

About John's Recovery

We expect many of our readers have heard and been concerned about John LaForge, our long-time Co-director, regarding his cancer care and prognosis. We're pleased to report that John's treatment has been successful, it was merely a "stage 1", and he believes he is cancer-free. John will continue living in Hamburg for a few months longer and keep on with his health and well-being regime, including heavy metal detoxification, etc., which can prevent a possible recurrence. We will see over the next few years whether John's alternative treatments are the best way to prevent a return of his cancer. He is resuming most of his regular Nukewatch work. For some this is great news, for others a warning.

— Bonnie Urfer

I am deeply grateful for and humbled by the outpouring of love and support that made my alternative care here in Germany possible. Your financial gifts covered the costs of surgery and the other medical bills, relief that brings the tangible benefit of reduced stress. Please forgive me if you didn't



get a personal note of thanks. Not knowing the language here, confronting the diagnosis, and dealing with the coronavirus restrictions could have been overwhelming, but the generosity of family, friends and comrades have saved the day.

— John LaForge

Some Lessons Learned about Radiation in Medicine

- Radiation after lung surgery may be harmful (Associated Press, *Milwaukee Journal*, July 24, 1998)

- A full-body CT scan equals about 500-to-700 ordinary chest X-rays ("Are Body Scans a Scam?" *Newsweek*, May 19, 2002; & "Death Rays," *Newsweek*, April 2, 2014)

- Medical X-rays May Join Carcinogen List-- Early CT Scans Linked to Latent Cancers (*USA Today*, Dec. 31, 2002)

- Report Links Increased Cancer Risk to CT Scans (Associated Press, *New York Times*, Nov. 29, 2007)

- A single chest CT scan is about 100 times the dose of a standard chest X-ray ("CT Scans: Too Much of a Good Thing?" *Newsweek*, Dec. 5, 2008; newsweek.com/ct-scans-too-much-good-thing-83391)

- FDA scientist Julian Nicholas testified he was fired after he opposed the approval of CT scans for colon cancer screening on safety grounds (AP, *Minneapolis StarTribune*, March 31, 2010)

- "Overused CT scans expose patients to deadly levels of radiation" (Cardiologist Rita Redberg & radiologist Rebecca Smith-Bindman, "We Are Giving Ourselves Cancer," *New York Times*, Jan. 31, 2014)

- 70 million CT scans done in the US in 2007 could lead to 29,000 future cancers (National Institutes of Health, "Cancer Risks Associated with External Radiation From Diagnostic Imaging Procedures," fn. 128, "Projected cancer risks from computed tomographic scans performed in the United States in 2007," *Archives of Internal Medicine*, Dec. 14, 2009, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3548988/>; and Janet Epping, "Link Between X-Rays And Increased Childhood Leukemia Risk," *Medical News Today*, Oct. 6, 2010 www.medicalnewstoday.com/articles/203521.php?s-r&trendmd-shared=1)

- In 2012 the Institute of Medicine found that medical imaging is one of the leading causes of breast cancer ("Death Rays," *Newsweek*, April 11, 2014, newsweek.com/2014/04/11/death-rays-248079.html)

- Replace CT & PET scans with sonogram and MRI (magnetic resonance imaging): "to spot all of the tumors with none of the radiation. Rather than radioactive tracers, the new method sends an iron oxide contrast agent through the patient." (Heike Daldrup-Link, Stanford School of Medicine, *Newsweek*, April 11, 2014, newsweek.com/2014/04/11/death-rays-248079.html)

John's personal treatment essay is available upon request.



A Huge Thank You to Our Community of Volunteers

This issue of the *Nukewatch Quarterly* has been put together by many people who offered to band together with me while John was being treated for cancer. It would not have been possible without you. As if cancer wasn't enough for this little organization to deal with, coronavirus came along, but that didn't stop you all from safely participating in the continuing work of Nukewatch. We have built this community stronger than before, so I want to mention all of our recent volunteers, those who were prevented from volunteering due to the Covid-19 outbreak, along with those who volunteer in an ongoing way to distribute the *Nukewatch Quarterly* in their region. As you'll see from the list below, though we are based in Wisconsin, we have almost 100 volunteers in 23 states, DC and three countries! While many of us feel alone in these Covid times, know that we are building our community together – at least in spirit! Hopefully we will soon be with one another in the streets.

—Kelly Lundeen, Nukewatch, Co-Director

Ann Wright—Honolulu, HI
 Winona Catholic Worker—Winona, MN
 Willy St Coop—Madison, WI
 David Williams—Madison, WI
 Victor White—Oceanside, CA
 Deb Weiss—Antigo, WI
 LeeAnn Ward & Larry Lack—Calais, ME
 Rachel Wales—Oak Lawn, IL
 Gail Vaughn—Counce, TN
 Bonnie Urfer—Luck, WI
 Brian Terrell—Maloy, IA
 Mark Taylor—Genoa, WI
 Taylor Library—North Mankato, MN
 Ann Suellentrop—Kansas City, KS
 Nancy Stewart—Luck, WI
 Arianne Stewart Peterson—Rice Lake, WI
 Mary Sanderson—Deforest, WI
 San Jose Catholic Worker—San Jose, CA
 Rosalie Riegle—Evanston, IL
 Redwood City Catholic Worker—Redwood City, CA
 Angela Price—Fresno, CA
 Jeff Peterson—Luck, WI
 Peace Nook—Columbia, MO
 Mary Olson—Candler, NC
 Ohio Valley Environmental Coalition—Huntington, WV
 Oak Ridge Environmental Peace Alliance—OakRidge, TN
 Nuclear-Free Great Lakes—Monroe, MI
 Nuclear Resister—Tucson, AZ
 Nuclear Watch South—Atlanta, GA
 Nonviolent Peace Force—St. Paul, MN
 Diane Nahas—Sands Point, NY
 Leona Morgan—Albuquerque, AZ
 Yasha Morales—Shell Lake, WI
 Sofia Morales—Shell Lake, WI
 Jose Morales—Shell Lake, WI
 Joseph Miller—Portland, OR
 George Milkowski—Chicago, IL
 Mike Miles—Luck, WI
 Steve McKeown—Minneapolis, MN
 Bob Mayberry—Oceanside, CA
 Sharyl Manwiller—Turtle Lake, WI
 Christine Manwiller—Turtle Lake, WI
 Jane Magers—Des Moines, IA
 LEPOCO Peace Center—Bethlehem, PA
 Jane Leech—Cumberland, WI
 Andrew Lanier—San Jose, CA
 Michael Komba—Milwaukee, WI
 Nora Kobylasz—Omaha, NE
 Judy Kleinhert—Washington Island, WI
 Barb Kass—Luck, WI
 Cynthia Johnson—Berkeley, CA
 Steve Jacobs—Columbia, MO
 Ralph Hutchison—Oak Ridge, TN
 Celest Howard—Hillsboro, OR
 Elena Hight—Edmond, OK
 Mark Helpsmeet—Eau Claire, WI
 John Heid—Tucson, AZ
 Ground Zero Center for Nonviolent Action—Poulsbo, WA

Sadie Green—Hopkins, MN
 Green Party Illinios—Wheaton, IL
 Laura Gauger—Duluth, MN
 Fred Gallucio—Newport Beach, CA
 Jenn Galler—Knoxville, TN
 Fresno Center for Nonviolence—Fresno, CA
 Walter Esler—Chicago, IL
 East Side Freedom Library—St. Paul, MN
 Dennis DuVall—Radeberg, Germany
 Alan Donohue—Ithaca, NY
 Susan Crane—Redwood City, CA
 Frank Cordaro—Des Moines, IA
 Conservation Council of New Brunswick—New Brunswick, Canada
 Cindy Collins—Knoxville, TN
 Kevin Collins—Knoxville, TN
 Felice and Jack Cohen-Joppa—Tucson, AZ
 Sharon Cody—Chicago, IL
 Spencer Cody—Cincinnati, OH
 Jason Cody—Chicago, IL
 Claddagh Coffee—St. Paul, MN
 Marty Briceland—Greenwood, WI
 Liana Bratton—Osceola, WI
 John Brakke—Minneapolis, MN
 Jan Boudart—Chicago, IL
 Julie Borodin—Madison, WI
 Mike Boland—Luck, WI
 Kristin Boland—Luck, WI
 Ann Boland—Luck, WI
 Black Cat Cafe—Ashland, WI
 Richard Bishop—Stevensville, MT
 Emmet Bindon—Chicago, IL
 Beyond Pesticides—Washington, DC
 Ann Berwald—Northbrook, IL
 Bellingham Alternative Library—Bellingham, WA
 Sydney Baiman—Chicago, IL
 Backroads Coffee & Tea—Hayward, WI
 Cee'Cee' Anderson—College Park, GA



Nukewatch volunteer, Sharyl Manwiller.