

# CORONAVIRUS, CANCER, AND CHRONIC DISEASES. A HUMAN TRAGEDY

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February 20, 2020.

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## CHAPTER I INTRODUCTION

This book is dedicated to the people who suffer from any or several chronic diseases, including cancer, and preventing the contracting of the coronavirus disease.

This book serves as a guide for the patient so he or she can make informed decisions to take control of his or her diagnosing, treatment and recovery. Normally, the patient leaves this responsibility to the doctor, but in earnest, it is the patient that must assume responsibility of her treatment. After all, it is the patiente who is sick, not the doctor. But the doctor, the right doctor, makes all the difference in the world.

The book pays homage to the memory of all cancer sufferers. The ones who succumbed to the disease, the ones who are courageously fighting the disease, and the ones that would eventually develop the disease until a cure will be found.

Same for the close to 300,000 deaths (by the time it will recedes), from Coronavirus, a pandemic that should not had occurred in the first place, had humans not invaded the biological space of the wild, and had taken precautions when dealing with mortal viruses in the lab.

Lastly, have the world had real and true leaders who knew what it takes in times of despair, the pandemic could have been neutralized, thus avoiding tremendous pain and suffering.

Following, a homage to some famous people that succumbed to cancer:

John Pemberton, the inventor of Coca Cola, who died from gastric cancer in 1889 and who could never imagine and enjoy the tremendous success his invention would become.

Steve Jobs, he got pancreatic cancer but refused timely treatment. He resorted to natural medicines as opposed to conventional treatments until it was too late. But he was a warrior by all means and purposes.

Professor Jose Nossa, from Sogamoso Colombia, who succumbed to lung cancer in 2017, to whom I never knew, yet I learned about his predicament.

My friend to whom I have very fond memories of, Dr Luis Guillermo Hernandez Salguero, who succumbed from gastric cancer in 1986 in Tunja Colombia, and to my father's childhood friend Colonel Hector Pineda Gallo, who died from gastric cancer in 1984.

Some famous names worth mentioning:

Sandra Dennis, an actress, Jacqueline Kennedy Onassis, Farrah Fawcett, Paul Newman, Steve Mc Queen, Peter Jennings, the journalist, Patrick Swayze, John Wayne, Anne Bancroft, Charles Bronson, Yul Brynner, Peter Sellers, Walt Disney, Dean Martin, George Harrison ex Beatle, Edith Piaf, Nat King Cole, Eva Peron, Luciano Pavarotti, Sam Sheppard, etc. Etc., and many more.

Also, to the millions of unknown people who died from this terrible disease and by now, are totally forgotten. God Bless their Souls.

But how do you get cancer in the first place?

The obvious question: *"Why me?"* or *"Why not somebody else?"*

Most likely, cancer would begin as a result of cells malfunction, but what could have caused the "cells malfunction" in the first place?, or maybe experiencing very intense daily life stresses, depression, diabetes, high blood pressure, obesity, genetic malfunction, bacteria, diseases, etc, etc.

But how, an otherwise healthy individual would end up acquiring all these diseases? Good question. Maybe just plain destiny. However, some assumptions could be inferred.

The scientific community agrees that we are the product of our environment, our genetic makeup and how successful or unsuccessful we interact with our environment. But even in the best-case scenario, assuming that genetics and the environment are very kind to us, we are still doomed. This means we will die someday, regardless.

According to the American Cancer Society, 10%- 20% of cancer incidences are attributed to genetic factors. The rest of cancer incidents may have to do with lifestyles, viruses, bacteria, etc. or just plain bad luck. We can also blame the *Helicobacter Pylori* a pesky bacteria that seats in the digestive tract, not harmful, but it could turn out rogue. These bacteria "live" happily and comfortably in the digestive tract.

So, what to do once a cancer diagnosis is determined? To fight back, of course. And this book is about fighting this disease, preventing coronavirus and other prevalent chronic diseases.

Having the right and unbiased information about these diseases, having a loving and supportive family, but first and foremost, having the right doctor, the right hospital and the right health insurance coverage is a guarantee of success. It is of paramount importance to have someone next to you that will be there for you on a 24/7 basis. Cancer, and coronavirus are diseases too difficult to deal with that having someone at hand makes all the difference in a successful treatment.

In this particular case, Simone Costa Dos Santos, from Sao Paulo, Brazil, made all the difference in the world. She was tough like a rock. God Bless Her. There were multiple occasions where the side effects of the diseases were so tough to deal with, that "a final solution" was considered quite often. But Faith and Resilience, avoided a tragedy.

Unfortunately, millions of cancer sufferers have no idea that they carry the disease until it is too late. They also do not have a support system in place. To make things worse, they do not even have access to basic care, let alone to sophisticated cancer treatments. The golden rule in fighting a disease like cancer is detecting it on time.

By the time this book was published, February 2020, the Coronavirus pandemic, or COVID-19, as it is known in the medical jargon, raged the world. In a matter of months, the world was sent into a catastrophe mode, a situation not lived since WWII. The civilization as we knew it, is no longer the civilization we were accustomed to.

By April 30, 2020, 2,000,000 people were infected, and 150,000 people had died. In the US, there were 30,000 deaths and 500,000 people infected. It is likely that by the end of the year 2020 these figures will increase dramatically. However, it is expected that the pandemic would recede by the end of 2020. The most ravaged countries were China, Italy, Spain, France and the United States.

The coronavirus pandemic radically changed the way people work, sleep, socialize, interact with themselves and with each other. The world economy entered in recession for years to come. The health systems of countries were not prepared to attend the health emergencies a pandemic of this size will impose. The financial cost of the pandemic was too onerous that entire financial systems went bankrupt. People lost their livelihoods. Hunger and famine caused tremendous pain and suffering to an already starving planet.

The devastating effects of climate change made things worst. Food production became scarce. The most vulnerable segments of society were hit the hardest, such as the poor, the elderly, the disabled and the chronically ill. The way people related to each other was dramatically changed. As the virus spreads by human contact, personal isolation was mandatory. The term "social distancing" became the new normal in human relationships.

In other words, physical contact was punished and not encouraged. Under these unusual circumstances, however, people had to make decisions. To make good decisions and bad decisions, that will have life-lasting consequences.

Regarding defeating coronavirus, it is important to understand the nature of the virus and how modern medicine will tackle it.

According to the definition of the WHO World Health Organization:

*“Coronaviruses are a family of viruses known for containing strains that cause potentially deadly diseases in mammals and birds. In humans, they're typically spread via airborne droplets of fluid produced by infected individuals.*

*Some rare but notable strains, including SARS-CoV-2 (responsible for COVID-19), and those responsible for severe acute respiratory syndrome (SARS) and the Middle East respiratory syndrome (MERS), can cause death in humans.*

*First described in detail in the 1960s, the coronavirus gets its name from a distinctive corona or 'crown' of sugary-proteins that projects from the envelope surrounding the particle. Encoding the virus's make-up is the longest genome of any RNA-based virus—a single strand of nucleic acid roughly 26,000 to 32,000 bases long.*

*There are four known genera in the family, named Alphacoronavirus, Betacoronavirus, Gammacoronavirus, and Deltacoronavirus. The first two only infect mammals, including bats, pigs, cats, and humans. Gammacoronavirus mostly infects birds such as poultry, while Deltacoronavirus can infect both birds and mammals.*

*What are the symptoms of a coronavirus?*

*Coronavirus can give rise to a variety of symptoms in different animals. While some strains cause diarrhoea in pigs and turkeys, most of the time infections are comparable to a bad cold, causing mild-to-moderate upper respiratory problems such as a runny nose and sore throat.*

*There are a handful of lethal exceptions, which have had a devastating impact on livestock and human health around the globe.*

*COVID-19 (SARS-CoV-2)*

*SARS-CoV-2 was first identified in the Chinese city of Wuhan in 2019. At the time of writing, numbers of infected are still on the rise, with a mortality rate of around 1 percent. Snakes were originally suspected as a potential source for the outbreak, though other experts have deemed this unlikely and proposed bats instead. As of February 2020, the search for the animal origin of COVID-19 is ongoing.*

*Severe acute respiratory syndrome (SARS-CoV)*

*SARS was first recognised as a distinct strain of coronavirus in 2003. The source of the virus has never been clear, though the first human infections can be traced back to the Chinese province of Guangdong in 2002. The virus then became a pandemic, causing over 8,000 infections of an influenza-like disease in 26 countries with close to 800 deaths.*

*Middle East respiratory syndrome (MERS-CoV)*

*MERS was first identified in Saudi Arabia in 2012 in people displaying symptoms of fever, cough, shortness of breath and occasionally gastrointestinal problems such as diarrhoea. An animal source for the virus has never been officially confirmed, though evidence points to dromedary camels as a potential reservoir of infection.*

*The World Health Organisation has identified around 2,500 cases of infection in 27 countries since initial outbreaks, resulting in nearly 860 deaths.*

To develop a vaccine against a virus like coronavirus, several areas of medicine are directly involved. Among them, epidemiologists who trace, monitor and predict the movement and the behavior of a pathogen to trace its whereabouts and to assist governments in setting up treatment programs.

Testing for the disease is paramount. It includes ultra-sensitive assays that capture very low levels of viral proteins and enable rapid point-of-care testing. Also, tests that detect biomarkers that show potential aberrant immune responses are definitive in identifying potential immune complications.

Antibody-based testing identifies individuals who have recovered from infections with the new coronavirus and have developed immunity to the virus.

One of the most important questions regarding viruses is how they affect the immune system, particularly the infected cells, tissues and organs. However, while a vaccine is invented, antiviral medications and antibody-based treatments are administered to ease the symptoms. But the best, and perhaps the only way to avoid the virus is to isolate ourselves and covering our faces with a mask, for as long as it is necessary until the pandemic recedes. However, some studies suggest that more pandemic breakouts may occur in years to come.

Treatment for these diseases is based on achieving homeostasis in the 3 daily life-cycles: Rest/activity, sleep/wake and diet/metabolism. These are the cornerstones of daily human activity. As the saying goes, "life happens every 24 hours". Human activity "recycles" every 24 hours. This means, if the day has 24 hours, 8 hours should be allocated for sleeping, 8 hours for working and 8 hours for resting. In reality, this rarely happens, as daily human activity is unpredictable.

But the body thinks, believes, and behaves otherwise.

The human body is a "perfect machine" accustomed to carry on biological, neurological, electrical and chemical functions like a clockwork. Any time an individual infringes on any of these cycles, the body emits a "life invoice" that needs to be paid as soon as possible. For example, when not sleeping the minimum required daily hours, the body emits an "invoice of somnolence". When not eating a balanced diet over longer periods, the body emits an "invoice of malnutrition". When overeating food with high carbohydrate and sugar content, the body emits an "invoice of obesity". When the body refuses to exercise; the body emits an "invoice of free radicals". Radicals are damaging substances that poison the body of substances that damages the cells.

But perhaps the most damaging of all "rogue activities" is stress. Stress over time causes irreparable damage to all body organs. Stress causes all kinds of diseases ranging from anxiety to cancer. To restore the body to a full state of homeostasis, that is, mental and physical equilibrium, a series of activities and actions must be implemented.

Following is MY ONLINE DISEASES MANAGER, an activity program manager aimed at recovering our health and enjoy wellness:

TODAY'S DATE:

MY NAME:

MY AGE:

MY HEIGHT:

MY WEIGHT: \_\_\_\_\_ POUNDS. I WANT TO LOSE \_\_\_\_\_ POUNDS WITHIN A MONTH.

MY LOCATION: \_\_\_\_\_

I SUFFER FROM THE FOLLOWING CONDITIONS:

1. Diabetes
2. High Blood Pressure
3. Obesity
4. Cancer
5. Diverticulitis
6. Depression
7. Other – Heart Failure

DID I CARRY OUT AN EFFECTIVE AND CONSCIOUS CHECK OF MY HEALTH, BEFORE CONTRACTING THESE DISEASES: YES \_\_\_\_\_ NO \_\_\_\_\_

I AM TREATING MY CHRONIC DISEASES:

SUCCESSFULLY \_\_\_\_\_ UNSUCCESSFULLY \_\_\_\_\_ BECAUSE \_\_\_\_\_  
\_\_\_\_\_

MY CORONAVIRUS RISK IS:

1. LOW: \_\_\_\_\_
2. MEDIUM: \_\_\_\_\_
3. HIGH: \_\_\_\_\_

I WEAR A MASK AT ALL TIMES: YES \_\_\_\_\_ NO \_\_\_\_\_

I DO "SOCIAL DISTANCING" AT ALL TIMES: YES \_\_\_\_\_ NO \_\_\_\_\_

THE CORONAVIRUS PANDEMIC MESSED MY LIFE UP, BUT I AM COPING:

SUCCESSFULLY \_\_\_\_\_ UNSUCCESSFULLY \_\_\_\_\_

BECAUSE \_\_\_\_\_  
\_\_\_\_\_

MY DAILY TREATMENT PLAN CONSISTS OF BALANCING MY 3 DAILY LIFE CYCLES: REST/ACTIVITY, SLEEP/WAKE AND DIET/METABOLISM.

TODAY, I WILL ACCOMPLISH THE FOLLOWING:

1. I WILL EXERCISE \_\_\_\_\_ HOURS
2. I WILL EAT \_\_\_\_\_ TIMES
3. I WILL REST \_\_\_\_\_ HOUR
4. I WILL SLEEP \_\_\_\_\_ HOUR
5. I WILL WORK \_\_\_\_\_ HOURS
6. I WILL GOSSIP \_\_\_\_\_ TIMES

ERRATIC AND CATASTROPHIC THINKING IS THE CAUSE OF MY STRESS. SO, I WILL:

MEDITATE \_\_\_\_\_  
DO MASSAGE \_\_\_\_\_  
DO ACCUPUNCTURE \_\_\_\_\_  
PLAY WITH "CHUCHO" THE DOG \_\_\_\_\_

AT THE END OF MY DAY, I WILL EVALUATE MY PERFORMANCE. TODAY, I MET MY DAILY GOALS BY \_\_\_\_%. AS SUCH, I WILL REWARD MYSELF BY DOING \_\_\_\_\_  
\_\_\_\_\_

MY FAVORITE WORD FOR TODAY IS \_\_\_\_\_