

February 2013

To Whom it May Concern,

In February 2005 I found a lump in my left breast. It was only about a month after I had stopped breast-feeding my 3rd child and, as I had had some problems feeding her, I thought it was possibly related to this so was not overly concerned, but made an appointment anyway to have it checked. I went for tests and was devastated to be diagnosed with breast cancer.

I quickly had surgery (full mastectomy and removal of lymph nodes) and was then told I would need chemo and radiotherapy. I had 3 children under six and a husband who worked long hours and was often away. It was a daunting prospect but I had been told that chemo drugs had improved a lot and people could often still live fairly normal lives. Unfortunately, this was not the case for me. I was very ill and ended up back in hospital, either to have the treatment or because of fevers, many times. I lost a lot of weight and was very weak and suffered many of the side effects of chemo.

Many people had suggestions of all sorts of things that I could take or do to help, which I found a bit overwhelming. On one occasion, as I went into an appointment at the hospital, a woman saw how ill I was and spoke to my mother who was waiting for me. She told her what she had been through (breast cancer then a reoccurrence) and then wrote down a website for a doctor that may help. The website led me to Dr Chen.

I was reassured by the many stories of others who had been helped by him, and then as I mentioned his name to other people I knew I was reassured to hear that others knew of him or had seen him. I really needed something to get me through chemo so made an appointment. At this point the chemo had all become too much especially after having to have a blood transfusion and my anxiety levels were very high even though I have never been an anxious person. I decided to quit chemo - I was about half way through. I also decided that I needed to do something else to help me get well. I went back to Dr Chen. He was so straightforward, positive and encouraging. I saw him regularly for acupuncture and took herbs as well as changing my diet.

I recovered quickly from the awful affects of chemo and I found radiotherapy was not too hard to go through. Then in 2009 I was diagnosed with a melanoma, which I had removed. Dr Chen continued to treat me, fixing up my immune system, which I think had been so compromised by my previous treatments.

I have been so grateful for the care and positive attitude I have received and I believe my good health and clear check ups have a lot to do with Dr Chen treatment.

Jo Copping

