multi-million dollar industry has grown from the notion that the liver itself becomes toxic and must be cleaned or banged out like a lint screen with a vitamin and herb regimen. This is completely untrue. Aside from Vitamin A, nothing ever accumulates in the liver. What the liver cannot detoxify it allows to pass through. So all you people who are using large doses of multivitamins and Vitamin B, Vitamin C and Vitamin D please remember that all you are doing is increasing the value of your urine. Probably some day it will become so valuable that people will be harvesting your urine to extract the vitamins back out of it.

The third one I would like to talk about is magnetic therapy and I am going to include amongst this acupuncture, acupressure and other forms of alternative therapy. The belief is that magnetic therapy can manipulate blood flow. This is completely fraudulent. This therapy is based on the fact that the iron in the blood conducts oxygen to the tissue and that iron is a magnetic substance. However, people forget that iron is bound to hemoglobin and therefore it doesn't have the same magnetic properties. In actual fact, if it did have the same magnetic properties nobody would be able to get an MRI because all the blood would be sucked out of their body. People often say there is a red band under the skin from the magnetic bracelet and that is actually just a contact allergy and has nothing to do with magnetism.

The fourth myth I would like to target is the one on homeopathic medication. Homeopathic medication is actually based on like cures and the lure of infinitesimals. A typical dilution in a homeopathic medication is 30 times which means it is one part medication to 1030 parts water. So, you would need to drink 8000 gallons of water to get one molecule of medicine. If you understand the ridiculousness of this claim you would understand how ridiculous the claim of homeopathy is.

There is a new trend in our society to drink bottled water and there is an even newer trend to drink bottled water fortified with oxygen. Oxygen only enters the blood stream through the lung. You would need to drink about a litre of oxygenated water every thirty seconds to get one deep breath's worth of extra oxygen and that is presuming you don't urinate the water out at all.

#### **Mission Statement**

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health

and the provision of compassionate care to all persons.



# Lamont Health Care Centre

Telephone (780) 895-2211 Fax (780) 895-7305  
P.O. Box 479, 5216-53 Street, Lamont, Alberta T0B



## 2013 COMMUNITY NEWSLETTER – WINTER EDITION

### **'MEDICAL CORNER'**

#### ***Bad Medicine - continued***

In keeping with the line of debunking vitamins, alternative medicine components have also latched onto the antioxidant fable. This is the notion that antioxidants fight free radicals, which they do, but this is an oversimplification. Free radicals are molecules that are highly reactive and they do destroy cell walls but you need free radicals to make energy inside the cell. Some free radicals like hydrogen peroxide are part of the immune system. Using an antioxidant, that is a megadose of a supplement, can actually disturb this natural process. Indeed, antioxidants like Vitamin C and Betacarotene have shown to increase the growth of cancer cells and Selenium can be toxic. There is no evidence that high doses of antioxidants help the body in any way. Vitamin E may be the exception but even Vitamin E in excessive doses can cause bleeding.

The next myth regards mobile phones or cell phones and brain cancer. There have been studies out of Europe saying that we should only be using a bluetooth device because cell phones release radiation. However, people claiming this have forgotten that there are only certain types of radiation called ionizing radiation that can cause cancer. Visible light and radiowaves are completely safe and this is what the cellphone uses. Also they indicated that maybe the battery might be at fault but all the battery does is produce heat, which is infrared, which does not cause cancer.

The last one I want to talk about is probably the most topical and this relates to vaccination. I want to address specifically the measles, mumps and rubella or MMR vaccine. In the 1970's there was significant concern that MMR was giving people autism. The only thing that they did not realize was that you actually received your MMR shot at the same time that they were discovering cases of autism (i.e. the same age); this was mere coincidence that the two things occurred at the same time and so they were linked in people's minds. We now know that autism has nothing to do with MMR.

However, people who don't immunize their children forget that there are many benefits to immunization. If we take countries that are not vaccinated, for example, Afghanistan; 25,000 people will die in one year in Afghanistan from measles alone according to the World Health Organization. If we look at a more modern country, in Britain people were against the whooping cough vaccine so in 1974 Britain stopped giving the vaccine. In the four years following, there were 100,000 cases of whooping cough and 36 people died. So people who worry about vaccines do not have all the information. They also believe in non-causal links and coincidences.

Right now we are experiencing a measles outbreak and this is very much the same thinking that is occurring in our country. As the writer of this article says, no herbal medication or incantation routinely worked to cure disease in history; in actual fact notions of alternative medicine are often banned in developing countries because they lead to harm.

The last thing I would like to leave you with is some information about the PCN. As you may know now, we have a PCN in Lamont, which is located in the hospital in the same area as the doctor's clinics; we have a full-time nurse available to us. The PCN is available five days a week; Staff will see any patient with a chronic medical condition and deliver any information about any disease you may be inquiring about. As well, there will be special programs for diabetics, hypertensives, people with heart disease and COPD. The nurse is available for self-referral consultations and will also take consultations from the doctor. Please encourage your doctor to make use of the PCN services as these services are free; you are entitled to use them. We are going to expand our services soon to include diabetic foot surveillance as well as diabetic eye surveillance, which will greatly enhance the services that we provide at present. I encourage you to support the PCN. Please call 780-997-0046 for an appointment.

#### **Mission Statement**

We believe that wholeness of body, mind and spirit is God's will for every person.

We are committed to the healing process, the promotion of health

and the provision of compassionate care to all persons.