



The
Informed Prostate Cancer Support Group, Inc.

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NEWSLETTER

November 2007

Next meeting:

Saturday, November 17, 2007 10:00AM to 12:00PM

John 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 November

In November we will return to the third Saturday of the month, and will again meet at the John Moores Cancer Center Auditorium, 3855 Health Sciences Drive, La Jolla, CA 92093. The Center has theater type seating and a complete video and sound system. The auditorium is offered as a community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service.

Our speaker will be Dr. Joe Filbeck, MD., Quality of Life Medicine, of the Palm Medical Group on University Center Road at UTC. He will speak on maintaining hormonal balance with Testosterone Replacement Therapy. He has experience in treating men who have had Radical Prostatectomy and Hormonal Blockade and will speak on his experience with anti-aging and life enhancement therapies.

October Meeting Report

Our October speaker was Dr. Arno Mundt, MD, chairman of the Radiation Oncology Department at Moores. Dr. Mundt spoke on the advantages of using guided intensity modulated radiation therapy (IMRT). He described the growth of radiation therapy from its inception in 1941 and explained the differences between Proton Beam radiation and IMRT.

The Proton Beam is delivered with sufficient energy to have a low "entrance dose" (the dose in front of the tumor). It also has a high-dose "Bragg peak" region, which is designed to cover the entire tumor. There is no "exit dose" beyond the tumor involved, enabling the therapy to be concentrated at the tumor. Patients are immobilized daily in a prone position and sometimes a rectal balloon is used to minimize prostate movement..

IMRT delivers radiation more precisely to the tumor while relatively sparing the surrounding normal tissues. Using CT Scan information to localize tumors, IMRT allows delivery of radiation with greater precision, minimizing acute treatment-related morbidity, and making dose escalation feasible. Patients are tattooed in 3 locations and then positioned on the table with the help of laser beams for precise positioning. Both treatments require 30 days and/or up to 8 weeks 5 days a week of treatment.

IGRT or "Image Guided Radiation Therapy" is basically the same as IMRT with the exception that 3 gold seeds are implanted in the prostate so the target area is more precisely located. The treatments are usually 8 weeks 5 days a week for about 15 minutes each treatment. No rectal balloon is needed in either IMRT or IGRT.

A lively discussion period followed in which both Dr. Mundt and Dr. Murphy answered questions. The meeting concluded with a stand up buffet lunch catered by the UCSD "ComeOn In" café.

Future Programs

We will not meet in December, since it will be too close to Christmas. We recognize the turmoil at that time of year, so anyone with concerns about Prostate Cancer should call any of the members of the board for information.

January we are planning to hear from Dr. Duke Bahn. He is internationally recognized as the leading expert in Transrectal Ultra Sound Imaging with Color Doppler Enhancement, and has been consulted by many of our members.

Jerry Steffen is working on a speaker for February.

In Memoriam

Our condolences to the family and friends of
Member Fred Lewis
Who unfortunately was unable to stop his Prostate Cancer .

We also offer condolences to the family and friends of
Member Bill Bremner
Who passed away in January of Alzheimers, not PCa.

Special Announcements

Directions to the John Moores Cancer Center, at 3855 Health Sciences Drive, La Jolla California, 92037 are available in the October Newsletter on our website. Call us if you need directions.

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. You can also have a distribution from your IRA made to our account. 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://ipcs.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://ipcs.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

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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 Gene Van Vleet 619-316-3354. 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.



Prostate Cancer Foundation

Legends have sported them and ladies have loved them and this Movember (November) the Moustache is making its well earned comeback.

That's right we are bringing the Mo (Aussie slang for Moustache) back this November to help change the face of men's health – literally! It's that easy – grow a Mo and along the way raise some funds for prostate cancer research, a disease that will affect 1 in 6 American men.

But we need your support to have a real impact on the fight against prostate cancer.

Here are 4 ways that you can help:

Option 1: Join Us and Grow a Moustache This November

1. To join Team Prostate Cancer Foundation, register now by clicking on this link: <http://www.movember.com/us/register/register-team.php?join=1> and enter Captain's Registration No: 135715 and Captain's Email: info@prostatecancerfoundation.org .
2. Enter your details and you'll be e-mailed all the information needed to get sponsored and growing.
3. Grow a moustache and ask friends, family and co-workers to support your efforts by sponsoring you.

Option 2: Support Our Growing Mo's

1. To sponsor our Mo's and help the fight against prostate cancer please go to <http://www.movember.com/us/donate/donate-search.php>
2. Enter registration number 135715 to donate to Team Prostate Cancer Foundation.
3. All donations are made directly to the Prostate Cancer Foundation which will use the funds for high-impact research to find better treatments and a cure for prostate cancer.

Option 3: Start Your Own Team

Want to form a team of your own? Register online at <http://www.movember.com/us/register/>

Option 4: Spread the Word

Know someone who might be interested in this program? Forward this email to any friends or family members who might want to grow a mo. Women can participate as well by recruiting team members and helping to raise funds.

For more info about Movember, go to www.movember.com/us/.

[Read a recent Wall Street Journal article about Movember.](#)

Go on – give a Mo a go!!