

Should I Be Tested for Cancer? Maybe Not and Here's Why

by H. Gilbert Welch, MD, MPH

University of California Press.

Berkeley and Los Angeles, California

ISBN: 0-520-23976-8, 2004.

8"x10"x0.3"; 224 pages; hardback; \$49.95 US

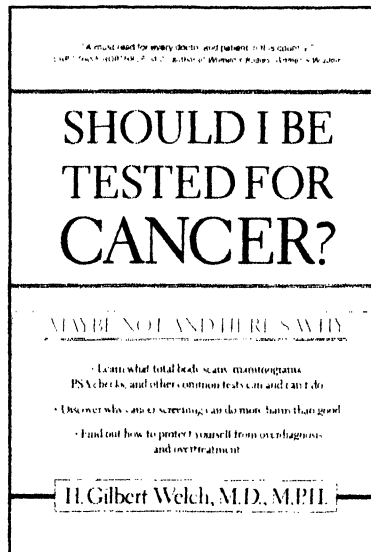
Reviewed by Timothy Fior, MD, DHT, ABFP

When someone trained in conventional allopathic medicine studies homeopathy, the dogmas of allopathy become apparent. One of the last dogmas to remain is that cancer screening is a worthwhile objective to pursue for every patient. If the patient resists, we are encouraged to push hard and spread fear of catching the disease "too late." Other allopaths (like me) who have taken up a homeopathic perspective have probably become uneasy with this "screen at all costs" mentality, but are not sure how to articulate the rationale for this uneasiness. Dr. Welch in this short but powerful book has given us a resource to which we can refer and to which we can refer discriminating patients as well.

Although this book is not about homeopathy, cancer screening is a topic which probably every allopathically trained homeopathic physician has had to confront. Preventive services in conventional medicine center around the idea of early detection of diseases like cancer. The concept of cancer screening is presented in the lay media and even in the medical literature as only having an upside. In this incredibly well written book, Dr. Welch presents the downside in an easily accessible and practical manner. As Alfred Berg, MD, MPH, Chair of the U.S. Preventive Services Task Force, who is quoted on the back jacket says, "Dr. Welch writes wonderfully well. For anyone interested in cancer screening or preventive medicine, this book is a page-turner. It will be a rare person — layperson or health professional — whose perspective is not changed by reading this provocative book."

The book is divided into a fifteen page introduction and two parts. In the introduction he articulates the problem:

"So we test for cancer — a lot.... The conventional wisdom is that all this testing is good. The idea is simple: cancer grows and spreads to distant parts of the



body. When cancer is this far along, it is really hard to treat. But if doctors catch cancer earlier, before it spreads, it is much easier to treat. It's a familiar idea: fix small problems before they become big ones. In other words, the conventional wisdom is that looking for early cancer always makes sense — it can only help.... In this book, I will articulate a different view. The reality is not so simple. Although the effort to find cancer early can be beneficial, it can also hurt. For there is another side to trying to find cancer early: tests can be wrong, people are made to worry unnecessarily, some are treated unnecessarily, and some are even harmed by treatment.... In short, I will argue that a decision to forgo cancer testing can be a reasonable option." (p. 2-3)

He clearly states that the book is meant for asymptomatic (i.e., well) people who are considering cancer testing. It is not for sick people who already have symptoms of cancer. He advocates testing for those people, but states that discussing testing in sick people is outside the scope of this book.

In part one he carefully delineates the down side of cancer testing. In chapter one he delineates why cancer testing is unlikely to help the well individual.

We find out that only 1-2 persons out of 1000 at age 50 avoid death from cancer for ten years if screened for common cancers (i.e., by mammograms for breast cancer and by fecal occult blood testing for colon cancer). At age 60 the number benefited jumps to 3 out of 1000 and at 70 it reaches 5 out of 1000. But the flip side of this is that between 999 and 995 people out of 1000 who are tested receive no benefit from testing. Further, they can be harmed by a "cancer scare" (chapter 2) which may turn out to be a false positive and lead to endless rounds of testing. Also, regular screening tends to miss the more aggressive and fast-growing tumors, which occur between screening intervals. Even though these are picked up on screening, the person is still likely to die of that cancer despite proper screening.

In the third chapter he explains how screening may lead to unnecessary treatment. There are certain slowly progressive types of cancer that the patient will die with, not from. To treat such "pseudodisease" can only cause harm. I only wish I could have suggested this book to a family member (who's now 85 years old) before he was diagnosed with prostate cancer. Like a good patient, he got yearly PSA tests, which began to rise in value. A second biopsy revealed an intermediate grade prostate cancer. His urologist honestly enough told him it could be watched or treated. After much agonizing reflection, he opted for conforming beam radiation treatments which promptly dropped the PSA levels to nearly undetectable levels. However, in the next year or two he experienced a bout of osteomyelitis and endocarditis both of which seemed clearly to be side-effects of the radiation treatments, as these were new conditions to him and he had been quite healthy before the radiation.

In chapters 4 and 5 Dr. Welch delves into the issue that the harder we look for cancer (e.g., more biopsies), the more we find, and that pathologists do not always agree when cancer is present. In chapter 6 (which is the end of part one) he discusses how cancer screening may distract the doctor from other issues that are more important to the patient. It is here that I think he hits a home run from homeopaths' perspective. In homeopathy we have so much to offer patients to help them to lead happier, healthier and more balanced lives, but how often do we take our eyes off the pitch (to use a baseball analogy) because we are pursuing other perhaps

unnecessary screening tests? Of course, in homeopathic practice, this happens far less than in conventional medical practice. At least I hope so.

In part two Dr. Welch attempts to educate patients by explaining the culture of medicine and why there is such a push to do more cancer screening tests. Here he touches on the fear factor; monetary incentives to test; and fear of litigation if a cancer is missed. Although cancer screening increases cancer incidence rates and five-year survival statistics, he explains how this can be deceptive. Improved five-year survival rates can be particularly deceptive, because this improvement can be simply because we are diagnosing cancers earlier in life and they are living longer (than 5 years) with it, but possibly still dying of it. Carefully done research should focus on overall mortality rates, not the deceptive five-year mortality rates. In the end he suggests there should be more research about cancer screening that looks at all the risks and benefits and looks at overall mortality. He suggests that genetic screens for cancer which are being more and more widely touted as useful (e.g., BRCA testing), may raise more questions than they answer. He then touts the benefits of watchful waiting: "If we are going to look for early cancer, we may need to study a new diagnostic strategy: watchful waiting. It is entirely possible that we would do better with a little bit more watching and a little less action." In homeopathy we are quite familiar with watchful waiting!

Finally, he concludes by recommending each patient introspect to develop their own strategy for assessing the risks and benefits of cancer screening to make an informed decision about screening. At a minimum every practicing physician should know the name of this book to recommend it to thoughtful patients, and better yet, we should all read it and have a copy on our shelves.

About the Reviewer: Timothy Fior, MD, DHT is current vice-president and former president of the Illinois Homeopathic Medical Association and a founding member of that association. He has been practicing homeopathy for sixteen years, currently at the Center for Integral Health in Lombard, Illinois. He has lectured about homeopathy at several of the medical schools in the Chicago area. He is currently the coordinator for the Primary Care Homeopathy course in Oakbrook, Illinois.

ATH

Calendar of Homeopathic Events

This calendar is provided courtesy of Dr. Betty Wood

SCHEDULED EVENTS

JANUARY 19-21, 2007

Ulrich Welte MD, Vancouver, B.C.

"The Colors of Remedies"

Contact: Luminos Homeopathic Courses Ltd.

Aryana Rayne at 604-947-0757

info@homeopathycourses.com

http://www.homeopathycourses.com

JANUARY 20-24, 2007

Henny Heudens-Mast

"Healing with the Miasms: Patterns in a Textured Tapestry"

Hilton Cocoa Beach Oceanfront Hotel, Cocoa Beach, Florida

Contact Florida Academy of Classical Homeopathy

(386) 736-8685 phone/fax

info@floridahomeopathy.org

www.floridahomeopathy.org

JANUARY 25-28, 2007

Dr. Divya Chabra, San Diego, CA

4-day seminar with Divya

Contact: Cheryl Feng, California Center for Homeopathic Education

Tel: (888) 475-4384

e-mail: cchomeopathic@aol.com

website: www.cchomeopathic.com/seminars

FEBRUARY 2-4, 2007

New England School of Homeopathy - Amherst, MA

Two Year Certificate Course 2005-2007

Instructors: Drs. Paul Herscu & Amy Rothenberg

For further info see www.nesh.com

Contact person: Amy Rothenberg ND

mail to: nesh@nesh.com 413-256-5949, fax 413-256-6223

FEBRUARY 9-11, 2007

School of Homeopathy, New York

Contact: Kathy Lukas, Director

212-570-2576

www.schoolofhomeopathynewyork.com New York City

Program

www.tshny.com Online Foundation Course

tshny@earthlink.net

FEBRUARY 9-11, 2007

Louis Klein R.S. Hom, F.S.Hom, Los Angeles

"Illuminating the Homeopathic Intricacy of the Modern Child and Adult"

Contact: Luminos Homeopathic Courses Ltd.

Aryana Rayne at 604-947-0757

info@homeopathycourses.com

http://www.homeopathycourses.com

FEBRUARY 15-17, 2007

Frans Vermeulen, Berkeley, CA

Contact: Seminars@HomeopathyWest.com

877-850-5078

FEBRUARY 24, 2007

Todd A. Hoover, MD, Orlando, FL

Florida State Conference on Homeopathy

A Simple & Practical Approach to the Follow-Up Evaluation.

Florida Homeopathy, an alliance of the Florida Homeopathic Medical Society & the Florida Study Group Affiliates of the National Center for Homeopathy (352) 483-1546, floridahomeopathy@yahoo.com

FEBRUARY 25, 2007

Todd A. Hoover, MD, Orlando, FL

Florida State Conference on Homeopathy

Homeopathy Research from Past Epidemics, Projections for the Bird Flu and the Homeopathic Response.

20th Annual Luncheon

(352) 483-1546, floridahomeopathy@yahoo.com

MARCH 1-3, 2007

142nd Annual Conference, Philadelphia, PA

Homeopathic Medical Society of the State of Pennsylvania

In conjunction with the Southern Homeopathic Medical Association

Multidiscipline Homeopathic Seminar, Health from the Ground Up 2007,
Iris Bell, MD, PhD; Leonard Torok, MD; Larry Bernstein, VMD; Pentti Nupponen, DMD; among others.
CHE and naturopathic CEU applied for
www.harmanyequine.com
(703)273-5250, M-F 9A-12:30 P

MARCH 3-4, 2007

The Desert World: A Homeopathic Exploration
A Fund Raising Conference for the American Medical College of Homeopathy
With Jeff Baker ND, DHANP & Todd Rowe MD, CCH, DHT
Cost: \$200 (\$100 per day)
20% Discount for Undergraduate Students
Mesa Convention Center, Building A, Mesa, AZ
CME's provided for naturopathic physicians & CHE credits provided

MARCH 9-11, 2007

Louis Klein R.S. Hom, F.S.Hom, New York
"Illuminating the Homeopathic Intricacy of the Modern Child and Adult"
Contact: Luminos Homeopathic Courses Ltd.
Aryana Rayne at 604-947-0757
info@homeopathycourses.com
http://www.homeopathycourses.com

MARCH 16-18, 2007

North American Network of Homeopathic Educators (NANHE)
Annual Conference, San Francisco California.
"The Future of Homeopathic Education"
Open to all educators and those interested in homeopathic education.
www.homeopathyeducation.org
Details: Call Richard Pitt 415-695-8200

MARCH 23-26, 2007

Jeremy Sherr; St Paul, MN
DYNAMIS SCHOOL - Session 8
Contact: Jake Kiakahi
Ph: 763 566 1926

APRIL 13-16, 2007

Jeff Baker, Orlando, FL
COMPREHENSIVE TRAINING IN THE VITAL SENSATION METHOD: a two year course
Using Kingdoms, Miasms and the Levels of Experience to consistently and confidently find the simillimum
Session three
contact: mauiacademy@earthlink.net or 808-572-2229
http://www.mauiacademy.com

APRIL 13-16, 2007

ANNUAL JOINT AMERICAN CONFERENCE ON HOMEOPATHY, Denver, CO
8 NATIONAL ORGANIZATIONS
Contact: National Center for Homeopathy
(703) 548-7790, FAX (703) 548-7792
mailto:info@homeopathic.org
http://www.homeopathic.org

APRIL 20-22, 2007

Melissa Burch, CCH, Cambridge, MA
Live Case Clinic and Advanced Casetaking using the Vital Sensation to find the remedy, Part 2
Contact: george@innerhealth.us or 617-491-3374,
www.innerhealth.us

APRIL 20-23, 2007

Jeff Baker, Phoenix
COMPREHENSIVE TRAINING IN THE VITAL SENSATION METHOD: a two year course
Using Kingdoms, Miasms and the Levels of Experience to consistently and confidently find the simillimum
Session three
contact: mauiacademy@earthlink.net or 808-572-2229
http://www.mauiacademy.com

APRIL 28 - MAY 4, 2007

Massimo Mangialavori, Harvard, MA
The Language of the Body: Exploring our Perceptions
Study of Homeopathic Remedies and Families for this Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
mailto:bwood@igc.org for detailed course description

MAY 3-6, 2007

Jonathan Shore, MD, Lake Arrowhead, CA
Between Heaven and Earth: Birds, Drugs, and a Trituration Proving
Los Angeles School of Homeopathy
310 279-5010
mailto:avghi@homeopathycourses.com

MAY 18-20, 2007

Melissa Burch, CCH, Cambridge, MA
Live Case Clinic and Advanced Casetaking using the Vital Sensation to find the remedy, Part 3
Contact: george@innerhealth.us or 617-491-3374,
www.innerhealth.us

MAY 31 - JUNE 3, 2007

Drs Shachindra and Bhawisha Joshi, Brattleboro, Vermont
Bombay Homeopaths the Sensation Way
Contact: Spero Latchis at 802-254-2928
spero@sover.net

Maryel Sauve at 514-606-2474
maryelsauve@mac.com

JUNE 14-18, 2007
Rajan Sankaran, Vancouver
Contact: Murray Feldman
E-mail: mailto:Murray_Feldman@telus.net

JUNE 15-18, 2007
DYNAMIS SCHOOL - Jeremy Sherr; St Paul, MN
Session 9
Contact: Jake Kiakahi
Ph: 763 566 1926
jkhomopath@msn.com

JUNE 23-24, 2007
Melissa Burch, CCH, Cambridge, MA
Inner Health System Manual and Training for setting
up Client and Homeopathic services and Marketing
Contact: george@innerhealth.us or 617-491-3374,
www.innerhealth.us

SEPTEMBER 28 - OCTOBER 4, 2007
Massimo Mangialavori, Harvard, MA
The Language of the Body: Exploring Some Vital
Organic Functions
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
<mailto:bwood@igc.org> for detailed course description

OCTOBER 5-8, 2007
Jeff Baker, Orlando, FL
COMPREHENSIVE TRAINING IN THE VITAL SENSATION
METHOD: a two year course
Using Kingdoms, Miasms and the Levels of Experience
to consistently and confidently find the simillimum
Session four
contact: mauiacademy@earthlink.net or 808-572-
2229
<http://www.mauiacademy.com>

OCTOBER 12-15, 2007
Jeff Baker, Phoenix
COMPREHENSIVE TRAINING IN THE VITAL SENSATION
METHOD: a two year course
Using Kingdoms, Miasms and the Levels of Experience
to consistently and confidently find the simillimum
Session four
contact: mauiacademy@earthlink.net or 808-572-
2229
<http://www.mauiacademy.com>

APRIL 8-15, 2008
Joint Homeopathic Conference, Newport RI

Speakers to be determined by consensus of
NASH, AIH, HANP, HNA and NCH
Contact: NCH (703) 548-7790
<http://www.homeopathic.org>

APRIL 26 - MAY 2, 2008
Massimo Mangialavori, Harvard, MA
The Language of the Body: Passages: Relation with
Time and Space
Incarnation, Birth and Development through Issues
Surrounding Death
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
<mailto:bwood@igc.org> for detailed course description

OCTOBER 18-24, 2008
Massimo Mangialavori, Harvard, MA
The Language of the Body: Self Esteem and Affection
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
<mailto:bwood@igc.org> for detailed course description

APRIL 25 - MAY 1, 2009
Massimo Mangialavori, Harvard, MA
The Language of the Body: Different Temperaments
and Issues in Relating
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
<mailto:bwood@igc.org> for detailed course description

OCTOBER 17-23, 2009
Massimo Mangialavori, Harvard, MA
The Language of the Body: Dualism, Ambivalence
and Schism
Study of Homeopathic Remedies and Families for this
Issue
Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
<mailto:bwood@igc.org> for detailed course description

* * * * *

INTERNATIONAL SEMINARS

JANUARY 17 - FEBRUARY 7, 2007
Bengal Allen Medical Institute - Kolkata (Calcutta),
India
Supervision under Dr. Subrata Kumar Banerjea,
BHMS (India)

200 live severe acute and chronic cases using the miasmatic approach

E. Mail: hahnemann@vsnl.com
<http://www.homeopathy-course.com>

JANUARY 27-FEBRUARY 22, 2007

Luc de Schepper, MD; India
 Post Graduate Seminars: Hahnemann's Advanced Methodolgy
 Contact: <http://www.bjainbooks.com/>

FEBRUARY 2-4, 2007

Massimo Mangialavori, Berlin
 Patients with Hysterical Reactions
 Contact: Dr. med Hans Zwemke
<mailto:h.zwemke@t-online.de>

FEBRUARY 19 -MARCH 1, 2007

Dr. Rajan Sankaran & Dr. Jayesh Shah, Goa, India
 Homeopathy seminar 2007
 A seminar for Overseas and Russian delegates
 Contact: Dr.Shachindra Joshi & Dr. Bhawisha Joshi
bhawisha@vsnl.com or drshachindra@hotmail.com
www.drjoshisclinic.com

APRIL 28 - MAY 2, 2007

Rajan Sankaran, Tokyo, Japan
 Contact: Hayto Ozaki
 E-mail: hayato12@violin.ocn.ne.jp
www.asunarokai.net

JUNE 1-3, 2007

Rajan Sankaran, Antwerp, Belgium
 Contact: Bert Lefevre / Ingrid Van de vel
 E-mail: <mailto:bert.lefevre@antwerpen.be>
<mailto:ingridvandevel@yahoo.com>

JUNE 22-24, 2007

Amy Rothenberg - Ireland
 contact: Monica Rigney
monica@kennys.ie

JUNE 22-24, 2007

Irish Conference on Homeopathy 2007
 National University of Ireland, Galway, Ireland.
 Contact: Catherine Holland - 00 353 (0)87 9212352
 or Mary Faulkner - mfaulkner@oceanfree.net

JUNE 25-27, 2007

Jayesh Shah, Galway Ireland.
 Following the Irish Conference in NUIG
 Contact: admin@galwayhomeopathy.com
www.galwayhomeopathy.com

JUNE 28 - JULY 1, 2007

Paul Herscu - Munich, Germany
 contact: Helmut Schumacher
helmutschumacher@gmx.net

AUGUST 7-11, 2007

62nd LIGA MEDICORUM HOMEOPATHICA INTERNATIONALIS CONGRESS
 Puebla de los Angelos, Puebla Mexico
 Organizer: Homeopatia de Mexico, A.C.
www.lmhi2007.com,
www.homeopatiademexico.org.mx,
mexico@lmhint.net

SEPTEMBER 4-16, 2007

Dr. Sunil Anand, Pune, India
 International Residential Workshop on Vital Sensation and Pediatrics
 Contact: Dr. Abhay Talwalkar: <mailto:mihika1@vsnl.com>
<http://www.dr.sunilanand.com>

OCTOBER 15-18, 2007

Rajan Sankaran, Munich
 Contact: Dr. Jurgen Hansel
 E-mail: mailto:gebhart.hansel@t-online.de

NOVEMBER 17-19, 2007

Paul Herscu - Zurich, Switzerland
 contact: Esther Theiler
estheiler@hotmail.com

JANUARY 14 - FEBRUARY 8, 2008

Bengal Allen Medical Institute - Kolkata (Calcutta), India
 Supervision under Dr. Subrata Kumar Banerjea, BHMS (India)
 200 live severe acute and chronic cases using the miasmatic approach
 E. Mail: hahnemann@vsnl.com
<http://www.homeopathy-course.com>
 (978) 635-0605



Summary of Technical Requirements

Follow all formatting requirements.

- *Double space all parts of manuscripts.
- *Illustrations, tables, unmounted prints, should be separate from the article and be no larger than 203 X 254 mm (8 X 10 inches).
- *Include permission to reproduce previously published material or to use illustrations that may identify human subjects.
- *Enclose transfer of copyright and other forms.
- *Submit a paper copy and a floppy disk, CD or email version of the article.
- *Keep copies of everything submitted.

Preparation of Manuscript

Full-length articles, case reports, reviews, editorials, etc: Should be submitted on paper and either email or disk.

Requirements for paper format: Type or print out the manuscript on white bond paper, 216 X 279 mm (8.5 X 11 inches), or ISO A4 (212 X 297 mm), with margins of at least 25 mm (1 inch). Type or print on only one side of the paper. Use double spacing throughout, including for the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the upper or lower right-hand corner of each page.

Research papers

The text of observational and experimental articles is usually (but not necessarily) divided into sections with the headings Introduction, Methods, Results, and Discussion. Long articles may need subheadings within some sections (especially the Results and Discussion sections) to clarify their content.

Manuscripts on Disks

Papers should be submitted in electronic form (email or disk) as well as on paper. The AJHM can accept a variety of word processing formats or text (ASCII or RTF) files.

When submitting disks or email, authors should:

1. be certain to include a print-out of the version of the article that is on the disk or sent by email (mail separately to editor);
2. put only the latest version of the manuscript on the disk or in the email;
3. name the file clearly;

4. label the disk with the format of the file and the file name;
5. provide information on the hardware and software used.
6. be sure to include the author's name(s), address, and email address within the body of the text.

General formatting requirements

Please pay special attention to these requirements as manuscripts submitted without the following formatting will be returned for revisions.

Please avoid the temptation to try to make your written work look like a published article. Once your article is edited, our journal's style and design will be applied to your disk or computer file before it is output to typeset pages, and these are applied most easily to an unstyled manuscript. (In other words, if you put in special features to enhanced the appearance of the manuscript, we will need to spend time taking them out of the file before we can get on with the business of publishing your article.) If you think any part of your manuscript might need to have a special appearance, please indicate this on the print-out only

An alternative to submitting a copy of your article on paper is to submit two copies of your paper on disk or via email. One copy should be without formatting, as described in the preceding paragraph, and one copy should be formatted to present the published appearance that you have in mind.

Instructions for typing the manuscript:

1. Margins. Before you start, set wide margins (approximately 1.5 inches).
2. Line spacing. Set line spacing to double space.
3. Justification. Please do not justify your text – allow it to run ragged on the right-hand margin.
4. Hyphenation. Turn off the hyphenation option. Only use hyphens when they are part of a word. Do not hyphenate words simply to make them fit into a line, since the change in line lengths during typesetting may result in these words being incorrectly hyphenated in the middle of the line.
5. Punctuation. When typing the manuscript, it is essential to be consistent, especially when punctuation. Only use one space following a period (full stop) – between sentences.
6. Accents and Special Characters. Many accents, symbols, and special characters are available as

ASCII characters in a word processor and should be used. However, if they are not available, use the @ sign as a substitute and mark the correct character in the margin of the print-out.

7. Carriage Return and Spacing. Never use the carriage return (enter) at the end of lines within a paragraph – allow the computer's automatic wrap-around function to turn the text over to the next line. Use the carriage return only: a.) at the end of a paragraph, b.) after a heading, c.) at the end of each entry in a list. Do not put in extra space around headings.

8. Paragraphs. Do not indent paragraphs. Start each paragraph on a new line with one line of space between paragraphs. Do not format the document to add extra spacing between paragraphs; simply use the carriage return to add the line of space.

9. Headings. Use normal type for headings. Capitalize the first letter of the first word only. Do not type headings in ALL CAPITALS or with the "Caps Lock" on. Do not underline headings. Do not type headings in bold or italic, or type a colon or period (full stop) after them. Headings should be coded by circled numbers handwritten in the margin of the print-out. You may also want to distinguish headings by using different font sizes. This must be done consistently. Headings should be ranged to the left-hand margin, not centered.

10. Use of Italic or Bold. Use *italic* sparingly (in the text only) for emphasis.

11. Dash (—) and hyphen (-). For a dash (e.g., to set off a phrase), type—(two hyphens, without spaces before, after, or between) or an em dash. Use two hyphens to separate numbers in a range; e.g., 4—5 months, pp. 251—257 or use an em dash.

12. Units. Always insert a space between a number and a unit; e.g., 5 mm.

13. Quotes. Please use "double" quotation marks. Use 'single' quotation marks for quotes within quotes.

14. List. Do not indent lists. If preparing a list within a list, write in the margin "indent list." Do not indent or tab new lines. Bullets, numbers, alphabet characters, or dashes may be used but please use logically and consistently.

15. Footnotes and Endnote/references: Footnote and endnote/reference numbers should be placed in parentheses and not superscripted. Footnotes and endnote/references should be placed within the article as normal text and not placed in footers or otherwise separated from the main body of the article.

16. Tables, illustrations, charts, photos. Tables, illustrations, charts, photos, though they may be placed within the article, should also accompany the article as separate (eg, graphic) files.

Title Page

The title page should carry 1) the title of the article, which should be concise but informative; 2) the name by which each author is known, with his or her highest academic degree(s) and institutional affiliation; 3) the name of the department(s) and institution(s) to which the work should be attributed; 4) disclaimers, if any; 5) the name and address of the author responsible for correspondence about the manuscript; 6) source(s) of support in the form of grants, equipment, drugs, or all of these; and 7) a short running head or footline of no more than 40 characters (count letters and spaces) at the foot of the title page.

American Journal of Homeopathic Medicine Policy Statement for Authors

The American Journal of Homeopathic Medicine is the official medical scientific publication of the American Institute of Homeopathy (AIH). Established in 1844, the AIH continues to the present as the oldest extant national medical professional association in the United States, representing currently, as Active Members, medical and osteopathic physicians and dentists and, as Associate Members, advance practice nurses and physician assistants, who use homeopathy in their practices. It is the express policy of the Board of Trustees of the American Institute of Homeopathy that authors who submit papers for consideration for publication in the *AJHM* which contain clinical material dealing with the treatment of the sick must be duly licensed or otherwise legally engaged in the practice of homeopathic medicine at the location of their practice.

Authorship

All persons designated as authors should qualify for authorship, and all those who qualify should be listed. Note that the qualification of authors for manuscripts containing clinical material includes the prerequisite of appropriate licensure and/or legal practice of homeopathic medicine of said author(s). Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content. One or more authors should take responsibility for the integrity of the work as a whole, from inception to published article.

Abstract and Key Words

The second page should carry an abstract (of no more than 150 words for unstructured abstracts or 250 words for structured abstracts). The abstract should state the main points of the article or, if a research study, the purposes of the study or investiga-

tion, basic procedures (selection of study subjects or laboratory animals; observational and analytical methods), main findings (giving specific data and their statistical significance, if possible), and the principal conclusions. It should emphasize new and important aspects of the study or observations. Below the abstract authors should provide, and identify as such, 3 to 10 key words or short phrases that will assist indexers in cross-indexing the article and may be published with the abstract

Acknowledgments

List all contributors who do not meet the criteria for authorship, such as a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Financial and material support should also be acknowledged.

References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in parentheses. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure.

Use the style of the examples below, which are based on the formats used by the NLM in *Index Medicus*. The titles of journals should be abbreviated according to the style used in *Index Medicus*. Consult the *List of Journals Indexed in Index Medicus* through the library's web site (<http://www.nlm.nih.gov>).

Reference Formats

Articles in Journals

1. Standard journal article

List the first six authors followed by et al.

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996;124:980-3.

More than six authors:

Parkin DM, Clayton D, Black RJ, Masuyer E, Friedl HP, Ivanov E, et al. Childhood leukaemia in Europe after Chernobyl: 5 year follow-up. *Br J Cancer* 1996;73:1006-12.

2. Organization as author

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996;164:282-4.

3. No author given

Cancer in South Africa [editorial]. *S Afr Med J* 1994;84:15.

4. Article not in English

Ryder TE, Haukeland EA, Solhaug JH. Bilateral

infrapatellar seneruptur hostidligere frisk kvinne. *Tidsskr Nor Laegeforen* 1996;116:41-2.

Books and Other Monographs

5. Personal author(s)

Ringsven MK, Bond D. *Gerontology and leadership skills for nurses*. 2nd ed. Albany (NY): Delmar Publishers; 1996.

6. Editor(s), compiler(s) as author

Norman IJ, Redfern SJ, editors. *Mental health care for elderly people*. New York: Churchill Livingstone; 1996.

7. Organization as author and publisher

Institute of Medicine (US). *Looking at the future of the Medicaid program*. Washington: The Institute; 1992.

8. Chapter in a book

Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. *Hypertension: pathophysiology, diagnosis, and management*. 2nd ed. New York: Raven Press; 1995. p.465-78.

9. Conference proceedings

Kimura J, Shibasaki H, editors. *Recent advances in clinical neurophysiology*. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

10. Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. *MEDINFO 92*. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p.1561-5.

Other Published Material

11. Newspaper article

Lee G. Hospitalizations tied to ozone pollution: study estimates 50,000 admissions annually. *The Washington Post* 1996 Jun 21; Sect. A:3 (col.5).

12. Dictionary and similar references

Stedman's medical dictionary. 26th ed. Baltimore: Williams & Wilkins; 1995. Apraxia; p.119-20.

Unpublished Material

13. In press

Leshner AI. Molecular mechanisms of cocaine addiction. *N Engl J Med*. In press 1996.

Electronic Material

14. Journal article in electronic format

Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* [serial online] 1995 Jan-Mar [cited 1996 Jun 5];1(1):[24 screens]. Available from: URL: <http://www.cdc.gov/ncidod/EID/eid.htm>

Tables

Type or print out each table with double spacing on a separate sheet of paper. Do not submit tables as photographs. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Give each column a short or abbreviated heading. Place explanatory matter in footnotes, not in the heading. Explain in footnotes all nonstandard abbreviations that are used in each table.

Identify statistical measures of variations, such as standard deviation and standard error of the mean. Do not use internal horizontal and vertical rules.

Be sure that each table is cited in the text.

If you use data from another published or unpublished source, obtain permission and acknowledge them fully.

Illustrations (Figures)

Figures should be professionally drawn and photographed; freehand or typewritten lettering is unacceptable. Instead of original drawings, x-ray films, and other material, send sharp, glossy, black-and-white photographic prints, usually 127 X 173 mm (5 X 7 inches) but no larger than 203 X 254 mm (8 X 10 inches). Letters, numbers, and symbols should be clear and even throughout and of sufficient size that when reduced for publication each item will still be legible. Titles and detailed explanations belong in the legends for illustrations not on the illustrations themselves.

Each figure should have a label pasted on its back indicating the number of the figure, author's name, and top of the figure. Do not write on the back of figures or scratch or mar them by using paper clips. Do not bend figures or mount them on cardboard.

Digital graphics

Illustrations may be submitted in digital format. Each figure should be submitted separately. File-types PDF, EPS, PageMaker, or files created by FreeHand, Photoshop, or other high-resolution drawing program are acceptable (in TIFF or GIF format, not JPG). Graphics embedded in a Word document are not acceptable.

If photographs of people are used, either the subjects must not be identifiable or their pictures must be accompanied by written permission to use the photograph. High resolution digital black-and-white photographs (tif 300 dpi) are also acceptable.

Figures should be numbered consecutively according to the order in which they have been first cited in the text. If a figure has been published, acknowledge the original source and submit written permission from the copyright holder to reproduce the material. Permission is required irrespective of

authorship or publisher except for documents in the public domain.

Legends for Illustrations

Type or print out legends for illustrations using double spacing, starting on a separate page, with Arabic numerals corresponding to the illustrations. When symbols, arrows, numbers, or letters are used to identify parts of the illustrations, identify and explain each one clearly in the legend. Explain the internal scale and identify the method of staining in photomicrographs.

Abbreviations and Symbols

Use only standard abbreviations. Avoid abbreviations in the title and abstract. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

Sending the Manuscript to the Journal

Send the hard copy of the manuscript and disk (unless email version is submitted) in a heavy-paper envelope, enclosing the copies and figures in cardboard, if necessary, to prevent the photographs from being bent. Place photographs and transparencies in a separate heavy-paper envelope.

Manuscripts must be accompanied by a covering letter signed by all coauthors. This must include 1) information on prior or duplicate publication or submission elsewhere of any part of the work as defined earlier in this document; 2) a statement of financial or other relationships that might lead to a conflict of interest (see below); 3) a statement that the manuscript has been read and approved by all the authors, that the requirements for authorship as stated earlier in this document have been met, and that each author believes that the manuscript represents honest work; and 4) the name, address, email address, and telephone number of the corresponding author, who is responsible for communicating with the other authors about revisions and final approval of the proofs. The letter should give any additional information that may be helpful to the editor, such as the type of article in the particular journal that the manuscript represents and whether the author(s) would be willing to meet the cost of reproducing color illustrations.

The manuscript must be accompanied by copies of any permissions to reproduce published material, to use illustrations or report information about identifiable people, or to name people for their contributions.

Copyright Transfer

All accepted manuscripts become the permanent

property of the American Institute of Homeopathy and may not be published elsewhere without written permission from the author and the AIH. If the author wishes to retain copyright (e.g., for articles that are intended to be part of a future publication), he/she should request permission via email or letter from the editor of the AJHM, which, in most cases will be happily provided. 