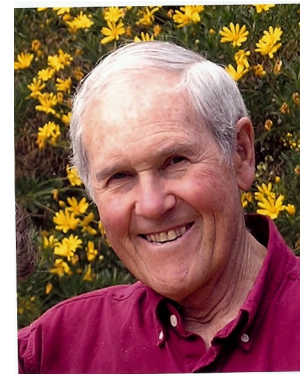




Gene Van Vleet, Director

Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033 San Diego, CA 92167
MARCH 2009 Newsletter
Who we are, where and when we meet



Jerry Steffen, Steering Committee Member

Volume 2, Issue 2

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Director Bill Geideck

Steering Committee

Bob Coates

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John Lindsey

E. Walter Miles

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Lee Crawford

Next Meeting is

March 21, 2009

10:00AM to 12:00PM

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

**3855 Health
Sciences Dr.**

La Jolla Ca 92037

**(Free Parking is in lot
P704 corner of Health
Sciences Dr and Voigt
Dr)**

(See Map on page #5).

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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February Meeting Notes

Wow!!! Your support and contributions are working. We had over 100 in attendance and 18 new members, the most ever!!!

The guest speaker was Dr. Susan Foley who returned for a second lecture on diet and nutrition. Her approach is of a practical nature, recommending a diet that you can tolerate while improving your choices. She fielded a multitude of questions from interested members. As time was running short, she spoke briefly about acupuncture and acupressure, Many remained after the close of the meeting to learn more on this

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THE FOLLOWING VIDEO DVDS ARE FOR SALE AT THE IPCSG LIBRARY FOR A DONATION OF \$10.00:

- Dr. Duke Bahn
- Dr. Susan Foley-Nov. Mtg
- Dr. Mimi Guarneri
- Dr. Irwin Goldstein
- Dr. Richard Lam
- Dr. Juergen Winkler/Carol Roujansky
- Dr. Susan Foley-Feb.Mtg
- The Men's Club (See P.4)

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subject. Dependent on member interest, she is amenable to return at a future date to expand on this subject. We ran out of her DIETARY CHOICES handout at the meeting. We will have more copies available at the next meeting or e-mail gene@ipcs.org or call Gene at 619-316-3354 and he will send you a copy.

Future Speakers

March 21: Dr. Christopher Kane will speak about robotic and laparoscopic prostatectomy.

April 18: Dr. Hugh Smith www.Biocyntonics.com. will discuss free radicals, PH of the body, Stealth Pathogens and other problems that may promote cancer and other diseases

May 16: Round Table - discussion among members. Share experiences and questions with other members. THIS MEETING WILL BE IN THE COMMERS ROOM.

June 20: Joe Mondry, Certified Cancer Exercise Specialist, who has a medicare approved exercise and strengthening program for cancer survivors. www.newhorizonspt.com Phone 858-764-2409 ext 1057.

July 18: **Dr. Richard Safrin**, Head of Pathology at Alvarado Hospital, who will speak about the details of PSA & Gleason testing scores.

Medical Insurance Committee

The medical insurance committee, currently comprised of Bill Pitts, Dennis Walker and Gene Van Vleet continue to search for information beneficial to members needing assistance in making choices that provide them the best coverage suitable to their situation. The committee cannot 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.

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.com 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.

If you are eligible and have not yet applied for Medicare, our knowledge may be helpful to you. Let us know if we can be of assistance.

PLEASE NOTE: Dennis Walker has made contact with a service that may be very helpful to you. There is a non-profit California organization that specializes in assisting you to obtain medical coverage that best suits your needs. It is called HICAP (Health Insurance Counseling and Advocacy Program). The San Diego number is 858-565-8772. Contact them if you need help making choices.

Announcements

During our February meeting, some members were issued parking citations for parking in the dirt lot near the building. Our sponsors are trying to get the fines abated. Gene Van Vleet circulated an e-mail to gather information from those who were ticketed. If you have not yet responded to him, e-mail him at gene@ipcsg.com or call 619-316-3354. Until this situation is resolved please park only in areas 1 or 2 as designated on the map on page 5.

Victor Reed is finalizing the project to submit a resolution of the IPCSG Board of Directors that will petition Kaiser Permanente to offer skilled Color Doppler Ultrasound (CDU) exams, or reimburse patients who use non-Kaiser doctors for the exam.

One of our newer members, John Tassi has volunteered to assist in the improvement and development of our website. Thank you, John for stepping up.

You are invited to visit our web-site at <http://ipcsg.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 DVD's please return them at the next meeting" Thank you, Bob Keck Librarian

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://ipcsg.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@ipcsg.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@ipcsg.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 DVD

This video was produced locally by member Rocky Galgano with the help of our support group and a number of local doctors. It details all possible treatments including alternative and integrative meth-

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ods for men and their families to discuss and choose. The full length video does not favor one treatment over another but rather gives a fair and independent review of each treatment. **“The Men’s Club”** has received favorable reviews from support groups nationwide. <http://themensclub.us/site/> to order OR purchase a copy from our library. IPCSG donated copies to all of the libraries in San Diego County where you can view it for free.

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 11:00 AM for every one. Check website <http://pcref.org>

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 has 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. Information Technology. Any techies out there that can help take advantage of the facilities available where we meet--such as live remote conferencing.
4. Anyone interested please contact:

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

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

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

OUR MISSION

NOTA BENE

CAVEAT EMPTOR

SEMPER FI

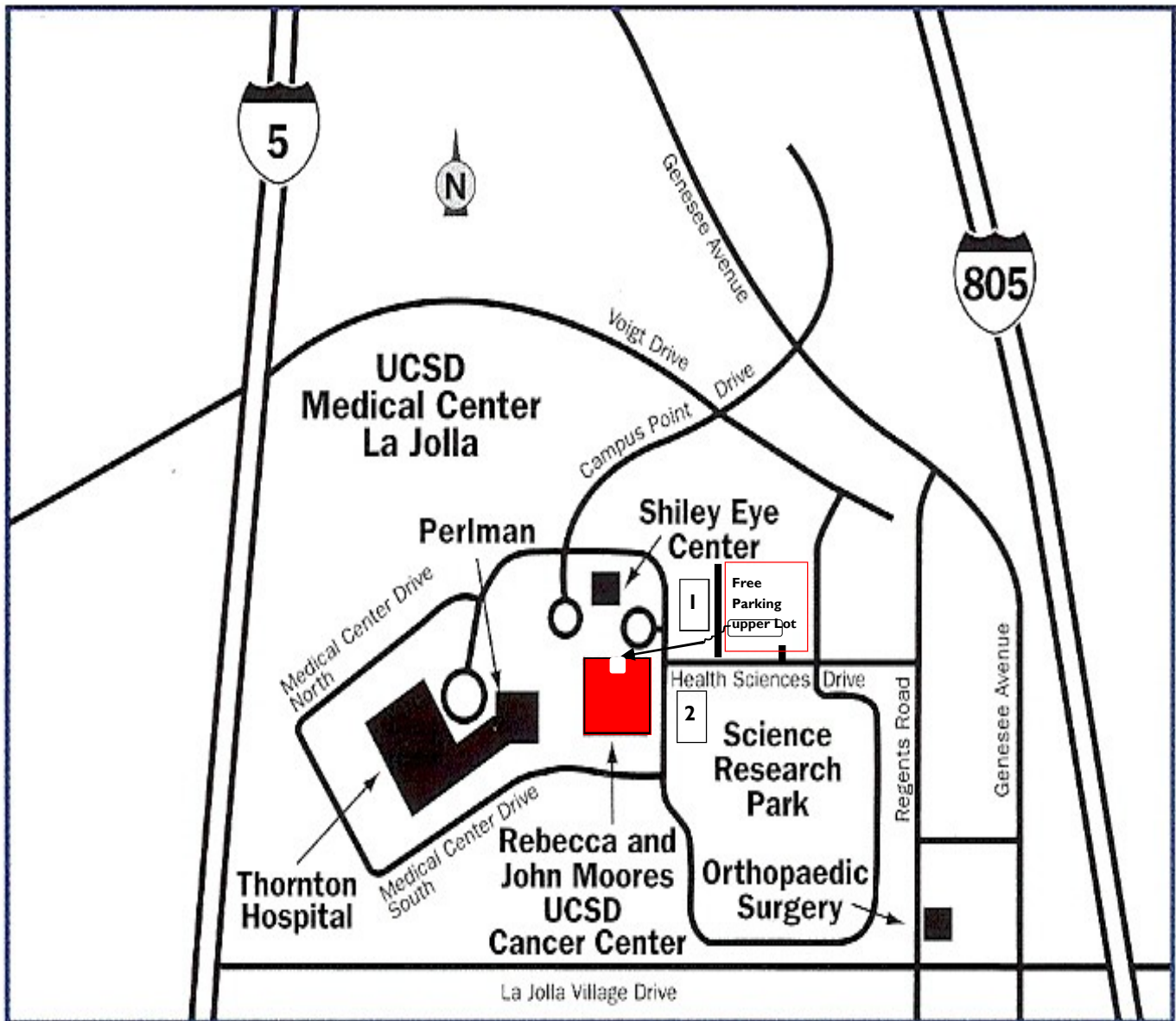
The original and most valuable activity of the **INFORMED PROSTATE CANCER SUPPORT GROUP** is “networking” with fellow patients. We share our experiences, information, and attitudes, and we offer our support to men recently diagnosed--as well as survivors at any stage. Networking is sharing oneself with 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.

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://ipcsg.org>, and clicking on “Donate” (*Ignore the invitation to join PayPal*). Then enter the amount and your credit card information and you are done.



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 (Voigt Dr.) that leads to the upper parking lot No. P704 [1] 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 (Voigt Dr.) that leads to the upper parking lot No. P704 [1] on the right (free parking). Take steps down to the entrance.

Parking lot [2] requires \$1 per hour payment or Handicap card.