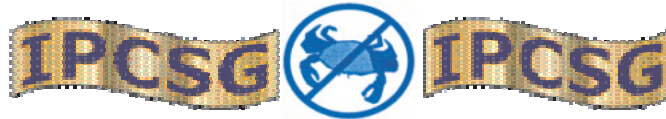




Victor Reed, Vice President

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

November 2008 Newsletter Who we are, where and what time we meet



Board of Directors

President: Lyle La Rosh, (619) 892-3888
Vice President Victor Reed, (619) 479-3720
Treasurer Carlos Richardson (858) 278-9825
Librarian Robert Keck
Director Gene Van Vleet
Director Bill Geideck

Steering Committee

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

NEXT meeting:

Tuesday, November 11, 2008

Volume 1, Issue 11

Saturday, November 15, 2008 10:00AM to 12:00PM

**John Moore's
Cancer Center,
UCSD**

3855 Health

Sciences Dr.

La Jolla Ca 92037

(Free Parking is in the lot just above lot #1)

(See Map on page #4).

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.

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Meeting Notes October, 2008

The October Round Table meeting was one of the best ever. We had 8 new members who got the benefit of 2 hours of questions & answer. Lyle explained his situation and took Q&A. He has been on a Casodex / Avodart / Femara medical regimen for 10 months. His PSA dropped from 16 to 0.3 and his tumors shrunk dramatically. He has been able to see his progress by having Dr. Richard Lam do Color Doppler Ultrasound. He stopped the Casodex on October 1, 2008, and will continue the Avodart/Femara until his body adjusts to the change. The Q & A following Lyle's talk was very spirited and lasted for about an hour. Many explanations were made

(Continued on page 2)



THE VIDEO DVDS OF Dr. Duke Bahn, Dr. Mimi Guarneri, Dr. Irwin Goldstein and Dr. Richard Lam's presentations are on DVD's and FOR SALE AT THE IPCSG LIBRARY FOR A \$10.00 DONATION TO IPCSG.

(Continued from page 1)

about PSA, Gleason, Testosterone, Dihydrotestosterone, Ploydi Analysis, etc.

Bob Keck then talked about his situation having had radical prostate surgery 16 years ago and has had recurring cancer. His prostate was not completely removed & testosterone has regenerated. He is now on the same drug therapy that Lyle uses. His PSA has gone from 6 to 0.3 and he is happy with the results.

Jerry Steffen talked about his situation and the diet & nutrition that he follows

The group discussed the petition that we are circulating to request that Kaiser begin offering skilled Color Doppler Ultrasound exams, or start paying for the services of Dr. Bahn, Dr. Lam, & Dr. Sholtz. Victor Reed is spearheading the effort with the aid of Judge Robert Coates and other Group members.

Future Great Speakers

November 15: Dr. Susan Foley, MD will speak on enhancing the body's ability to fight cancer with diet and nutrition.

December: No Meeting due to holidays

January: Dr. Les Briteman will speak about IPT (Insulin Pregeneration Therapy)

February: Dr. Christopher Kane will speak about urology in relation to prostate cancer.

Medical Insurance Committee

As we search for the best possible treatment alternatives for our particular circumstances the confusion of medical insurance alternatives can add to the stress of dealing with our common disease. With this in mind a medical insurance committee has been established in an effort to establish an information base for members to inquire about options and plans available. The committee can not be expected to make recommendations for suitable medical coverage but rather should be a resource of information to help you determine what options are most suitable for your situation.

At present, committee members are Bill Pitts, Dennis Walker and Gene Van Vleet. As we refine the process it will be beneficial to add committee members having specific knowledge of certain plans, such as Kaiser, Blue Cross, etc. If you have particular knowledge that would be helpful to our goal of creating a base of information, please volunteer your efforts to the committee. Until further notified, contact Gene Van Vleet, e-mail gene@ipcs.org or cell phone 619-316-3354 who may redirect your inquiry to an appropriate person for

response. PLEASE, PLEASE volunteer your effort to assist our cause.

Medicare Part D Enrollment Window

Please be aware if you are eligible for a Medicare Part D prescription drug plan that the annual election period is November 15 to December 31.

If you have not enrolled, your initial enrollment period is three months before your 65th birthday and three months after. If you miss the enrollment window, you must wait to join the following year—unless you qualify for an exemption. If you are allowed to enroll later, you may have to pay a higher premium.

If you have enrolled, you can change your prescription drug benefits during the enrollment window. For details visit www.medicare.gov or you may call 24hrs/7days a week 1-800-633-4227.

Medicare offers prescription drug coverage (Part D) for everyone with Medicare. To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. Each plan can vary in cost and drugs

covered. If you want Medicare drug coverage, you need to choose a plan that works with your health coverage.

There are two ways to get Medicare prescription drug coverage:

1. Medicare Prescription Drug Plans. These plans (sometimes called "PDP's") add drug coverage to Original Medicare, some Medicare Private Fee-for-Service (PFFS) plans, and Medicare Medical Savings Account (MSA) plans.
2. Medicare Advantage Plans (like an HMO or PPO) or other Medicare health plans that offer Medicare prescription drug coverage. You get all of your Part A and Part B coverage including prescription drug coverage (Part D) through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called "MA-PD's".

Both types of plans are called "Medicare drug plans"

The window to change your advantage or supplemental plan is during this same period (November 15 to December 31).

We Need Volunteers.

All services for our group are performed by volunteers. As is usual in our type of organization we have a few doing a lot for many. We need people to step up and help in the following areas:

1. Medical insurance. A committee is being formed to develop a knowledge base to assist members in fighting their way through HMO's and getting new medications/procedures approved. Bill Pitts and Dennis Walker have volunteered.
2. Fund Raising. We need help from anyone with any knowledge

or willingness to become involved in acquiring grants to support our organization. We need someone to organize fund raising activities.

3. Announcements/advertising in community newspapers. John Lindsey has volunteered to become involved. Initial contact followed by repetitive follow-up is needed.
4. Website assistance. Does anyone have expertise in helping to further develop, maintain and analyze website activities?
5. Information Technology. Any techies out there that can help

take advantage of the facilities available where we meet--such as live remote conferencing?

Anyone interested please contact:

Gene Van Vleet, Director. 858-565-6253 gene@ipcs.org

Bill Geideck, Director, 619-993-7024 bill@ipcs.org

Lyle LaRosh, President 619-892-3888 lyle@ipcs.org

Victor Reed, Vice President 619-479-3720 victor@ipcs.org

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.

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.

Announcements

Moore's is 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 has placed ads for our group in the Union Tribune and the Pennysaver. Watch for them.

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.

SPECIAL

ANNOUNCEMENT:

"To all those who have borrowed books, tapes or D.V.D's please return them at the next meeting" Thank you, **Bob Keck** Librarian

More PC Meetings: 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!

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://ipcs.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@ipcs.org or call Gene at **(619) 316-3354 (we have to pay for mail returned because of a wrong address). 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@ipcs.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.**

The Men's Club Project

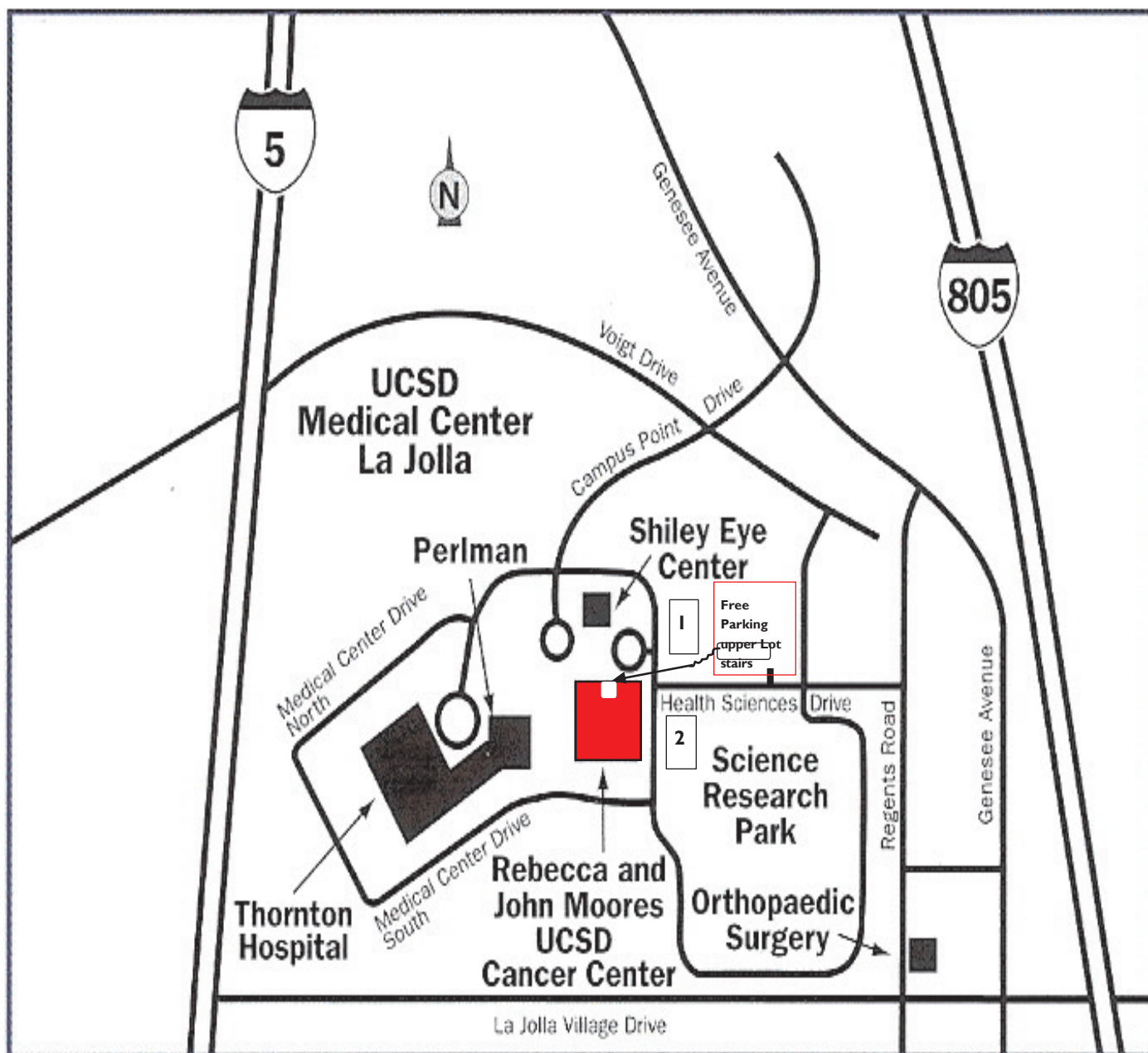
The IPCSG is involved in a number of different community projects which endeavor to make San Diegans aware of the importance of men getting tested for prostate cancer and if diagnosed to become aware of all possible treatments. Among these projects is our goal to place in every library in San Diego County, 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 review 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 September payable to 2nd Star Films, or you can e-mail Rocky at 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





Directions to Moore's 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 Moore's 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.