

28/11/12      Bladder Cancer

It all started in December 2010 when they found a tumour in my bladder. I was horrified when I was told the news. I asked if it could be benign and his answer was "No". That was the beginning of my fight.

They put me through all the tests, blood work , body scan and a few days later I was cleared of any spread and then cleared of cancer. That was the best news anyone could want but the bad news was, it was an aggressive type of pre-cancer. I decided to eat healthy and sent myself off to see various alternative doctors. I stuck with one particular Doctor for six weeks until my next cystoscopy. When that cystoscopy was clear I stopped seeing him and slowly slipped back into my old way of living. Gradually I regained my sweet tooth with full force and all the fatty foods I enjoyed as well. I had two more clear cystoscopies before cancer was discovered in February 2012. My emotions were put on a roller coaster as it was first thought it was TCC a common bladder cancer which is treated with chemotherapy. Unfortunately the type I had only 3% get and there is no chemotherapy or cure unless I take my bladder out. "Not a happy camper".

This was serious so I started looking for a Chinese doctor whom I had always believed in. It was around this time I had discovered Dr Chen. He gave me hope and I felt I was in good hands. I remember my first visit, Dr Chen explaining about my T-Cells as an army to help fight the cancer with the help of acupuncture. I have always had bladder problems since I was little. When I was in my mid-thirties I kept getting infections so I was put onto a low dose of antibiotics. Dr Chen kept shaking his head saying "No good". He is helping me wean off them slowly as I have been on them for over 10 years now. I was given acupuncture and left in the room to meditate. I felt all these things going down my spine like little ants. I kept wriggling and wondering what they were? A few weeks later I told Dr Chen about my experience, he said they were my army of T-cells he had directed to go down into my bladder to fight the cancer.

Around a month of discovering cancer they wanted to do a biopsy which Dr Chen was not happy about. I thought it was the normal thing to do because they had always done biopsies every time I had a cystoscopy. Chen kept shaking his head saying "no more biopsy after this one, biopsy no good" so I decided this would be the last one, it made sense how else would I heal if they kept cutting at me.

During my biopsy procedure they had perforated my bladder so I had to stay in hospital for a few days. More tears and more heartache as the MRI had shown something like an aggressive type of cancer in the walls of my bladder. I was told I may need to take my bladder out yet again. Tests came back and thank God it was clear from cancer but not from pre-cancer cells. We now know what they saw was scarring from the previous operation. I had shed a lot of tears in those four days because of their mistake so I declined further MRI scans for a while until I had healed inside for fear they may get it wrong again.

My visit back to Dr Chens after such a stressful week felt so good and relaxing. I asked him if he can still fix me and he answered "yes, as long as I don't have any more biopsy". That was music to my ears. At that time I had also complained about a sore back, which Dr Chen said was most likely from the operation. "I fix" he said so he put needles in my back. The acupuncture made it feel real nice

like someone had put a warm water bottle on my back. Then after 20 minutes I could feel the warmth slowly moving out. My pain went and never came back.

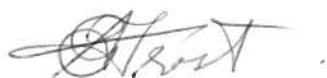
I continued my weekly visits feeling good and doing well. Chatting with all the patients and listening to their success stories under Dr Chen. Physically and mentally I was in a real good place and then I suffered a setback. I had a bad attack of a condition called "Trigeminal Neuralgia". This is a nerve disorder that causes stabbing or electric shock like pain in parts of the face, in my case my right cheek. I was put on a drug called Tegretol to help with this excruciating pain. This helped but as soon as my body got use to the drug the pain would push through. I would keep increasing the dose that in the end I asked Dr Chen for his help as I was nearly at the top of my limit for this particular drug. He put needles in my cheek and by the next day my pain had reduced quite a bit. It has been over a month of acupuncture in my cheek now and the pain has been stabilised. This is certainly a better alternative than taking more drugs as the side effects are horrible and the drugs can't be good for my healing process either.

Four months after my biopsy my next cystoscopy was scheduled. This was my first cystoscopy under Dr Chen's guidance. Dr Chen reminded me "No biopsy, just take a picture", so I rang the urologist office and told the receptionist my request. The day of surgery my doctor tried talking me into having a biopsy. When I kept resisting he started pressuring me more and getting quite angry. I was trying hard not to upset him too much after all he was the one operating on me, but at the same time still holding my ground and sticking with Dr Chens advice. I ended up having the cystoscopy without a biopsy and even got a picture. Hallelujah, that cystoscopy came back clear and five months later at my next cystoscopy (with *no biopsy*) that also came back clear.

My next visit with Dr Chen he has placed me on fortnightly visits. He told me I am in remission and will stay in remission as long as I don't have any biopsy. My urologist has told me the only way he can cure me is to take my bladder out and Dr Chen has told me he will cure me within 4-5 years.

I am so pleased to have the guidance from someone who has had an oncologist background and treats you as an individual and not a number. He has given me the courage to stand up and take more control of my life. My husband said if it wasn't for Dr Chen I most probably would have my bladder out by now.

*"I give Praise and Glory to God for leading me to you Dr Chen. You are a gifted man. Thank You".*



A Frost

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