



# Ampuku® Wellness Therapy

Cancer - Another Challenge to Overcome (A real time account)

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Diagnosis: Invasive Squamous Cell Carcinoma, Grade 1-2/3, Keratinizing Type

Daily Pain Chart

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This journal documents the treatment of my Larynx Cancer by conventional medicine. It is not intended to recommend Alternative Therapies to those of you plagued with this disease. I considered Alternative Therapies for my cancer and concluded (in my specific case) it would be better to rely on radiation therapy for the treatment of the disease with a holistic approach. First, my cancer is in the early stages and (according to the physicians) 90-100% curable with radiation. These words are not usually used together with Cancer. I and Ampuku® have always maintained that Alternative and Conventional Medicine must live in tandem not just peaceful co-existence. Thus I normally consider Alternative Therapies primarily as the preventive (Proactive) side and Conventional Medicine the Reactive side. Pain and muscular strains are two reactive components that Alternative therapies can normally handle, in my opinion, much better than (prescription) drug therapies. Disease on the other hand, I feel in most cases, conventional medicine has an upper hand. I have found that Conventional Medicine is beginning to recognize that Alternative Medicine does work for what it is intended to be and is beginning to recognize that fact publicly. Goto: [http://cis.nci.nih.gov/fact/9\\_14.htm](http://cis.nci.nih.gov/fact/9_14.htm) for a comprehensive Question and Answer sheet about Complementary and Alternative Medicine in Cancer Treatment written by, believe it or not, the National Cancer Institute. However, I do not agree with their definition that Alternative Medicine is used "instead" of convention medicine. See my [White Paper](#) for my reasons why I used both in my treatment for my cancer. Cancer can be a very nasty disease. Your deliberations should be based on fact and not taken lightly. We have all heard that we only use about 7% of our total brain capacity. And that is exactly why it has limits. Rather, it doesn't have its own limits, its the limits our ignorance places on our minds that keeps it from becoming the most powerful healing tool of the millennium. Alternative Medicine in this country (USA) is still in its infancy. However, in the Far East for example, where I spent almost half my life, it is a way of life.

## Prelude

November 2001 - April 2002

Around November of 2001, a fellow co-worker came down with a case of laryngitis and was not permitted to talk for awhile. Shortly thereafter, my voice started to weaken. It seemed to close up when I walked outside into the Florida heat. My wife sitting next to me in the car could not even make out my attempts to talk. Before moving to Florida, I never had any sinus or allergy problems. After moving here, I have severe allergies and sinusitis. Since my co-worker had laryngitis and my raspy voice got worse when I went outside, I was convinced that my sinuses or allergies was the root of my problem. I mentioned it to my doctor on a couple of occasions in December and January. I was experiencing absolutely no pain or discomfort, just the raspy voice and an inability to speak when I was outside.

In March, after three months without any improvement in my condition, I complained again to my doctor. I finally got a referral to see a specialist. A scope was used inspect my vocal chords. The ENT Surgeon saw an anomaly on the right vocal node. I was sent for a Cat-scan of the same area. The Cat-scan confirmed a growth on my right vocal chord. A biopsy was ordered. Unfortunately, the surgeon scheduled to do the biopsy died of a massive heart-attack shortly before my surgery was scheduled. So I had to start all over with the referrals for the biopsy. So I found another ENT surgeon who took my insurance but I had to start all over again with the diagnosis and pre-op. I finally underwent the biopsy on May 2 at 6:15 pm. I was really scheduled for 2:30 in the afternoon but the previous occupant of the operating suite had complications. Just that morning, while we were on the base getting our prescriptions filled, we witnessed an SUV flipping upside down and when we walked inside the pharmacy, a man was laying on the floor, surrounded by paramedics and a small pool of blood under his head. Even with all these events some would call omens my biopsy went off without a hitch. I took **none** of the Darvaset they had prescribed for



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the anticipated pain they thought I would experience after the surgery. I did, however, have to refrain from talking for the two weeks subsequent to the biopsy.

The following Tuesday, May 6th, I was at work. Shortly after 10:00 am, my co-worker, who acted as my point of contact for my wife since I couldn't talk, came over to tell me that my wife was on her line. I walked over to her cube and put the phone to my ear. "It is positive. It is cancer." she said. I was so certain it was allergies or just polyps. I was stunned for a few seconds. My co-worked looked at me and I scrawled on a piece of paper the results. She hugged me. I returned to my cube. After making suitable arrangements to take the afternoon off, I tidied up the cube and tried to concentrate on work while I waited for my wife to pick me up.

It was during the period from which I learned I had cancer and now that I started to notice my heart was racing extremely fast and I started to get dull pains on my sides along my ribs. These symptoms would only be sporadic and last for a few minutes. Still they made me very nervous. The doctor prescribed Xanax for the anxiety. I have made it through only taking 2 of them. If you read my other tutorials on this site, you will understand why I now refrain from taking any prescription drugs unless I absolutely have to. I have finally risen from the depths of the hellish (prescription) drug therapy and I refuse to go back. Even under these circumstances, I can now see clearly the medication I must take and those I have a choice.

I have chosen to relate my experiences with cancer so some of you may familiarize yourself with this form of treatment and reduce your anxiety and intimidation of the disease. I really only had two choices for treatment: 1) radical surgery (as they called it) and 2) radiation treatments every weekday for 2 months. Abstinence from either would surely mean the cancer would spread until it finally engulfed me, so that is not an option. Surgery success rate: 80-90%. It involved removal of a portion of my larynx, a breathing tube, a 2 week plus recovery period, another surgery to remove the breathing tube, and a reduction in the quality of my voice. Radiation success rate is 80-90 % (yes same as surgery). It did not require removal of any of my larynx, no breathing tube, 40 20-30 minute treatments of radiation, no additional surgery, and probably no distinguishable change in my voice. And if it did not work out the way the doctors said, I could always go back and do the surgery thing. Needless to say, I elected the radiation treatment and that is what I will relate to you, day by day, the treatment as I undergo it.

Related Item: [How does Holistics fit in to all of this?](#)

## Day 0 - Preparation for Radiation Treatment

May 2, 2002

Today was my first visit with the Oncologist (Radiation Specialist). After the typical paperwork was completed, my wife and I met with the Doctor. He looked and my scans and took the time to explain to us the nature of the cancer and the prognosis. He stated that if I did as I was supposed to do and the treatment did what it was supposed to (which they had no doubt that it wouldn't), I stood an excellent chance of full recovery and no reoccurrence. However, they would still like to see me twice a year just to make sure it did not return and to make sure I did not pick up another cancer.

Then I went into the radiation chamber or room (call it whichever does not make you anxious). They placed a soft plastic mask that had been dipped in hot water to soften it over my head and bolted it down to the table. They continued to mold the soft plastic to my face. The mask was a meshed plastic which plenty of room to breathe. It was sort of like a fencing mask but molded to my face. Once the mask was completed, they continued with the initial scan. These procedures took a combined period of about 40 minutes. They drew a blue line on my chest so they could re-align the machine with my body when they began the first treatment. I am told the coordinates of my body placement on the table and the beam will be precise and fed into the machine's computer database so that every treatment is just as precise as the previous. Although I am in no way claustrophobic, it was uncomfortable. If you are claustrophobic, let your doctor know immediately, because I think if you are this mask may tend to bother you.

All in all, a not very trying day. I could still talk (which would stop when I began treatment), I can still eat, and the cancer itself has never given me any pain and only a smidgen of discomfort since it came to



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reside in my throat.

My first treatment is scheduled for May 14, 2002 (just 2 days before Star Wars Episode II is due out. Will I find the audacity to go see it? How will two treatments make me feel? I will let you know, shortly.

## Day 1 - Radiation Therapy Set-up

May 14, 2002

Today was just a time to set-up the machines and configure the radiation machine to pinpoint the beam precisely where it must be during each of the next 40 treatments. They removed the tape with the markings they put on my chest on the 2nd of May. They put the mask over my face and bolted it down to the table. My head was tilted back at an uncomfortable but bearable angle. My eyes were closed while I concentrated on the sounds and movements surrounding me. Sounds of machinery periodically filled the space at my head. I could hear them moving about and spouting numbers back and forth: 78°, 74°, etc. Then I sensed the huge machine rotating around my head. Once again, 73°, almost 77°, etc.

Within a few minutes, I could feel their fingers tracing patterns on my throat and marking key points with a cold felt tip type pen. These will need to remain for a couple of days, they said. Satisfied with the results and precision of their measurements and tests, they sat me up. After regaining my balance by sitting up on the table, I was led out to the waiting area where my wife and my questions were answered by the practitioner. My actual treatments will start tomorrow at 1:12 pm and continued each and every weekday for 40 treatments. I will be able to eat but probably not hot spicy foods or even very cold or hot foods. I will not be allowed to talk however for the duration of the treatment. I should avoid sunlight since it also is a form of radiation. I should avoid getting the throat wet since water tends to dry the skin out and at least for the next few days, the markings on my throat need to remain.

It was almost a letdown. I really want to start this therapy and banish this intruder from my body. After all, with all of the postponements and ignoring my symptoms by some of my doctors, it has been over eight months since my first symptoms appeared and before my first treatment. I really do not think we should be giving this cancer these opportunities. But tomorrow it begins....finally!

Next: Day 2 - The Start of a Radiating Relationship.

## Day 2 - Radiation Therapy Initial Treatment

May 15, 2002

Day 2 began with a bloody nose when I first got out of bed. During the morning hours, I felt the anxiety (racing heart etc.) from time to time but not severe enough for me to take the medication they had given me for the anxiety. I am sure it had something to do with this being the first day of actual radiation.

I was anticipating a quick treatment of a few minutes of radiation since all the preliminaries had been done previously. I also knew from today I would not be able to talk for two months. Today would be filled with surprises though. First, there was a different practitioner than yesterday. She said she wanted to re-take the measurements herself today, just to be sure. I immediately noticed that her positioning of my head and neck was quite a bit more comfortable than yesterday. What a relief! It really didn't matter anyway since the treatments were very short anyway, but still a relief. Then one of them said "We need to strapped him down to secure his shoulders." I felt straps being put around my wrists. Then the strap (joining both my wrists) was placed outside of my feet (knees still bent). I was then instructed to lower my knees, straightening out my legs. I felt the strap tighten around my wrists pulling my arms down to the table and along my sides. My shoulders followed suit. It was like jump rope. Standing on the rope but laying down instead of standing up. I felt like I was on some sort of inverted rack. I felt the bonds tighten around my wrists cutting off circulation. I can handle it. The treatment was to last just a few minutes. Only they were still doing more measurements and then taking some more scans to make sure the target area was precise. The few minutes turned into many minutes. Then I heard them say OK, we are ready for the treatment, it will only take a few minutes. By that time, though, my thumb was already numb, my other



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fingers following suit. I could still moved my fingers but I could feel the lack of circulation. The lights went out and I heard the telltale whine of the laser. I counted 56 seconds from beginning to end. I found that by raising my knees a few inches reduced the pressure on my wrists. So while the practitioners were re-adjusting the machine for the second round, I slid my knees up a bit to allow some circulation back into my wrists. They then said they were ready for round two (the right side). I slid my knees back down and felt my shoulders level off. The whine of the laser once again 56 seconds. The lasers were completely transparent. No heat, no burning, no sensation at all. The only way I knew the laser was on, was the whining it made.

The lights went back on and the bindings were removed as was the mask bolted to the table immobilizing my head. I immediately started massaging life back into my wrists. Total time: 33 minutes. You might say, so far, that the bindings were the worst of it all. And they were not "that" bad. I know. I know. After a few treatments it all builds up and I am in for a rude awakening.

They promised tomorrow's treatment would be only minutes in length.

Pain meter (0 = Lo 5 = High): 0

## Day 3 - Radiation Therapy 2nd Treatment

May 16, 2002

No more bloody noses today, but a very light (more annoying than painful) headache. Some nausea and coughing, not much though (not even enough to warrant a couple of Tylenol®). The treatment went off almost as scheduled. Only 23 minutes set-up time including more markings on my neck. Actual laser time was 56 minutes per side. Makes one feel like a pancake, only left and right instead of front and back. Some redness around my Adam's Apple.

Pain meter (0 = Lo 5 = High): 0

Picture: [A marked man](#)

## Day 4 - Radiation Therapy 3rd Treatment

May 17, 2002

The periodic nausea and coughing remain. The treatment as expected. Only a 13 minute set-up time. Actual laser time was the usual 56 minutes per side. See the pictures from yesterday if you would like to see the effects of the laser on the skin at the point of contact. I did feel a brief sharp pain in my abdomen after the treatment though.

Pain meter (0 = Lo 5 = High): 0.5

## Days 5 & 6 - 1st Week-end of therapy

May 18&19, 2002

This is the first week-end without actual radiation treatments. This is where the effects I feel during this off period will be recorded. They (side effects) are "supposed" to get worse as the radiation builds up in my system. This week-end was a bit more uncomfortable. I had to lay down and rest a couple of times a day to keep my anxiety down. I could feel my heart racing, a kind of cool feeling in my chest. I learned to "meditate" in the Orient; a technique I used quite regularly to reduce the "butterflies" in my stomach just before one of my instructional classes in the military as a trainer. I use it once a month to reduce the stresses building up inside of me. I can lower my heart rate for 15 minutes. I use this technique instead of the Xantax prescription medication whenever I can. The nausea seems to be increasing as does the amount of gas in my system. Burping seems to be on the rise but it is welcomed as I feel it helps break-up the collection of phlegm in my throat (from the sinusitis). There also seems to be an increase of the complacencies (lack of enthusiasm, desire to want to do things, and general blah attitudes). The areas of my throat are now becoming a bit sensitive now and will probably become more and more sensitive as the treatment progresses. These are predicted side-effects of the treatment. Although my tolerance for pain is probably a lot higher than many of you, I must indicate some degree in the pain meter so I do not mislead anyone. So please allow for this difference



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|   |                     |
|---|---------------------|
| Pain meter (0 = Lo 5 = High): 1   |                     |
| Picture: <a href="#">See how I really feel</a>  |                     |
| <b>Day 7 - Radiation Therapy 4th Treatment</b>  | <b>May 20, 2002</b> |
| <p>Today my treatment only lasted 13 minutes. 56 seconds per side and the rest was set up time including re-marking my neck. I did ask the nurse about the differences between anxiety symptoms and actual heart related problems. My concern was how do I know if the racing heart or tightness in my chest is due to anxiety, heartburn, etc. and not heart related problems. I have experienced tenderness in my throat and periodic tightness in my breastbone. Remember I do have a hiatal hernia which could account for heartburn and the tightness. I spent most of the day in and out of bed resting. The anxiety type symptoms require I lay down and calm my heart rate down instead of taking prescription drugs. I have noticed an increase in soreness in swallowing (anticipated).</p> |                     |
| Pain meter (0 = Lo 5 = High): 1   |                     |
| <b>Day 8 - Radiation Therapy 5th Treatment</b>  | <b>May 21, 2002</b> |
| <p>Today my treatment only lasted 9 minutes. 56 seconds per side and the rest was set up time. I did notice almost immediately after my treatment today, a lightheadedness that lasted about five minutes. The soreness of the throat is a little more prominent now. I feel a bit more tired today than yesterday.</p>   |                     |
| Pain meter (0 = Lo 5 = High): Still 1   |                     |
| <b>Day 9 - Radiation Therapy 6th Treatment</b>  | <b>May 22, 2002</b> |
| <p>Today my treatment lasted slightly longer as they also took an X-Ray or two. Within 15 minutes of my treatment today, the lightheadedness actually made me dizzy and nauseous. I also felt a weakness in my knees. They marked me up again.</p>  |                     |
| Pain meter (0 = Lo 5 = High): Still 1   |                     |
| Picture: <a href="#">Looks like its going to be like this for the duration</a>  |                     |
| <b>Day 10 - Radiation Therapy 7th Treatment</b>   | <b>May 23, 2002</b> |
| <p>My treatment lasted a bit longer as the relief team was on duty and they had to re-familiarize themselves with my specifics. After my treatment today, I met with the nurse again for instructions and diet information. Diet, skin care, and general instructions were explained. I would think this information would have been better served being explained when I first started the treatment. It did re-enforce the premise that if I was to use my voice or eat foods which irritated my voice box, my permanent voice may be irreparably damaged. She also indicated that the effects are cumulative and usually the third week of therapy is when it starts to get rough (throat pain and difficulty with foods and swallowing). Next week is my third week.</p>                          |                     |
| Pain meter (0 = Lo 5 = High): Still 1   |                     |
| <b>Day 11 - Radiation Therapy 8th Treatment</b>   | <b>May 24, 2002</b> |
| <p>On the way to treatment this afternoon, I felt my throat close up again and found it difficult to breathe. Today my treatment last a bit longer: 13 minutes. It seemed we were playing musical technicians. Not the same as yesterday, one was the initial technician on duty when I started my treatment. The straps were extra tight today. My throat is progressively sorer. The phlegm is collecting in my throat especially when I am outside. I am continuously trying to clear my throat of the phlegm otherwise it feels like I cannot breathe. It is tender when I swallow.</p>   |                     |
| Pain meter (0 = Lo 5 = High): Still 1.5   |                     |



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**Days 12 & 13 - 2nd Week-end of therapy**

**May 25&26, 2002**

This week-end is quite different than last. I can feel a definite "something" in my throat each time I swallow. It is like there is something caught there, but I can only feel it when I swallow. I have also noticed an increase in the amount of phlegm in my throat. No doubt a result of my allergies (sinusitis). However, there are many times that I feel the phlegm is blocking my throat and it becomes harder for me to breathe. As a result, I instinctively clear my throat rather forcibly or try to burp the blockage out. I have realized that these actions put the same stress on my vocal chords as does talking or yelling. So now during my next treatment, I must ask the oncologist or his nurse if he/she is the one who should react to my issues or should I go back to the ENT surgeon who referred me to the radiation or even possible go back to my primary physician. If this is correct, than even if I do not talk during my 2 month treatment period I may still suffer an extensive loss of voice quality.

Pain meter (0 = Lo 5 = High): 2

Picture: nothing related

**Days 14 - Cancer takes a holiday?**

**May 27, 2002**

Of course not, but my therapy certainly did. No treatment today. Must be a holiday. Yesterday was the Indy 500 and my heart was racing along with the race cars. I guess I will never get used to those type of (anxiety) feelings. I mean I am very well situated in this scenario. I have accepted that I have cancer and they have told me everything about my case of cancer. I am undergoing treatment already. There is really no more unknown for me to cause the anxiety. I guess it is the fact that the pain that has been promised to me is cumulative so I have really experienced the brunt of it yet which causes the anticipation and intimidation. It may also be the fact that these allergies may cost me my normal voice when this is all over. I also am afraid that I may experience symptoms of heart or respiratory problems masked as anxiety and that they will be treated as anxiety and not for what they really are. I will take care of these issues and those expressed yesterday will the oncologist tomorrow. Still experiencing the symptoms as I did yesterday. I am taking the Xanax as prescribed. I also noticed that I apparently suffered a short temper yesterday and snapped at a love one. Not my normal character.

Pain meter (0 = Lo 5 = High): 2

Picture: none

**Days 15 - Radiation Therapy 9th Treatment**

**May 28, 2002**

I guess time is catching up to me. My throat is now almost continually sore. I can feel something "in there" when I swallow. My sinusitis and post nasal drip is causing me to continually clear my throat and cough. As mentioned above I did consult the oncologist today about it. He did agree that the coughing and clearing would probably be worse for my throat than talking and that I should discuss it with my ENT Surgeon. I got some prescriptions filled that should handle the post nasal drip. Just have to make sure it is fine to take them with the Xanax that I have for the anxiety. I must be sure that I do not mix the wrong meds. As far as my treatment goes, the straps (or as they call it "the jump rope") cuts off circulation in my wrists even for that short amount of time. Tomorrow, I will discuss it with the specialists conducting my treatments. Its purpose is to force my shoulders to lay flat (which it really does not do that well - in my opinion) and I can do that myself. It is more like a torture device that anything (once again in my opinion). I hope to post a picture of what I am talking about to give you a better picture (pun intended). I also have diarrhea from somewhere.

Pain meter (0 = Lo 5 = High): 2.5

Picture: none

**Days 16 - Radiation Therapy 10th Treatment**

**May 29, 2002**



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It is the end of my second week of actual radiation. My throat is now almost continually sore. I can feel something "in there" all the time. The condition of my throat is now determining what I can eat. Today within 10 minutes after completing treatment, my legs were almost unable to hold me up. My knees felt extremely weak. As I am recording these treatments, I rerun the day gone by and I can see myself as others do. I know that mentally I am unaware of mood swings or impatience triggered by frustration and only by looking back to the day's events do I see how much my loved ones are enduring. I am still habitually clearing my throat to force out the phlegm congregating in my throat interfering with my swallowing and breathing. I am starting taking Claritin® and Prilosec® to treat those conditions. I double-checked with the pharmacist to ensure they did not interfere with the Xanax® if I should have to take that again. I was surprised what the list price for those meds were and really glad I was only paying a small co-payment for them. I have been underestimating the amount of discomfort (even with the high tolerance for pain that I have). I now fully understand that it is a cumulative effect. It builds and builds with each treatment.

Pain meter (0 = Lo 5 = High): 2.75

Picture: none

## Days 17 - Radiation Therapy 11th Treatment

May 30, 2002

It took 16 minutes today as they also snuck in an x-ray during the treatment. Still hard to get use to that jump rope cutting off the circulation in my wrists. They say it is only for a matter of a few minutes, but to me that still is enough to cut off circulation. My knees are better today but throat-wise it is rapidly regressing. It hurts to swallow all the time now. Not just when eating but every time I swallow. My mood swings are definitely there and I make it a point to apologize. I am really glad I decided to take a short-term disability leave of absence from work for this treatment. Even though I get a treatment every weekday for 2 months, I could have still worked from home going in to work a couple of days a week. I am very conscious of my work and my work ethics and these mood swings coupled with my instructions not to speak would have made it very difficult for me to cope with work at the same time as the treatments and the ailment itself. As I said before, when I say it is a discomfort for me, it would probably be more "hurt" for most of you. I can see how the soreness in my throat will probably influence largely what I eat in the later weeks of treatment.

Pain meter (0 = Lo 5 = High): 3.25

Picture: none

## Days 18 - Radiation Therapy 12th Treatment

May 31, 2002

Today was not a good day. The treatment lasted 17 minutes as the doctor wanted to check the alignment of the laser. After returning home, I started to notice that no matter what I ate or drink, the soreness of my throat is evident and difficult to eat or drink. In addition, just swallowing saliva is painful. I was in bed the rest of the afternoon and all night. I tried not to swallow but reflexes got the best of me. I tried to eat soft foods but it still hurts. I now realize that when they said you would lose weight during radiation treatment that it was not from lose of appetite but from refusing to eat because of the discomfort or pain. Funny, the actual treatment is totally painless. Absolutely, no sensation at all of the laser or radiation penetrating my skin. However the side-effects (swelling of the vocal-chords) is definitely painful. I sincerely hope tomorrow and Sunday (treatment free) will be better days. My mental state is still full of mood swings and I find it increasingly difficult not to talk. I become impatient and not wanting to wait to write things out. It is a strain to try to keep the mouth shut.

Pain meter (0 = Lo 5 = High): 4.25

Picture: none

## Days 19 & 20 - 3rd Week-end of therapy

June 1 & 2, 2002



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Saturday was a bit better than Friday. Although the pain in swallowing anything is still there, it is not of the intensity it was yesterday. It seems the intensity of pain is variable depending on the treatment or lack thereof. The treatment-free weekends are supposed to allow the healthy tissue to recuperate from the treatment. However, the unhealthy tissue also reduces in swelling. Let's see what tomorrow brings. Sunday was a bit pleasanter. I did ascertain one thing though. When I mentioned before that my legs (knees) became weak when I walked? Well it happened again today and I have not had a treatment since Friday, so that event was not directly related to the treatment. I would rather suspect that it is from a lack of eating a good balanced diet. Even though my throat is severely sore when I try to swallow anything, I must continue to ensure that I maintain a healthy diet. I wish they had an IV home kit! So I could feed myself and bypass my aching throat completely. In the evening I lost it, trying to communicate with my wife. It was not a pretty site.

Pain meter (0 = Lo 5 = High): 3.75

Quote Me: You will never win an argument if you have no voice!

## Day 21 - Radiation Therapy 13th Treatment

June 3, 2002

Treatment today took 17 minutes. I almost immediately felt the painful swallowing returning in force. I noticed that the area of my throat where the laser was aiming was showing some signs of the treatment also. I had been instructed to shave my throat in that area only with an electric razor. Since I wear a beard and trim with a straight razor, it meant I had to go out and buy a new electric razor just for the treatment. I found a cute battery powered one for \$11 at K-Mart. Well, when I touched the stubble (yes, I forgot to shave this morning), it felt like the follicles were hard as a rock and when I pressed on them I felt the part under my skin press deep inside. I also experienced some severe dizziness just a few moments ago as I write this journal. It is just a bit worse than yesterday, but it will build with each passing treatment. I have learned that much and that knowledge helps me cope with it.

Pain meter (0 = Lo 5 = High): 3.95

Quote Me: You don't miss it until you don't have it.

## Day 22 - Radiation Therapy 14th Treatment

June 4, 2002

The treatment was very fast today. The marks on my neck are the set-up marks the technicians use to line up the laser. Since I was instructed not to wash that area of my neck as not to wash off the marks, they remain and the set-up only takes a few minutes. They had also told me originally not to shave that area of my neck with a straight razor but only with an electric razor. As I said above, I went out and bought an electric one. Today they said not to shave that area at all. I imagine that is what you would call a waste of \$11 since I don't use an electric razor otherwise. Anyway, I saw the nurse practitioner also today. She asked some other questions about pain and what I could eat etc. I got dizzy again, but I still think that is related to eating rather than the treatment. I had breakfast this morning but didn't have time for lunch before my 1:12 appointment considering I was supposed to be there early to see the nurse before treatment. We were there but the nurse wasn't so I saw her afterwards. Pain wise, it seemed not to be as bad as I was expecting.

Pain meter (0 = Lo 5 = High): 3.5

Quote Me: I am speechless (pun intended)

## Day 23 - Radiation Therapy 15th Treatment

June 5, 2002

It only took 10 minutes for the treatment today. But the effects were felt almost immediately after. The soreness grew significantly then tapered off a bit. Overall about the same as yesterday. My temperament is really not what I would prefer it to be. I guess patients don't usually have patience. Concentration is a major effort.



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Pain meter (0 = Lo 5 = High): 3.5

Quote Me: To see yourself as others do, you must first step back and look at yourself (objectively, of course).

## Day 24 - Radiation Therapy 16th Treatment

June 6, 2002

It took 12 minutes for the treatment today. I am extremely tired today. My eyes are itchy and heavy. The normal stress of everyday life is magnified by the mental condition of the one who is dealing with such affliction. I am being billed for treatments the insurance company (if anyone) should be paying instead of me. Normally, you would just call them up and explain that you have already paid everything required of you and their bill is a mistake. However, I find it offensive as I did the car trouble I am experiencing. A warning light came on saying we were low on coolant. So we had our cooling system flushed and serviced. The light still comes on. The manual says we did the right thing. Now the dealer says we have to bring the car in to test the lights and see what is causing the problem. Well, we just did fix the problem right? So why are we paying for a test for what we already know and fixed. Anyway, we know it is probably the warning lights that are malfunctioning, but the dealer says they cannot just flash the warning lights to reset them as the local garage says needs to be done but only the dealerships have the right equipment. Things we normally handle everyday are a lot tougher to handle under these circumstances. And it is probably more likely the fact that I cannot just get on the phone and give them a good piece of my mind that is causing the increase in frustration. You need the loved ones to be your voice. But what if your computer goes out and you have to call Tech Support and your loved ones are not as computer literate as you? Will Tech Support patiently wait on the line as you right everything done for your loved one to read to them? Maybe not. This not speaking for 2 months is a major undertaking.

Pain meter (0 = Lo 5 = High): 3

Quote Me: Too tired to think of one.

## Day 25 - Radiation Therapy 17th Treatment

June 7, 2002

A record today - 9 minute treatment. Maybe it is because today is Friday and everyone wanted to go home early. Or maybe it was because they told me not to wash the treatment area of my neck and I actually followed the instructions and they did not have to take the time to remark the laser points. I am feeling tired a lot quicker now. Still discomforting to swallow.

Pain meter (0 = Lo 5 = High): 3

Quote Me: Follow your instructions like a laser beam.

## Day 26 & 27 - 4th Weekend of therapy

June 8 & 9, 2002

Another weekend! Although the treatment is painless, the weekends are anticipated with delight as the rest the surrounding tissue gets from the exposure of the radiation is well received. The soreness subsides and swallowing does not get any worse. The treatment is a constant five days a week; the week-end is a rest from that constant. Anyway this weekend has been a restless one for me. I am always tired.

Pain meter (0 = Lo 5 = High): 3

Quote Me: Look at your disease from the eyes of your loved ones and you will see that your disease is also theirs. They must pick you up and place you back on the correct path. They must bear the brunt of your negativity and moodiness. They must ensure the Posi-Ki (positive energy) remains dominant.

## Day 28 - Radiation Therapy 18th Treatment

June 10, 2002

A 12 minute treatment today. So it is Monday. Still uncomfortable on my wrists is this thing they refer to a "jump rope". It cuts off circulation and I emerge from the treatment room with red welts on my wrists. It



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must look like I just left Dr. Horrific's Torture Chamber. The phlegm is still conjugating on my throat regardless of the allergy medication I have been taking. I lay on the table as they strap me down and put the mask over my head which is tilted up by a wedge placed under my neck. This is definitely uncomfortable also. I close my eyes as they check all the measurements and placements. I can hear them, as always, barking off the numbers. I sense the light turn off as they check the ultraviolet light against the markings on my neck. I also sense the light being turned back on. I wait for the sound of the booth door being closed as that means they have retreated to the booth to protect them from any stray radiation. Then a minute or two after the door being closed, the whirring sound of the laser begins. I try to count in my mind the 56 seconds of radiation. (Who knows maybe the "one-thousand-one, one-thousand-two, thing is not very accurate and it may be more or less than 56 seconds.) Then I hear the booth door open, and they radiation therapists return to my side to line up the left side for the second have of treatment. They keep telling me what's going on. However, I have already mastered the sequence of events anyway. But they try. Then the process begins again. The booth door closes followed shortly by the whirring sound of the laser, followed by the door opening. They go first to remove my mask and then the jump rope. I wish they would reverse it. Good intentions I am sure. I am not claustrophobic but my circulation is definitely suffering more. I find I am focusing on the jump rope and lie in wait for them to remove it at the end of each treatment. Sometimes the preparation for the treatment is worse than the treatment.

Pain meter (0 = Lo 5 = High): 3.25

Quote Me: I wonder if I have gotten any taller since they stretch me out on the rack (treatment table)?

**Day 29 - Radiation Therapy 19th Treatment**

**June 11, 2002**

Today was not my day for treatment that is. The jump rope was pulled so tight that it was causing immediate concern on my part that my circulation would be cut off completely. In view of my instructions not to talk for these two months, I started shaking my right hand to draw attention to the therapists. The one on my right finally saw it and mumbled that I apparently couldn't grab a hold of the rope as instructed. She held turned the rope around so I good grab it but I refused to grab it. I shook it again and again. As I was about to the break my rules and tell her, she realized what I was trying to convey and released the straps a bit. Still tight but not completely cutting off circulation. I also began to tire soon after treatment and laid down when I got home (2:00pm). I got up around 6:30 the next morning. I had been nauseated the whole day and apparently extremely tired.

Pain meter (0 = Lo 5 = High): 4 (counting the rope)

See Me: [another marked man](#)

**Day 30 - Radiation Therapy 20th Treatment**

**June 12, 2002**

My therapy was for 40 radiation treatments. That makes today the halfway point. The treatment only took 8 minutes (in and out like a fast food chain). The jump rope was tight today but no way near as tight as yesterday). I have noticed the skin around the invasive points of the laser has become very weathered and red as you can tell from the close-up below. I must scare some kids when I go out. All I need is some bolts to put on the side of my neck (as in the [previous picture](#)) and I could audition for the next Frankenstein movie. I am part German you know. The pain level is back to where it was before they tried to add a couple of inches to my height.

Pain meter (0 = Lo 5 = High): 3.25

See Me: [a close-up of a marked man](#)

**Day 31 - Radiation Therapy 21st Treatment**

**June 13, 2002**

Only eight minutes today but the strap on my left wrist was extremely tight cutting off the circulation. There were welts on my wrists when I finished. The mask seemed very tight today. It must have been



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because the neck bridge was position differently than before. Anyway, It was a relief to get it over with. There is now a stinging sensation in my throat that is a bit more apparent than before. I am coughing quite a bit which is painful. The swallowing is discomforting but bearable.

Pain meter (0 = Lo 5 = High): 3.5

Quote Me: If you have a friend or loved one fighting cancer, let them know you care all the time. They need to be continuously reinforced. I have a few friends who seemed to have forgotten since they heard I had cancer. It is all right but it allows negativity to creep in.

## Day 32 - Radiation Therapy 22nd Treatment

June 14, 2002

Flag Day today. And today's treatment went well. The treatment lasted 8 minutes. The jump rope was snug but not too tight. And I saw the doctor afterwards. I asked him if they could tell if the cancer was shrinking from the X-Rays they took each week. He said they really can not, but they can tell if they are on target. He also verified that I was scheduled for a total of 33 treatments. The large number of treatments meant they could keep the daily exposure time to the radiation down to a couple of minutes allowing the healthy cells to recuperate each day. If they decreased the number of treatments by increasing the daily exposure time, the healthy cells may not fully recover before the next treatment and over a period of time may sustain permanent damage. I know every week day for 2 months seems like an excessive amount of time but it produces the best recovery results. So 22 down and 11 to go. The swallowing definitely has gotten more difficult. It feels like there is a small piece of something stuck in my throat. The phlegm is still being secreted by my glands to soothe the area treated by the radiation and my post nasal drip adds even more phlegm to the equation.

Pain meter (0 = Lo 5 = High): 3.75

Quote Me: If you have trouble looking ahead to the long 2-month treatment period, try looking at the last 2 months behind you. Now, that doesn't seem that long, does it? Just look ahead in the same context.

## Days 33 & 34 - 5th Weekend of therapy

June 15 & 16, 2002

Another bad night. Phlegm dominating the night. Slept most of the day away. Extremely sore to swallow. And that was any swallowing. Not just swallowing food or drink. The saliva builds up and I try to swallow it but it doesn't get past the phlegm. I am nauseated. The treatment area is sore to the touch and a deeper red now. Sunday was a little better day. Tried to go out but the heat and dust got the better of me. Tried a bit of reorganizing my family room, dust a big problem again. 11 more treatments. I am finishing a 3D sketch of the treatment room and environment. I will post it as soon as I finish it.

Pain meter (0 = Lo 5 = High): 4.0

Quote Me: The treatment is actually painless. The side effects and clinical effects of the treatment working is where the pain is sourced. Actually it is harder to refrain from talking than to to comply with any other requirement of the treatment.

## Days 35 - Radiation Therapy 23rd Treatment

June 17, 2002

Almost immediately after treatment, it felt like a golf ball was caught in my throat. My skin around the treatment area felt warm to the touch. However, the jump rope was as uncomfortable as it had been in the past. IN the lobby while we were waiting for treatment, two others who were waiting for loved ones to come out of treatment were talking about Chemotherapy treatments their loved ones to undergoing. They both were undergoing a combination Chemotherapy/Radiation treatment. Both said their loved ones would decline another Chemotherapy treatment if there were ever asked to go through it again. I, fortunately, am not undergoing Chemo just radiation. Another good friend of ours had colon cancer. She declined Chemo treatments for a better quality of life. I feel extremely tired nowadays. Anyway, 10 more treatments.



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Pain meter (0 = Lo 5 = High): 4.25

Quote Me: I'm speechless!

## Days 36 - Radiation Therapy 24th Treatment

June 18, 2002

They called me in early this morning for treatment instead of the usual early afternoon. They were having training on new equipment. Everything went as scheduled but we were back home early and did not have to go out into the stormy weather which was a good thing. The throat is about normal: hard to swallow anything and tender to touch. Not getting any more painful but not diminishing in pain either.

Pain meter (0 = Lo 5 = High): 4.00

Picture Me: I am working on a 3D picture of the treatment room and equipment which I will post as soon as it is finished.

## Days 37 - Radiation Therapy 25th Treatment

June 19, 2002

They couldn't find the jump rope. Yeah. Darn, they had to go and find it. Only 11 minutes for the treatment. My throat is very sensitive and caused a lot of coughing which definitely doesn't feel very good. The main thing today was while we were waiting, there was another family in the waiting room - a couple and their little daughter. No one though had the tall tale hospital wrist paper ID band on. Then I young teenager appeared from one of the newer treatment rooms. She displayed the ID bracelet and the nurse came out to show her parents her mask. Then she preceded to tell them that the mask maintained all the markings needed for treatment and none would be placed on her body. My wife looked over at my colorful neck with its reddish discolor and bright purple markings and smiled. I noticed the couple glancing over to me a couple of times. I pulled out my trusty notebook and pen and scribble to my wife, she got one of the new machines and smiled. So on the newer machines every coordinated is maintained in the computer section of the chip with reference points on the mask just as they told me originally. But I got one of the older machines and all the marking and tracking is done manually. I am glad she got a new machine though. It will be less traumatic for her not having to go around with all these strange markings all over her head. From what I could tell, she had a form of cancer in her skull. I wish her the best of health.

Pain meter (0 = Lo 5 = High): 4.25

Quote Me: Cancer does not just mosey around looking for a smoker to afflict! Cancer is indiscriminate as this young girl and her family found out. She was only around 14 or 15. I have heard too many non-smokers say that they do not have to worry about Cancer because they do not smoke. Please do not fall for these untruths. Whether you smoke or not, look around and get some Cancer Insurance. I am sure glad I did.

## Days 38 - Radiation Therapy 26th Treatment

June 20, 2002

You learn something new everyday. Just when I hear the click of the laser at the beginning of each treatment, I use the old "one-thousand-one, one-thousand-two" way of mentally marking the time of each laser treatment (one on the left and one on the right). However, I never got a consistent count. All this time I thought it was just my timing with the count. So I wrote the question down and showed it to the specialist, who immediately cleared up my dilemma. The laser is not geared by time but by dose which allows for inconsistencies in rotational speed and other variables in the equipment and thusly will not equate to an always equal length of the laser treatment. Anyway, My throat is definitely always sore and feels like a partial golf ball is stuck there in my throat whenever I swallow. The doctor did say that the feeling was the result of the radiation solidifying the mucous in my throat making it hard and obstructing my passage way. The mucous is secreted by my glands as a reaction to the radiation invading the area (protecting the injured tissue) and in my case, my Post Nasal Drip adds to the equation.

Pain meter (0 = Lo 5 = High): 4.5



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Picture Me: [The latest marked-man.](#)

## Days 39 - Radiation Therapy 27th Treatment

June 21, 2002

Continuous painful throat, nausea, and tiredness. So starts Day 39 of the treatment. I am extremely tired and continuously aware of the painful swallowing. Nausea has returned as well as the clearing of the throat and weakness. They gave me a bottle of a skin conditioner spray called "Skin Wisdom™ Rescue Spray". I guess my throat was getting pretty ugly even for them to look at. The ingredients are Purified Water, Glycerin, Allantoin, and the patented ingredient "Kiss Care™ (whatever that is)." The actual treatment was very quick today, followed by the Doctor's visit. He decided to reduce my treatment by one, so I have five left. Then more rest while my tissues recuperate from the radiation. Still no talking until my throat gets back to normal. He was surprised it took this long before the pain and skin reactions took hold. By the time I returned home I was very tired. I hope the pain and discomfort subsides during the two day rest from treatment due to the week-end.

Pain meter (0 = Lo 5 = High): 4.75

Quote Me: "You don't miss something until you don't have it." I am referring to my voice of course."

## Days 40 & 41 - 6th Weekend of therapy

June 22 & 23, 2002

What a night. The worst since I started the radiation, but survivable. The phlegm built up in my throat and I woke up often coughing and trying to clear my throat. The allergy meds sure do not do anything for the Post nasal drip. I must get something specifically for that. I also must realize that when this treatment is over and the Cancer is gone, I will still have the allergies to contend with. So the phlegm needs to be treated and be rid of also. I am still coughing and continuously clearing my throat which has become really sensitive regardless of swallowing. I often feel like reaching down my throat and pulling all that phlegm out. But I will let a physician do that. I started taking Sudafed with an expectorant to try to break up the mucous. I have began to wonder if the pain and discomfort in my throat will subside after the treatment is completed.

Pain meter (0 = Lo 5 = High): 5.0 (The high point so far in the treatment)

Quote Me: "Thank Goodness, I have loved ones to take care if all the details like insurance, short-term disability, getting me to the treatment on time, and putting up with my PMS (Pretty Moody Silliness)."

## Days 42 - Radiation Therapy 28th Treatment

June 24, 2002

Today's treatment went quick and well. Only 4 more treatments left. Separately, my throat is still raw and continuously hurts. It feels like something is lodged in my throat all the time. I certainly hope it subsides after treatment. I am tired of clearing my throat to unblock it.

Pain meter (0 = Lo 5 = High): 4.80

Quote Me: Not today.

## Days 43 - Radiation Therapy 29th Treatment

June 25, 2002

Today's treatment ditto. Only 3 more treatments left. I did mention my rough nights and throat blockage to the nurse who reassured me that it was normal and taking the expectorant and sleeping propped up was the best for the circumstances. She also gave me some ointment for when my treatment was over and my skin was still raw and sensitive. My throat is still extremely sore and continuously feels like there is something caught in my throat. They are saying in essence that the "something caught in my throat" is merely a swollen larynx, and my food is going down even if it doesn't feel like it. Tonight, I will try taking Tylenol Extra Strength for the pain and headaches and hope it also does something for the swollen larynx.



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|   |                      |
|---|----------------------|
| Pain meter (0 = Lo 5 = High): 4.90  |                      |
| Quote Me: "There is always someone worse off than you!" And you think you have it bad!  |                      |
| <b>Days 44 - Radiation Therapy 30th Treatment</b>   | <b>June 26, 2002</b> |
| They couldn't find the jump rope at first. The treatments went well even with the jump rope.. Only 2 more treatments left. I got permission to take a few pictures of the treatment room to place here. I am still feeling weak and having headaches (minor compared to the migraines I used to have) and nausea. Need to eat 3 squares a day to keep the nausea away. The weakness in my legs is contingent upon my eating well also. I am looking forward to the last treatment on Friday since from that point on it is only down hill (recuperating).   |                      |
| Pain meter (0 = Lo 5 = High): 4.90  |                      |
| Quote Me: "There is always someone worse off than you!" And you think you have it bad!  |                      |
| <b>Days 45 - Radiation Therapy 31st Treatment</b>   | <b>June 27, 2002</b> |
| Treatment went as well as can be expected today. Only 1 treatment left but the pain and discomfort is still up there. Also I cannot be naive enough to think that after tomorrow's treatment all the pain and discomfort will just go away.   |                      |
| Pain meter (0 = Lo 5 = High): 4.90  |                      |
| Quote Me: "Always look ahead for hope"  |                      |
| <b>Days 46 - Radiation Therapy 32nd Treatment</b>   | <b>June 28, 2002</b> |
| The last treatment is today. I awoke this morning knowing that today was my last treatment but for some reason my throat did not know that. My throat was extensively sore, extremely difficult to swallow. I had headaches and nausea. This was the worst it has been since my treatment began. This was more than when I went to bed with last night. So I must expect that after today's last treatment, I will have 18-24 hours more of pain and discomfort before it starts its downward plunge. The treatment went very well. They took some pictures at my request. I asked the doctor what I could do about the swelling and he gave me a recipe for the gargle: <b>1/8 Teaspoon of Baking Soda, 1/8 Teaspoon Salt, 1 quart of warm water</b> . He also said not to scrub the area of my treatment to get the markings off of my throat. Rather just take normal showers and treat my radiated area as if it were sunburn. It will sure feel good to take a regular shower and not a two parter (head and hair over sink and shoulders and below in a shower with a large piece of Saran Wrap around my neck. |                      |
| Pain meter (0 = Lo 5 = High): 4.95  |                      |
| Quote Me: "Just when you think the war is over, another battle must be fought for victory."   |                      |
| <b>Days 47 - Day 1 Post Radiation Therapy</b>   | <b>June 29, 2002</b> |
| I was so right. This morning I awoke with a burning throat. Not just when I ate something or swallowed something, but a continual sense of presence of something in my throat. I was weak and spent most of today in bed. I spat the accumulated saliva into a can instead of swallowing it because of the discomfort. I couldn't eat the soup my wife made me. I did manage to gargle which provided a bit of relief. I have been taking 2 extra strength Tylenol for the pain and my allergy meds. Today has been the worst of all. Today has been the crest (I hope) of the pain and discomfort; from which everything goes downhill. This belief will help carry me through the next 4 weeks of recovery. They (the doctors) expect it to take another 2 weeks before my throat gets back to normal (swelling gone, etc). I am scheduled for a June 30th follow-up. Then they will do another scope to verify the Cancer is gone. If not then I start another round of treatment or surgery whichever. The Outlook is positive none-the-less.   |                      |



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|   |                      |
|---|----------------------|
| Pain meter (0 = Lo 5 = High): 5.0   |                      |
| Picture Me: <a href="#">The Masked Man</a> , <a href="#">The Chamber</a> , <a href="#">The Chamber Team</a> , <a href="#">The Mask</a>  |                      |
| <b>Days 48 - Day 2 Post Radiation Therapy</b>   | <b>June 30, 2002</b> |
| <p>No change. I am still coughing and spitting up saliva and phlegm. My throat feels like a golf ball is stuck in there. I can sense that the majority of problems I am experiencing is that my larynx is swollen to a point that makes easy passage of any item past it difficult. What I feel is happening is I am over salivating and the saliva is ending up in my air pipe instead of my esophagus. By reflex my body is trying to eject the saliva from my air pipe which makes me cough and causes much havoc with my swollen larynx. I am experiencing headaches and nausea. I take numerous naps throughout the day. You wouldn't think that I was done with the treatments. Hopefully next week will start the recovery process.</p>  |                      |
| Pain meter (0 = Lo 5 = High): 5.0   |                      |
| Picture Me: <a href="#">A close-up of the treatment area</a>  |                      |
| <b>Days 49 - Day 3 Post Radiation Therapy</b>   | <b>July 1, 2002</b>  |
| <p>Very little change. I am still coughing and spitting up saliva and phlegm. My throat feels like a small golf ball is stuck in there. I find myself looking at the Ads for food with envy. I can only eat foods that go down easily without any rough edges (Gee, that's almost all the good foods I know of).</p>  |                      |
| Pain meter (0 = Lo 5 = High): 4.95  |                      |
| <b>Days 50 - Day 4 Post Radiation Therapy</b>   | <b>July 2, 2002</b>  |
| <p>I have noticed a small change for the better. The previously predominant feeling of a huge swollen object lodged in my throat is not as predominant. Perhaps a sign that the downhill is beginning. I still have definite swallowing problems but if I don't swallow I do not sense the swollen object in my throat continuously. I have still a few of the headaches. I also noticed that my skin in the treated area is starting to peel. The doctor has said on numerous occasions that the radiation would cause my skin to react as sunburn would. A tip I should have told you at the beginning: If your reactions to treatment are the same as mine; stock up on empty soda cans. It is a lot less painful to spit the excess saliva / mucous out than to swallow it. And I have filled numerous cans easily just with excess saliva.</p> |                      |
| Pain meter (0 = Lo 5 = High): 4.50  |                      |
| Picture Me: <a href="#">The Incredible Peeling Man</a>  |                      |
| <b>Days 51 - Day 5 Post Radiation Therapy</b>   | <b>July 3, 2002</b>  |
| <p>Today has been a 'not so good' day. A lot of nausea. A lot of coughing which I feel in my sinuses. Also I am out of the allergy meds. We went to the hospital to see about my allergies and the part they will play in my recovery. He switched the Claritin for Allegra as Allegra is carried in the pharmacy which is free for me. To make eating easier for me, he gave me a syrup (Lidocaine Hydrochloride) to use as a gargle/swallow that would numb my throat and swollen throat so swallowing would not be so painful. Yet another (Promethazine) for the nausea. And more importantly, another for the Post nasal drip (Afrin EQ) which I cannot exceed three days. He even gave me something for the cough in pill form (Benzonatate). I always seem like a chemistry set when I go to a conventional doctor.</p>                      |                      |
| Pain meter (0 = Lo 5 = High): 4.55  |                      |
| <b>Days 52 - Day 6 Post Radiation Therapy</b>   | <b>July 4, 2002</b>  |
| <p><b>Happy July!</b> (If you celebrate it) Today has been a little bit better. I used the numbing gargle before breakfast. Waited the 30 minutes and ate breakfast. I saw it a little better when eating but not as</p>  |                      |



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much of the pain-free experience as the Doctor made it out to be. I still feel the painful sinus pressure when I cough. This is the first for this kind of pain since I began radiation. So now I am going back to the pre-radiation pain - my Sinusitis. So I must keep my allergies and Sinusitis in check.

Pain meter (0 = Lo 5 = High): 4.0

## Days 53 - Day 7 Post Radiation Therapy

July 5, 2002

Just when you think it is over. Last night I coughed all night. Finally got off to sleep and woke around noon. Had more coughing spells in the evening. But I did for awhile between the coughing spells, feel less discomfort and pain in my throat. Dinner went almost without any discomfort. So it seems that rest means quite a bit.

Pain meter (0 = Lo 5 = High): 3.9

## Days 54 - Day 8 Post Radiation Therapy

July 6, 2002

Today I feel a little bit better. Still fighting the phlegm and coughing. I did a bit of work in the garage as my kids dropped by to do the yard. I am so thankful for my kids too. My neighbors (one just lost her husband to cancer) say they are going to give me cream pies when I can eat normally again. Looking forward to them.

Pain meter (0 = Lo 5 = High): 3.7

## Days 55 - Day 9 Post Radiation Therapy

July 7, 2002

I really thought it would be all down hill when I got my last treatment. It is really a roller coaster after the last treatment. Today I swallowed the wrong way and nearly coughed up my insides. And of course, it went straight to my sinuses. But I refrain from going straight to the heavy artillery (prescription pain killers). I try to ride it out. If I find that it is interfering with things I want to do, then I reach for the Tylenol XS. I do take my allergy meds so my condition will not adversely affect my healing process. Today I went on line to a couple of Cancer Chat Rooms and met some pretty amazing people. I soon realized that I also can be thankful for the type of cancer I have. At least I do not have to contend with Chemo just radiation. My hat is tipped to those of you that survive that. I really good information site for disease and health conditions is: <http://www.medicinenet.com/Script/Main/hp.asp> I used this site to help understand the type of cancer I had and once I understood that I went out to alternative medicine sites to help form my decision on which way to fight this menace.

Pain meter (0 = Lo 5 = High): 4.0

Picture Me: [Today's Skin Report](#)

## Days 56 - Day 10 Post Radiation Therapy

July 8, 2002

Last night was a repeat. I awoke coughing very severely. It seems it is saliva and/or phlegm going down the wrong pipe that is causing the extreme coughing. The uncontrollable cough is definitely hindering my recovery by keeping my larynx agitated and swollen. The Allergy meds do not seem to be keeping the Post Nasal Drip. I will seek more help with my allergies which I feel is the cause of the severe cough. I can still feel the swollen larynx in my throat so it is impacting not only my eating but my breathing as well.

Pain meter (0 = Lo 5 = High): 4.0

## Days 57 - Day 11 Post Radiation Therapy

July 9, 2002

The base hospital is too busy. The ENT Surgeon can't see me till mid next week. So we called the oncologist for help. The Nurse practitioner made an appointment for one this afternoon. She listened intently as I explained how my allergies were adversely affecting my recovery and the extent the of coughing spells. She wrote the prescriptions for the Claritin to prevent the Post-nasal Drip and the



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Codeine Cough Syrup to help prevent the coughing. I have had 3-4 major coughing bouts today and spent most of the day in bed. I am waiting until both meds help improve my quality of life. I should sleep a lot better tonight. This is just stressing the point that if you are diagnosed with Larynx Cancer and have a Post Nasal Drip problem, you must ensure the radiation people realize that your allergies will interfere with your proper recovery and need to take steps early to stop the drip. Hopefully, tomorrow will be the actual start of the downhill recovery.

Pain meter (0 = Lo 5 = High): 4.5

## Days 58 - Day 12 Post Radiation Therapy

July 10, 2002

Thank Goodness!! The allergy meds do their job. I rarely cough now. My larynx is still swollen but it is getting better each day without the irritation of the severe coughs my allergies were causing. And I can officially talk now. Now I can look forward to each new day in a more positive manner.

Pain meter (0 = Lo 5 = High): 4.0

## Days 59 - Day 13 Post Radiation Therapy

July 11, 2002

I am taking the allergy meds at their minimum dosage (every 6 hours), but I still am getting post nasal drip which causes the coughing spells. So beginning tomorrow I will take them at maximum dose (every 4 hours).

Pain meter (0 = Lo 5 = High): 3.75

## Days 60 - Day 14 Post Radiation Therapy

July 12, 2002

Switching to the maximum dose (every 4 hours) seemed to do the trick. I can still feel the swollen larynx but it is not as prominent as it used to be. I also got some more pictures of the radiation equipment.

Pain meter (0 = Lo 5 = High): 3.5

Picture me: [The Radiator](#) [The Mask 2](#) [The Table](#)

## Days 61 - Day 15 Post Radiation Therapy

July 13, 2002

My throat is still sore and I can still feel my larynx is swollen. I would think 15 days after the last radiation treatment my larynx swelling would be gone, but it is not. I can only hope that the coughing spells caused by my allergies did not do irreparable damage to my larynx and my voice.

Pain meter (0 = Lo 5 = High): 3.0

## Days 62 - Day 16 Post Radiation Therapy

July 14, 2002

My allergy meds seem to be getting weaker. I can still feel the phlegm building up in my throat. Although I do not yet feel the horrendous coughing spells it used to produce. I slept most of the day and feel extremely tired throughout the day. I still can feel the swollen gland when I swallow.

Pain meter (0 = Lo 5 = High): 3.0

## Days 63 - Day 17 Post Radiation Therapy

July 15, 2002

I may not have mentioned this before by I do have a bit of arthritis in my neck or so the doctor says. I wake with a stiff neck and some headache pain also. This is now interfering with my sleep and ultimately my recovery. Still no change in the recovery except for the arthritis. Holistically, I would have thought it better to treat the whole body instead of just the cancer. My recovery would probably have been a lot easier if the cancer, allergies, emotional state, etc. had been treated at one time to ensure one did not interfere with the other. The pain is about the same.



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|  |                      |
|--|----------------------|
| Pain meter (0 = Lo 5 = High): 3.0  |                      |
| <b>Days 64 - Day 18 Post Radiation Therapy</b>   | <b>July 16, 2002</b> |
| My recovery pattern remains the same. Allergies' triggering coughing spells and excess phlegm filling my throat. I am worn out early in the day. As far as the cancer is concern, I still feel the swollen gland in my throat when I swallow.  |                      |
| Pain meter (0 = Lo 5 = High): 3.0  |                      |
| <b>Days 65 - Day 19 Post Radiation Therapy</b>   | <b>July 17, 2002</b> |
| Although I can still feel the swollen gland in my throat it does not seem to be as big as it was. I am still having coughing spells probably trigger by the allergies. I see other stories on TV about cancer survivors and I now see them in a different light and I feel I am fortunate to have caught mine early and only having to go through Radiation and not both Radiation and Chemo together.   |                      |
| Pain meter (0 = Lo 5 = High): 2.7  |                      |
| <b>Days 66 - Day 20 Post Radiation Therapy</b>   | <b>July 18, 2002</b> |
| Tonight while updating this page I had a coughing fit that ended in dry heaves over the sink. The pain exploding into my sinuses. Luckily it lasted only 4 - 5 minutes. I have made an appointment with my primary doctor for a referral to an allergist. It is time I went straight to the experts that can help stop the cough and Post Nasal Drip which are reeking havoc on my recovery and general well being. I am also researching the herbal alternatives. |                      |
| Pain meter (0 = Lo 5 = High): 2.8  |                      |
| <b>Days 67 - Day 21 Post Radiation Therapy</b>   | <b>July 19, 2002</b> |
| I went to my primary doctor for a referral to an allergist which he gave. So now I must wait to be scheduled for a complete allergy workup. I must remember my allergies are separate from the cancer but interferes with my recovery and that after the cancer has come and gone my allergies will still be here and demand my utmost attention. Although I am still having coughing fits, I am feeling better.   |                      |
| Pain meter (0 = Lo 5 = High): 2.7  |                      |
| <b>Days 68 - Day 22 Post Radiation Therapy</b>   | <b>July 20, 2002</b> |
| Same as yesterday, little coughing but feeling better. My son's birthday is today, so we will be having the traditional BBQ Ribs for dinner. Let's see how I can handle this. I seem to be able to handle a lot more in the food department now.   |                      |
| Pain meter (0 = Lo 5 = High): 2.5  |                      |
| <b>Days 69 - Day 23 Post Radiation Therapy</b>   | <b>July 21, 2002</b> |
| Although my pain is still decreasing, I still feel the phlegm building in my throat and it induces the severe coughing fits during the day. My voice is improving but still not much more than a whisper now.  |                      |
| Pain meter (0 = Lo 5 = High): 2.3  |                      |
| <b>Days 70 - Day 24 Post Radiation Therapy</b>   | <b>July 22, 2002</b> |
| Another aspect of my allergies is making a comeback and interfering with my recovery - itchy eyes. The postal nasal drip is still a problem triggering cough episodes that wreak havoc on my swollen larynx. I am preparing a herbal solution for it. The Allergist will take weeks if not months to isolate the allergen causing my problem. It should consist of Bromelain, Elder, Wild Indigo, and maybe some Arabian Myrrh. It cannot                          |                      |



# Ampuku® Wellness Therapy

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| do any worse. The pain factor remains the same.   |                      |
| Pain meter (0 = Lo 5 = High): 2.3   |                      |
| <b>Days 71 - Day 25 Post Radiation Therapy</b>  | <b>July 23, 2002</b> |
| No real change from yesterday. The codeine that reduces my severe coughing, unfortunately also causes me to more prone to bouts of unplanned naps. The swelling of my larynx though does feel less prominent though.  |                      |
| Pain meter (0 = Lo 5 = High): 2.0   |                      |
| <b>Days 72 - Day 26 Post Radiation Therapy</b>  | <b>July 24, 2002</b> |
| Something new. I finally decided it was time to return to one of my favorite snacks, popcorn. About 10 minutes after the snack, I encountered a very severe coughing fit including dry heaves. It took me out of business and into bed to rest from the strain of the coughing and heaving into the sink. I have never reacted to popcorn this way. I may conclude that the allergies meds I am taking have something to do with it. So no more popcorn for me (at least for a while).  |                      |
| Pain meter (0 = Lo 5 = High): 2.25  |                      |
| <b>Days 73 - Day 27 Post Radiation Therapy</b>  | <b>July 25, 2002</b> |
| I have no further effects from the popcorn episode last night. Thank Goodness. Only the heat of the day seems to zap my strength. The Codeine Cough Syrup still makes me a bit drowsy and it can be habit forming so I have reduced its schedule to twice a day instead of 4-6 times a day recommended dosage. If it does not work, I will increase it again to as needed but no more than the recommended dosage. My Larynx seems quieter now, I can not feel its presence unless I suffer a coughing spell. Swallowing has returned to normal with no pain. Only when I suffer a coughing spell does the pain return. |                      |
| Pain meter (0 = Lo 5 = High): 2.0   |                      |
| <b>Days 74 - Day 28 Post Radiation Therapy</b>  | <b>July 26, 2002</b> |
| No word from my allergist about an appointment, so we called the clinic. The first appointment they can make is on August 6th. That, however, is a different story and will not be documented here in this journal. Still a presence felt, my larynx is still swollen a bit. My allergies are increasingly getting worse. I actually can feel the dripping from my sinuses into my throat. My eyes are starting to itch. Either the Claritin is too small a dose or it does not work on Post Nasal Drip.  |                      |
| Pain meter (0 = Lo 5 = High): 1.75  |                      |
| <b>Days 75 - Day 29 Post Radiation Therapy</b>  | <b>July 27, 2002</b> |
| I felt pretty good, but still weaker than usual. It may be a combination of the heat and my allergy meds. Once again I feel pretty good as far as my larynx goes, my allergies, on the other hand are a different matter.   |                      |
| Pain meter (0 = Lo 5 = High): 1.0   |                      |
| <b>Days 76 - Day 30 Post Radiation Therapy</b>  | <b>July 28, 2002</b> |
| My Follow-up is Tuesday. That is when I find out if I have beaten Cancer (at least for now). Even if I do, I still have my allergies to battle. I can feel the larynx swell a tiny bit after a severe coughing fit so Tuesday's findings are still not a sure thing. I can still swallow without a problem.   |                      |
| Pain meter (0 = Lo 5 = High): 0.5   |                      |



## Days 77 - Day 31 Post Radiation Therapy

July 29, 2002

One more day before I find out if I have really beaten this thing. I have noticed an alarming change though. Last night I ate Green Bean Casserole which is made with mushroom soup stock which evidently has a bit of salt in it. It started me coughing severely again as did the [popcorn](#) a few nights ago. This could mean I have developed another allergy, this time to a foodstuff instead of an environmental element. It could also mean that the meds I am on has caused this condition, which means when I stop using the medication, the reaction also stops (I hope). This is something else I need to address to the oncologist, allergist, and pharmacist. After eating the casserole last night, I could feel my larynx swell up. Now it is just a bit noticeable.

Pain meter (0 = Lo 5 = High): 0.5

## Days 78 - Day 32 Post Radiation Therapy

July 30, 2002

**Cancer Free!** The scope showed no signs of cancer. It did show a very serious allergy condition however. But that is another story. This is the last entry in this journal. I can still feel a swollen gland when I swallow. The doctor says that is my allergies. My Larynx is normal with no signs of swelling or cancerous growth. My wife burst into tears of joy which also shows how much my condition affected her as well.

Pain meter (0 = Lo 5 = High): 0.5

### Epilogue: Cancer Free for 5.5 years

However, my voice has not returned to normalcy. It is raspy most of the time and I will lose it speaking at length. I am frustrated that I cannot control it and the frustration shows. People assume I am angry or frustrated at them when I am not. I find myself continually apologizing for my voice. It was reflected in my job evaluations which I interpret as a violation of the ADA, but Corporate America makes their own rules, right?

Never take your triumph over this disease for granted. Get regular check-ups and scans for any type of cancer regularly. I just had a colonoscopy done which just happened to be my first in 61 years. I set a record at the clinic: 17 polyps – 13 were removed, 3 more will be removed in a forth-coming colonoscopy, and 2 more to be removed during major colon resectioning surgery later this month. At least two of them were pre-cancerous.

### Shujin

---A combination of Holistic and Conventional Medicine made me a cancer survivor.