



The
Informed Prostate Cancer Support Group, Inc.

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NEWSLETTER

October 2007

Next meeting:

Saturday, October 13, 2007 10:00AM to 12:00PM

at Moores' Cancer Center, UCSD

3855 Health Sciences Dr

La Jolla, Ca 92037

(Ample Parking)

Our Group is a Source of Information for a High Quality of Life. We urge you to call one of our group leaders BEFORE making any treatment decisions. We frequently learn that men who are newly diagnosed with PC are overwhelmed by the frightening magnitude of their condition. They opt for immediate resolution of their disease, which usually ends up with surgery, radiation, or other invasive treatment. Our experience tells us that PC is a slow growing disease, which can be controlled by other means. Hence, we advocate getting a second opinion, preferably from an Oncologist who specializes in PC. This is why we recommend asking us for more information before deciding on a method of treatment.

Program For October

The October meeting will be our first meeting at the John Moore's Cancer Center Auditorium, 3855 Health Sciences Drive, La Jolla, CA 92093. The Center has theater type seating and a complete video and sound system. There is an outdoor dining area and after the meeting we will enjoy a standup buffet catered by the Center's cafeteria. The auditorium was offered as a community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service. This move is evidence of the respect our group has gained in our community.

Our October speaker will be Dr. Arno Mundt, MD, who is chairman of the Radiation Oncology Department at Moore's. Dr. Mundt is an internationally recognized radiation oncologist in the treatment of gynecologic malignancies. His research focuses on the application of the new technology, intensity modulated

radiation therapy (IMRT) . As an accomplished researcher Dr. Mundt has authored and co-authored more than 50 scientific articles, predominantly focusing on gynecologic oncology and IMRT.

September Meeting Report

In our September meeting we heard from several of our members, who described their own treatments, as well as from new members who described their situation, and were encouraged to take their time deciding on a therapy, and to remember, ours is a slow growing disease. We also heard from Gene Van Vleet, who described his experience at the PCRI Conference in LA two weeks earlier. A summary of his report follows.

NATIONAL CONFERENCE – P.C.R.I.

www.pcri.org

On the week-end of Sept 7th, I, Gene Van Vleet, with Richard Moyer and Carlos Richardson, attended the National Conference of the Prostate Cancer Research Institute at the Marriott Hotel at Los Angeles airport. Several others were there, including Bob Cruikshank, Val Hoffman, and Jack Harrison.

This organization was founded in 1996 by Dr. Mark Scholz of Prostate Oncology Specialists in Marina del Rey and by Dr. Stephen Strum, now retired and serving as a consultant to patients and doctors. Both of these men are brilliant men who seem to know nearly everything about prostate cancer studies, their results and how they can be applied to treatment

There were 650 people in attendance. Picture this: 600 guys with prostate cancer, and some with incontinence, at break time, with only 20 urinals and six toilets available.

The program involved 12 doctors who spoke on all aspects of our cancer including those specializing in risk management and active surveillance. They also represented imaging, radiology, cryotherapy, seeds, immunology, androgen deprivation therapy, and surgery, including robotic surgery (but don't consider using a doctor who has performed less than 250 procedures). We also heard from Dr. Lam (also of Prostate Oncology Specialties), who spoke on chemotherapy—which we don't hear a lot about—or perhaps don't want to because it is used in later stages of the disease, but we have learned that today's and tomorrow's treatments have far fewer after effects than before.

We also heard from leading pathologists, and experts on diet and cellular research. In all, the information presented was highly technical and much of it was far above our level of understanding, but well worth the time and effort.

On the subject of diet we heard from Dr. Collin Campbell (who wrote The China Study) as well as from Dr. Snuffy Myers (a prostate cancer survivor) who talked about the need to focus on the practicality of diet. We are told to eat no fat, no animal products, no sugar, low protein, and no acid containing foods. What are we left with? sawdust (if from organic trees); ice cubes (if from distilled water); Styrofoam; yesterday's newspaper (if soy ink was used).

He suggested as a recommended diet one of the following:

1. the OKINAWAN – tofu, fish, rice, lots of veggies;

2. the 7TH DAY ADVENTIST – strictly vegetarian; and
3. the MEDITERRANEAN – fish, beans, grains, fruits, wine, olive oil, nuts----all readily available in So. Cal.

All studies show that diet is beneficial in helping to reduce or even eliminate cancer. Why not try diet as your first treatment of choice, or use it along with other treatments. By the way, all doctors touted pomegranate juice to help lower PSA. They aren't certain why it works but it is proven that it does!!

It was made abundantly clear that men with prostate cancer are far more likely to die from heart attack. There are three areas to help lessen this risk which all carry about the same rate of effectiveness: cholestorol, blood pressure, and exercise.

The last session of the conference was a round table discussion involving about six members of the group of doctors discussing actual cases and possible treatment choices. Of course most opinions were prejudiced to their specialty but all had the primary health and well being of the patient as their primary goal. If their's wasn't the best treatment, they would recommend the one that is.

An interesting statement arose from this panel---there is absolutely no clinical evidence that cancer is spread by taking a biopsy!!!

We spent a lot of time at breaks in the schedule, interfacing with people and finding out how other support groups work. All are similar to ours by interfacing with each other, inviting speakers, referencing websites and finding ways to interact better with their doctors. They all try to get to recently diagnosed men before they have decided on treatment.

Almost none of the groups we talked with have websites. None have a membership as large as ours but many have about the same regular attendance as we do. Most meet once a month every month. All of this interaction with others tells us that what we are doing is better than most. However, we need to keep expanding our outreach to bring in people before they begin their treatment.

Guys, we are doing it right, but let's get even better. Help us by being more active within the group and by providing monetary support.

It was also announced that the film "The Men's Club", produced by Rocky Galgano of 2nd Star Films, is being shortened and will be available to all through our librarian, Bob Keck. The film can help in understanding the various therapies for Prostate Cancer and should be seen by all new members.

New Members

The newcomers to our group were Jack Howard, Anthony Montalto, J D Clondt, Mickey Howard, Tom McMahon, Glenn Paxton, and Chuck Barber. A special welcome to you all.

Future Programs

We have not firmed up a November speaker.

Special Announcements

Directions to the John Moores' Cancer Center, at 3855 Health Sciences Drive, La Jolla California, 92037 are added at the end of this newsletter. They were prepared by Bill Geideck and Gene Van Vleet (our newest member of the steering committee). **WE SUGGEST YOU SAVE THEM TO HELP YOU FIND THE CENTER ON YOUR FIRST VISIT.**

Finances

We want to thank those of you who have made special donations to IPCSG. Remember that your gifts are tax deductible because we are a 501(c)(3) non-profit organization. We again are reminding our members and friends to consider giving a large financial contribution to the IPCSG. This can include estate giving as well as giving in memory of a loved one. We need your support. We will, in turn, make contributions from our group to Prostate Cancer researchers and other groups as appropriate for a non-profit organization. Our group ID number is 54-2141691. Corporate donors are welcome! If you have the internet you can contribute easily by going to our website, <http://ipcsq.org>, and clicking on "Donate" (Ignore the invitation to join PayPal). Then enter the amount and your credit card information and you are done. Thank you.

Announcements

You are invited to visit our web-site at <http://ipcsq.org>. You will be able to link to the latest studies in all aspects of Prostate Cancer. We also have developed a brochure which provides the group philosophy and explains important treatment considerations and health habits. Copies may be obtained at our meetings

Member Gene Van Vleet is working on research grants on the effectiveness of the various Prostate Cancer treatments used by our members. To assist Gene in applying for these grants he would like to attach testimonial letters from members who have benefited from their involvement with IPCSG. Please e-mail to v2@san.rr.com or gene@ipcsq.org, or phone him at 619-316-3354. He has also placed ads about our group in the Reader and in the PennySaver. Watch for them.

Members or concerned persons may call our president, Lyle La Rosh, at 619-892-3888 with questions about Prostate Cancer. Members with newsletter material may call the Editor, Carlos Richardson, at 858-278-9825, or at carlos@ipcsq.org. You may also up-date your e-mail address on our website, <http://ipcsq.org>, by clicking on "Subscribe".

Our Steering Committee meets for lunch at Baci's restaurant (preferred) at noon on the first Tuesday of each month. All members are welcome! Please call Lyle La Rosh at 619-892-3888, to make reservations and to verify location.

More PC info: The Prostate Cancer Research Foundation (PC-Ref) meets on the 2nd Saturday of each month at Alvarado Hospital, 6655 Alvarado Rd. They start at 10:00 AM for newcomers and at 11: AM for every one. Check website <http://pcref.org>.

SNAIL MAIL RECIPIENTS – NOTICE!

If you receive the Newsletter by Postal Service we need to know if you change your mailing address (we have to pay for mail returned because of a wrong address). We are spending over \$200 each month on US Postal Service mailings, so we would prefer to send Newsletters by e-mail, If you have the internet on your computer log in to our website at <http://ipcsfg.org> and press the subscribe button. You will then get our mailings by e-mail. **IF YOU DO NOT HAVE A COMPUTER YOU CAN SAVE US POSTAGE COSTS BY GOING TO YOUR NEIGHBORHOOD PUBLIC LIBRARY AND ASK FOR COMPUTER TIME.** It's easy, the librarian will help you, just use the computer to log in to <http://ipcsfg.org> and click on "Newsletters". You will be able to read the Newsletters and anything else on the website. It will cut our expenses significantly and **WON'T COST YOU A PENNY.**

OUR MISSION

NOTA BENE

CAVEAT EMPTOR

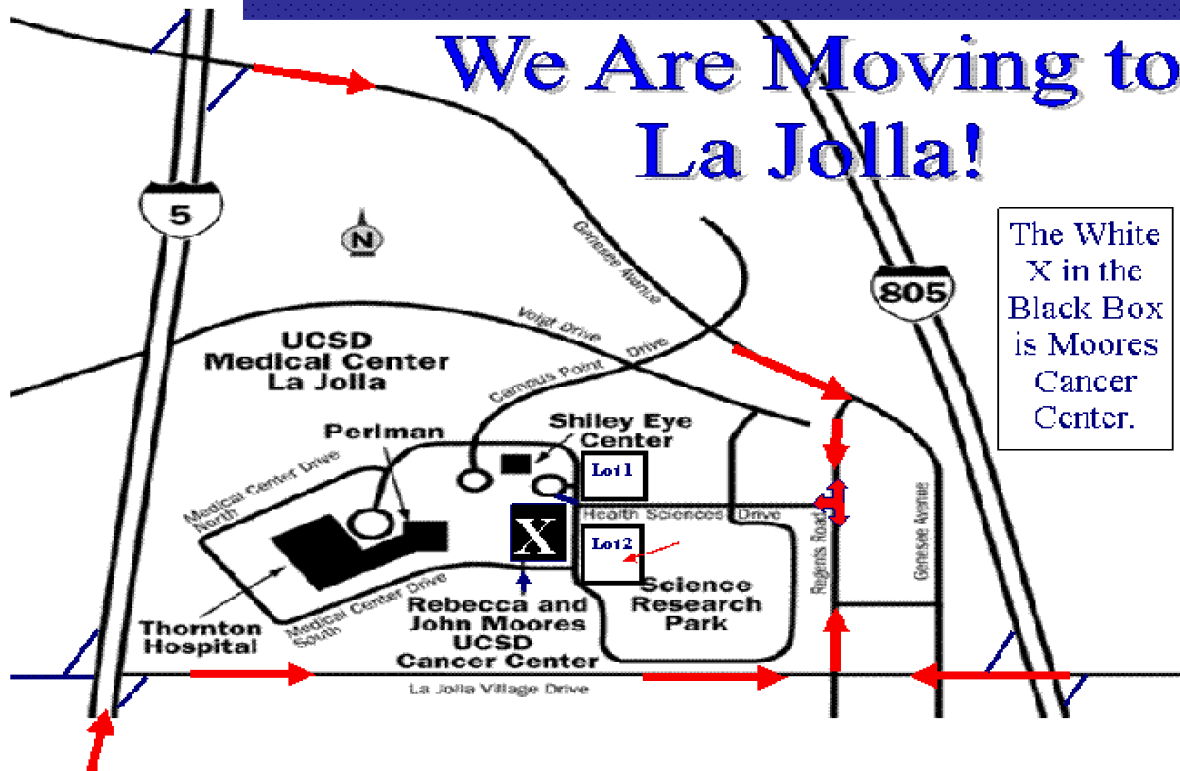
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The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is "networking" with fellow patients. We share our experiences, information, and attitudes, and we offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others for the good of us all. All aspects of prostate cancer are "controversial". But by sharing our knowledge and experiences we learn the best and latest treatments for survival of this disease. So bring your significant other, and your input, and join us.

If you no longer wish to receive this newsletter, please write to: IPCSG, P.O. Box 7033, San Diego, CA, 92167, or call Tim Glinatsis at 619-398-5445. E-mail subscribers can click on the unsubscribe link at the bottom of the email cover to this Newsletter. Please include your reason for removal, for our records.

U.C.S.D. Moores Cancer Center

We Are Moving to La Jolla!



The White X in the Black Box is Moores Cancer Center.



This is a view from Health Sciences Drive looking to the west. The passenger drop off is straight ahead. Park in lot #2 on the left of the picture.