

Informed Prostate Cancer Support Group, Inc.  
P.O. Box 7033 San Diego, CA 92167

# May 2008 Newsletter

Who we are, where and what time we meet

Gene Van Vleet  
Director



Wednesday, May 07, 2008 Volume 1, Issue 5

## Board of Directors

**President:** Lyle La Rosh,  
(619) 892-3888  
**Vice President** Victor Reed,  
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**Treasurer** Carlos Richardson  
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**Librarian** Robert Keck  
**Director** Gene Van Vleet  
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## Steering Committee

Bob Coates  
Dick Gilbert  
E. Walter Miles  
Richard Moyer  
Jerry Steffen  
Lee Crawford



## NEXT meeting:

**Saturday, May 17,  
2008 10:00AM to  
12:00PM**

**John Moores  
Cancer Center,  
UCSD**

**3855 Health  
Sciences Dr.  
La Jolla Ca 92037**

**(Free Parking)**

**(See Map on last page).**

## What We are About!

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 usually a slow growing disease which can often 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 talking to our members, most of whom have already been through the decisions you're confronting.

## April Program was Terrific



Carlos Richardson  
Is now HOME from  
Sharp Cabrillo Re-  
hab Hospital "good  
to go Carlos".

**Lyle La Rosh** spoke on Lupron, Casodex, Avodart and Femora. Lupron works on the pituitary gland and shuts off testosterone, some of the effects are:

1. Hot flashes
2. Loss of memory
3. Loss of muscle mass
4. Impotency
5. Long term use causes osteoporosis.

Casodex & multiple doses of 50-100-150, 150 gives a longer vacation. Some of the side effects are:

1. Loss of Libido

2. Gynodisplasia (Breasts)
3. Weight Gain like PMS  
Avodart blocks testosterone from converting to dihydrotestosterone (food for cancer)

Avodart causes several things such as:

1. Hair loss—turns grey
2. Loss of libido

Femora is mostly used for PMS, it is an Estrogen inhibitor and reduces the side effects of Casodex & Avodart.

Dr. Filbeck and Goldstein both say that there is NO

connection between testosterone and Pca.

In 1941 a study was done on 7 patients and not one clinical study since then.

**Gene Van Vleet** talked about being a 5 ½ year survivor since biopsy confirmed prostate cancer with a Gleason 7 and PSA of 5.7.

On Jan 2003 decided to have a Radical Prostatectomy and by Jan.2007 along with other fluctuations & challenges, PSA rose to 4.7.

**We Have Great Speakers Ahead.** Our May 17 speaker will be Dr. Mimi Guarneri, founder and medical director of Scripps Center for Integrative Medicine and has been an attending physician in cardiovascular disease at Scripps Clinic since 1995.

**In June we will hear from Gordon Saxe, MD.** He is a member of the UCSD teaching staff who is teaching Healing of Cancer Through Diet & Nutrition.

**In July, Dr. Richard Lam will be speaking** on monitoring the progress of treatment with CDUS (Color Doppler Ultra Sound).

(Gene continued from page one) I Heard about IPCSG and attended my first meeting in Feb 2007, and here is what I am doing about treatment now. Based on recommendations of Lyle and Bill, I decided to make an appointment with Dr. Lam of Prostate Oncology Specialists in Marina Del Rey near LA. **there are no such specialists in San Diego.** I first sent an e-mail describing my history, and In one hour Dr. Lam's response was "I can help you". So I gathered complete records of my medical history in the last 10 years/ Went through the most extensive physical I have ever had including bone scans, CT scan, MRI's and Heart scan. My PSA has dropped to 0.9 since starting treatment on February 25<sup>th</sup>. My treatment is .5mg Avodart, 150 mg Casodex, 25 mg Femora to avoid breast enlargement/tenderness. Take charge of your treatment. Don't panic. You have time. Learn about options. Talk to members and find experts to help you make choices. The choices must be yours no one else's. It is your life----or death.

**Above all maintain a positive attitude.**

Get involved in our organization. Donate services as well as money. Become informed---take charge of your life.

**Don Walker** spoke about his experiences in dealing with advanced stages of the disease. He has been through Chemotherapy without effective results and is now undergoing radiation treatment (IGRT -- he is being treated by Dr. Mundt). The support and prayers of our group are with him.

**We had a record 18 new comers at the last meeting. Welcome, we are happy you joined us.**

## 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://ipcs.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

**Moore's has started charging for parking in the lower lots 1 & 2. FREE PARKING IS IN THE LOT JUST ABOVE #1.**

You are invited to visit our web-site at <http://ipcs.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.

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 him at

[gene@ipcs.org](mailto:gene@ipcs.org), or phone him at 619-316-3354. He has also placed ads for our group in the Union Trib, the Reader and the PennySaver. Watch for them.

Directions to the John Moore's Cancer Center, at 3855 Health Sciences Drive, La Jolla California, 92037 are available on our website and the last page of this Newsletter. Call us if you need directions.

**Our Steering Committee**



meets for lunch usually 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.

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## **SPECIAL NOTICE**

Eric Gilchrist is at the "Little Flower Haven" in La Mesa

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### ***SNAIL MAIL RECIPIENTS NOTICE!***

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 a computer please 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** please let us know. Or if you can use a friend's computer, let us know and we will send our mailings to that address, which will save postage for the IPCSG. Also please let us know when you change your mailing address by e-mailing Gene Van Vleet at [gene@ipcsfg.org](mailto:gene@ipcsfg.org) or call Gene at (619) 316-3354 (**we have to pay for mail returned because of a wrong address**).

## ***OUR MISSION***

### ***NOTA BENE***

### ***CAVEAT EMPTOR***

### ***SEMPER FI***

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 [gene@ipcsfg.org](mailto:gene@ipcsfg.org) or, 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.

## **SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH**

The IPCSG is involved in a number of different community projects which endeavor to make San Diegans aware of the importance of men getting tested for prostate cancer and if diagnosed to become aware of all

possible treatments.

Among these projects is our goal to place in every library in San Diego County, the film, “The Men’s Club”. This film which was produced here locally and with the help of this support group and a number of local doctors details ALL possible treatments including alternative and integrative methods for men and their families to discuss and choose. The 2 hour 18 minute film does not favor one treatment over another but gives a fair and independent revue of each treatment. “The Men’s Club” has received favorable reviews from support groups nationwide.

It is our goal to purchase 60 films by September at which time these films will be delivered to all libraries. Besides allowing men who are not computer savvy to have access to important information and at no cost to them, it is a way for the IPCSG to obtain some publicity for our group. (A large media blitz will accompany the deliveries)

Rocky Galgano the executive producer of the film will not only discount each film 15% but will also include on the back cover of each DVD box the name of our support group with our website and telephone number AND the name of each person who donated a copy of the film if they so desire. The cost to donate one film with the discount, shipping & handling and CA state sales tax is \$23.55.

To donate you may bring a check to any IPCSG meeting between May and August payable to 2<sup>nd</sup> Star Films, or you can e-mail Rocky at [ssao@pacbell.net](mailto:ssao@pacbell.net) with your address and he will mail you more info and an order card. We ask for your support in this project.

Article submitted by Lee Crawford.

## PCA3 Molecular Urine Assay for Prostate Cancer in Men Undergoing Repeat Biopsy

This work was presented in part at the Annual Meeting of the American Urological Association, Atlanta, Georgia, May 2006.

[Leonard S. Marksab3](#), [Yves Fradeto2](#), [Ina Lim Derasd](#), [Amy Blased](#), [Jeannette Mathisd](#), [Sheila M.J. Aubind](#), [Anthony T. Cancioa](#), [Marie Desaulniersc](#), [William J. Ellise1](#), [Harry Rittenhoused](#), [Jack Groskopf](#)

Received 8 July 2006; accepted 12 December 2006.

### Objectives

Men with elevated serum prostate-specific antigen (PSA) levels and negative prostate biopsy findings present a dilemma because of the lack of an accurate diagnostic test. We evaluated the potential utility of the investigational prostate cancer gene 3 (PCA3) urine assay to predict the repeat biopsy outcome.

### Methods

Urine was collected after digital rectal examination (three strokes per lobe) from 233 men with serum PSA levels persistently 2.5 ng/mL or greater and at least one previous negative biopsy. The specimens were collected from April 2004 to January 2006. The PCA3 scores were determined using a highly sensitive quantitative assay with transcription-mediated amplification. The ability of the PCA3 score to predict the biopsy outcome was assessed and compared with the serum PSA levels.

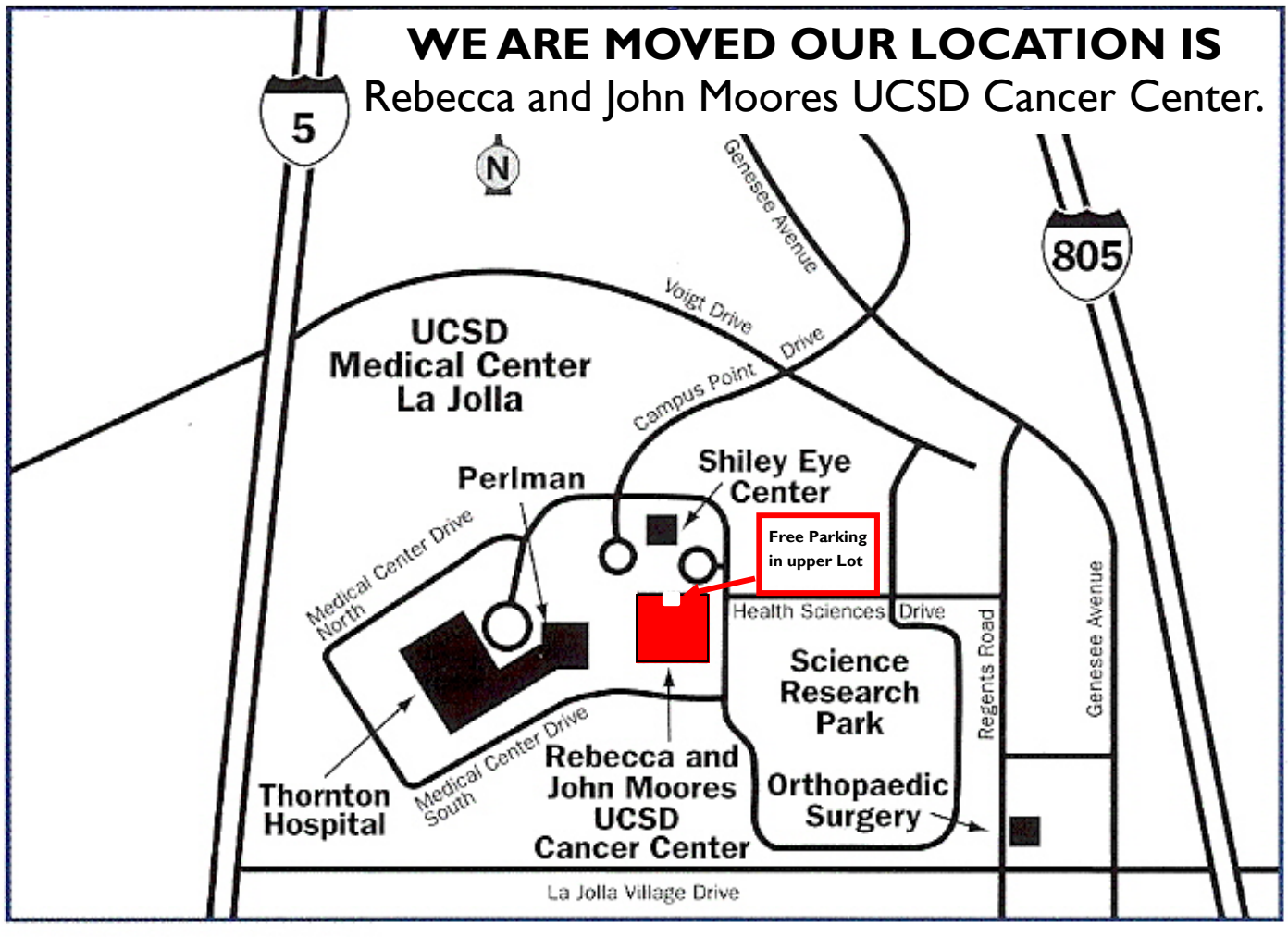
### Results

The RNA yield was adequate for analysis in the urine samples from 226 of 233 men (i.e., the informative specimen rate was 97%). Repeat biopsy revealed prostate cancer in 60 (27%) of the of 226 remaining subjects. Receiver operating characteristic curve analysis yielded an area under the curve of 0.68 for the PCA3 score. In contrast, the area under the curve for serum PSA was 0.52. Using a PCA3 score cutoff of 35, the assay sensitivity was

58% and specificity 72%, with an odds ratio of 3.6. At PCA3 scores of less than 5, only 12% of men had prostate cancer on repeat biopsy; at PCA3 scores greater than 100, the risk of positive biopsy was 50%.

## Conclusions

In men undergoing repeat prostate biopsy to rule out cancer, the urinary PCA3 score was superior to serum PSA determination for predicting the biopsy outcome. The high specificity and informative rate suggest that the PCA3 assay could have an important role in prostate cancer diagnosis.



**Directions to Moores Cancer Center at UCSD from I-5, Exit Genesee Ave. East to Regents Road, turn south to the first stop light (Health Sciences Drive) turn right to first stop sign that leads to the upper parking lot on the right (free parking). Take steps down to the entrance.**

**Directions to Moores Cancer Center at UCSD from I-805, Exit La Jolla Village Dr. west to Regents Road, turn North to Health Sciences Drive turn left to first stop sign that leads to the upper parking lot on the right (free parking). Take steps down to the entrance.**