



Informed Prostate Cancer Support Group, Inc.

P.O. Box 420142 San Diego, CA 92142
Phone: 619-890-8447 Web: www.ipcsg.org



FEBRUARY 2010 NEWSLETTER

Who we are, where and when we meet

Officers

President: Lyle La Rosh,
Vice President : Gene Van Vleet

Additional Directors

Director ; Dr. Dick Gilbert
Director: Bill Geideck
Director: John Tassi

Steering Committee

Judge Robert Coates
Victor Reed
Carlos Richardson
Robert Keck, Librarian
John Lindsey
E. Walter Miles
Jerry Steffen

Next Meeting

February 20th

10:00AM to

ATTENTION!!!!

New meeting facility

Burnham Auditorium (Pictured Above)

10905 Road to the Cure, San Diego CA 92121

SEE MAP ON THE

Saturday, February 06, 2010

Volume 3, Issue 1

What We Are About

Our Group offers the complete spectrum of information on prevention and treatment. We provide a forum where you can get all your questions answered in one place by men that have lived through the experience. Prostate cancer is very personal. Our goal is to make you more aware of your options before you begin a treatment that has serious side effects that were not properly explained. Impotence, incontinence, and a high rate of reoccurrence are very common side effects and may be for life. Men who are newly diagnosed with PC are often overwhelmed by the frightening magnitude of their condition. Networking with our members will help identify what options are best suited for your life style.

Be your own health manager!!

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January Meeting Notes

Our first meeting at the Burnham Auditorium was a resounding success. Over 90 people were in attendance of which 13 were there for the first time which shows that our outreach efforts are working. The venue is of the highest quality including ample free parking.

Chris Lee, Vice President, External Relations, of the Burnham Institute gave us a warm welcome. Kudos to Lyle LaRosh, our President, for working with Chris to

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THE FOLLOWING DVD'S ARE FOR SALE IN THE IPCSG LIBRARY FOR A DONATION OF \$10.00:

- Dr. Duke Bahn
- Dr. Mimi Guarneri
- Dr. Richard Lam
- Dr. Juergen Winkler
- Dr. Christopher Kane
- Dr. Hugh Smith
- Dr. Richard Safrin
- Dr. Richard Lam
- Sept. '09 Round Table
- Dr. Mundt & Dr. Murphy

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bring us to this facility. Interestingly, Mr. Malin Burnham is a prostate cancer survivor.

Our guest speakers, Dr. A.J. Mundt and Dr. Kevin Murphy, UCSD Radiation Oncologists kicked it through the uprights with their highly informative presentations.

Dr. Mundt presented information on the development of radiation equipment. All equipment is based on the same thing---X-rays or photons. The first machine was used in 1896 and the first modern linear accelerator began being used in 1955. The differences arise in how the equipment does its job. There was little change in the '80's and early '90's with a big explosion in technology starting in the mid '90's. Cyber-knife came out in the early '90's and was the first to create two dimensional images of patient on a table which were used primarily for treating the brain and the spine. Novalis added infrared to help guide how the image is delivered. Then came Tomotherapy which added a CT scan to provide a three dimensional image but the images were not too clear and large radiation doses were required. Trilogy and Electa added clarity to the images and allowed less dosage. This newer technology rotates around the patient to take an image of the prostate to match where it was in the planning stage. It can more clearly focus and re-focus on the prostate if it moves thus minimizing dosage to outlying tissues of the rectum and bladder. Proton machines were discussed. Proton machines are enormous and very expensive. A proton is a lower dose particle that can be stopped where needed and can be focused even better but it cannot yet be imaged. Therefore a rectal balloon is needed to ensure the prostate is located the same each time. It also has other usage for more things such things as science, NASA and biotech research. Dr. Mundt patiently answered many specific questions of the members.

Dr. Murphy presented research using viral mechanisms to illuminate and destroy tumors. Usually, cells need a receptor to take in foreign objects. Viruses can go around the system and go directly into the cell and once inside they can replicate or make copies and move on to another cell. They can replicate so much that they can actually kill the cell. By introducing a light emitting protein from a lightning bug, for example, the fused cell can glow. Experiments are being done on nude mice, which have no immune system, wherein tumor cells will be injected and grown. Then if given an injected vaccine that glows, only the area of the tumor glows. If nothing more, this process can be used to specifically identify tumors and their location which would be invaluable information for treatment. Imagine if a drug could be induced in this process to be dispensed exactly and only to the tumor! Experiments are in trial in London to see if the virus injection will destroy the tumor. Although practical usage is likely years away, the process will be very exciting to monitor as it progresses.

Both Doctors made themselves available for more questioning after the meeting.

We highly recommend you buy a copy of the DVD of this meeting from our library in order to more thoroughly understand the valuable information presented.

Future Speakers

February 20th: Presentation by Poly-MVA—a unique liquid dietary supplement designed to nutritionally support the body and is particularly effective with cancer. www.polymva.com

March 20th: Dr. Joseph Chinn, HIFU (High Intensity Focused Ultrasound)

April 17th: Round table discussion.

The Testosterone Trial

The National Institutes of Health (NIH) has launched a clinical research trial to determine if testosterone treatment of men aged 65 and older will help their walking, vitality, sexual function, memory, blood count, and cardiovascular risk. This trial, called The Testosterone Trial, or TTrial, will be conducted in 800 men in 12 cities across the United States.

Why is The Testosterone Trial being Conducted?

As men age their blood testosterone levels fall, and also they find it more difficult to walk, have less energy, have less interest in sex, have greater difficulty remembering, and tend to be anemic, as well as greater risk of cardiovascular disease. It is possible that low blood testosterone is a cause of these problems. The purpose of The Testosterone Trial is to determine if testosterone treatment of men who are 65 years and older – and who have a low blood testosterone and one or more of these problems – will improve them.

What Will Happen in The Testosterone Trial?

Men who are age 65 and older and have low blood testosterone may be eligible for this trial if they also have one or more of the following: difficulty walking a quarter of a mile, less interest in sex, or less vitality than they used to have.

Men who are interested will be tested by blood tests and questionnaires to see if they qualify. Men who qualify will be assigned to use either testosterone gel or placebo gel daily for one year. During this year men will be tested by questionnaires and blood tests to determine if their walking, interest in sex, energy, memory and blood count are getting better.

How Can I Learn More about The Testosterone Trial? University of California at San Diego
La Jolla, California : 877-219-6610

Special Announcement—New Website Now Active

Member and Director, John Tassi has develop a new website that we believe is much simpler and easier to navigate. Check out the Personal Experiences page and send us your story. Go to: www.ipcsg.org

Announcements

We have developed a new brochure which provides the group philosophy and explains our goals and philosophy. Copies may be obtained at our meetings. Please pass them along to friends and contacts.

Ads about our Group are in the Union Tribune 4 times prior to a meeting. 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.

Library Announcement

"To all those who have borrowed books, tapes or DVD's please return them at the next meeting" More copies of the book "China Study" have been donated by Robert Werve. This is very informative reading. Bob Keck Librarian

Snail Mail Recipients Notice!

Snail mail is expensive. E-mail is not. If you have changed to e-mail let us know. Send your information to: gene@ipcsg.org.

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 methods 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 revue 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: www.pcref.org Phone 619-906-4700.

Medical Insurance Committee

The medical insurance committee, comprised of Bill Pitts, Dennis Walker and Gene Van Vleet assists 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. Contact Gene Van Vleet, e-mail gene@ipcsg.org or cell phone 619-890-8447 who may redirect your inquiry to an appropriate person for response. PLEASE, PLEASE volunteer your effort to assist our cause.

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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

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

Gene Van Vleet, Vice President. 858-890-8447 gene@ipcsg.org

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

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

OUR MISSION

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CAVEAT EMPTOR

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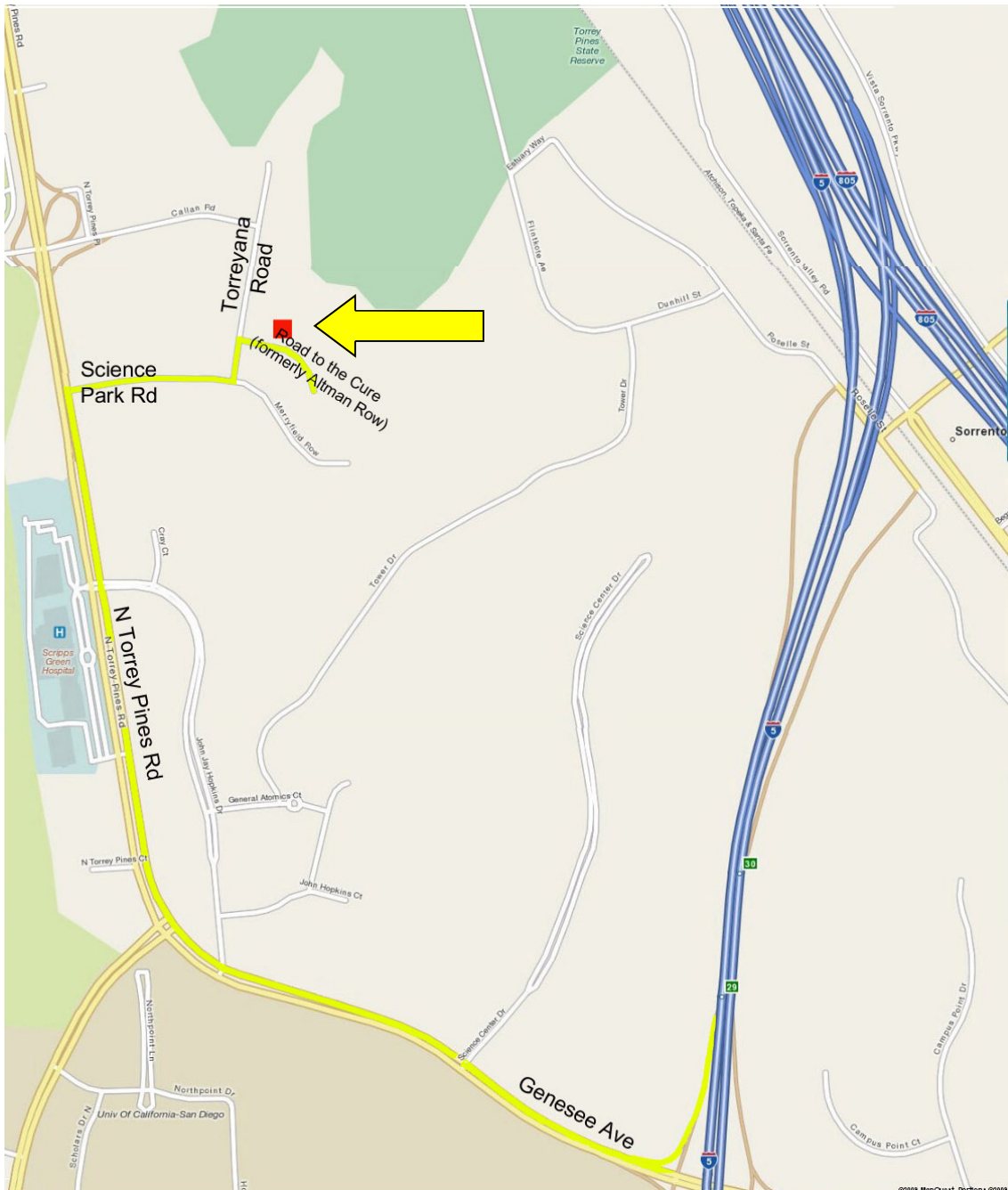
The original and most valuable activity of the **INFORMED PROSTATE CANCER SUPPORT GROUP** is “networking”. We share our experiences, information about prevention and treatment. We offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others for the good of us all. All aspects of prostate cancer are “controversial”. But by sharing our knowledge and experiences we learn the best ways of prevention as well as the 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 Burnham Auditorium

10905 Road to the Cure, San Diego, CA 92121

- Take I-5 (north or south) to the Genesee exit (west).
- Follow Genesee up the hill, staying right.
- Genesee rounds right onto North Torrey Pines Road.
- Do not go into the Burnham Institute or Fishman Auditorium**
- Turn right on Science Park Road.
- Turn Left on Torreyana Road.
- Turn Right on Road to the Cure (formerly Altman Row).

