**11 Chronomodulation**

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Chronomodulation: Using Time to Make Treatment Easier and More Effective

Our bodies have cycles, rhythms. We need food at specific intervals. We sleep during the night and are awake during the day. Cell regeneration and hormone production are also carried out based on these cycles. And when these cycles are disrupted, we can develop disease and have a harder time fighting it.

Maximizing treatment by taking advantage of time… and timing.

At the Block Center, we deliver treatment — specifically chemotherapy — in a way that takes advantage of these cycles. In other words, we administer treatment at times of day (and even rate of delivery) that will minimize the toxicity of treatment while maximizing the treatment’s efficacy. Basically, unlike almost all other cancer providers, we use the body’s cycles to help make treatment easier and more effective.

In addition, chemotherapy drugs each have a unique “profile.” In other words, there is an optimal time of day or night at which a particular anti-cancer medication is going to be most effective and least toxic. For many compounds and patients, nighttime is the right time for chemotherapy infusion, when cancer cells are typically most active (more easily destroyed) and normal cells are least susceptible to toxicity.

We are pioneers in using chronomodulation to improve treatment and outcomes.

Scientific research has shown that cancer treatment can be more effective and less toxic if delivered in a particular way or, more specifically, a particular rate of delivery. So Dr. Block and his team researched, developed and pioneered chemotherapy infusion equipment that not only can deliver chemotherapy at the optimal (and changing) speed but also be used by patients at home during their slumber or at times of day best suited for their particular treatment.

Chronomodulation is a key part of the Block Center’s uniquely individualized and integrative approach. Time and timing are part of our physiology, and science shows how they matter to toxicity and effectiveness of different treatments, including cancer meds.

For more information about how chronomodulated therapy can benefit you or a loved one with cancer — or to schedule an appointment — just call 877-41-BLOCK (877-412-5625). You can also request an appointment using our easy online form.