



# Informed Prostate Cancer Support Group Inc.



"A 501 C 3 CORPORATION ID # 54-2141691"



## MARCH 2010 NEWSLETTER

P.O. Box 420142 San Diego, CA 92142  
Phone: 619-890-8447 Web: [www.ipcsg.org](http://www.ipcsg.org)



We Meet Every Third Saturday (except December)

Saturday, March 13, 2010

Volume 3, Issue 2

### Officers

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

### Additional Directors

Director: Dr. Dick Gilbert  
Director: John Tassi

### Steering Committee

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

### Next Meeting

**March 20th**

**10:00AM to**

### ATTENTION!!!!

Now meeting at

Sanford-Burnham  
Auditorium  
(Pictured Above)

10905 Road to the  
Cure, San Diego CA  
92121

SEE MAP ON THE  
LAST PAGE

### 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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### February Meeting Notes

Mr. Al Sanchez Jr. presented information about how a new supplement, Poly-MVA and other palladium lipoic complexes that can help improve overall health and vitality, help prevent cancer, and help heal from cancer. There is promising evidence that these complexes can target and eliminate cancerous cells without harming healthy cells.

Palladium is a unique and rare metal that has special properties. In Palladium Lipoic

*(Continued on page 2)*

**THE FOLLOWING ARE THE MORE RECENT DVD'S OF THOSE FOR SALE IN THE IPCSG LIBRARY FOR A DONATION OF \$10.00. They can also be purchased through our website: [www.ipcsg.org](http://www.ipcsg.org).**

- Dr. Juergen Winkler
- Dr. Christopher Kane
- Dr. Hugh Smith
- Dr. Richard Safrin
- Dr. Richard Lam
- Sept. '09 Round Table
- Dr. Mundt & Dr. Murphy
- Al Sanchez Jr.-Poly MVA

(Continued from page 1)

Complex, it is sequestered in an organic molecule called alpha-lipoic acid and provides the unique electro-chemical, electron-transferring aspect that makes the compound so revolutionary.

Alpha-Lipoic Acid is one of the most powerful antioxidants and detoxifiers known. It is soluble in fat and water, and readily crosses membranes throughout the body, particularly when bound in palladium.

Palladium Lipoic Complex is a very promising adjunctive therapy for cancer. It is presently being used by numerous physicians and other healthcare practitioners around the world as an adjunct treatment before and after traditional oncology treatments. Its use is becoming increasingly widespread as doctors and patients see firsthand how the product can save lives and positively affect people's health when used as a part of a comprehensive nutritional program for cancer therapy.

Although there are limited studies specifically relating to prostate cancer, the positive effects are promising. For specific information and pricing, contact: Christina Harrell, V.P. Marketing & Communications, AMARC Enterprises, Toll free: 866-765-9682 Ext 125. In San Diego: 619-447-6500 Ext 125.

[www.polymva.com](http://www.polymva.com) .

DVD's of this meeting can be purchased from the IPCSG library or through its website: [www.ipcsg.org](http://www.ipcsg.org).

## **IPCSG is concerned about continuing negative press about the usefulness of PSA testing. We present the following in contradiction.**

### **PSA Remains an Important Tool for Fighting Cancer Says Prostate Cancer Foundation**

*Leading Funder of Prostate Cancer Research Calls for Thorough Discussion of Options with Patients and More Funding for Discovering Better Biomarkers*

SANTA MONICA, CA/March 3, 2010—Responding to continued debate over PSA screening, and today's American Cancer Society statement, the Prostate Cancer Foundation (PCF) reiterated its position that PSA screening remains a valuable tool, in combination with other tools, for identifying potential prostate disease, including cancer. It is also calling for more reasoned discussion that empowers patients and their physicians and improves patients' understanding of PSA data, prostate cancer and treatment options.

"Every man has the right to know if he has cancer and to make informed decisions with his urologist. This requires a thorough dialog between patients, family members and urologists that weighs the pros and cons of screening and treatment options," says Jonathan W. Simons, president and CEO of PCF. "While medical specialists know that the current PSA test is imperfect, it can be an important tool for diagnosing various problems with the prostate and taking care of men's health.

Last year more than 27,000 American men died of prostate cancer—one every 19 minutes—and more than 192,000 new cases were diagnosed. There is also good news. With advances in awareness, new treatments and earlier detection and treatment, the death rate for prostate cancer has dropped by 40 percent of what was once projected.

Controversy has risen over screening for the prostate-specific antigen (PSA) because it is not cancer-specific. Further, once cancer is diagnosed, it is still very difficult in some patients to differentiate between the indolent (slow-growing) and very aggressive, potentially lethal, varieties of prostate cancer. As a result, overtreatment of some patients does occur. PCF supports the guidelines laid out by the American Urological Association that call for a baseline PSA screening at 40 years old and a then a follow up strategy developed by the physician and patient, based upon the patient's specific health status and family history. (See AUA Guidelines <http://www.auanet.org/content/guidelines-and-quality-care/clinical-guidelines/main-reports/psa09.pdf>.) If cancer is found, risk factors including family and patient histories, a physical exam, Gleason scores, PSA velocity, and personal preferences should all be considered when developing an individualized treatment plan that is best suited for the patient.

“Unfortunately, public debate has focused mostly on the limitations of the PSA blood test rather than improving processes for informing patients. We should not throw this proverbial baby out with the bath water,” explains Simons. “PCF-funded researchers are making crucial progress in identifying new biomarkers that could one day make the PSA test obsolete. Until new diagnostics are available, we need to guard against telling patients not to be screened. Discussions of early detection of prostate cancers, when they are best treated, are imperative.”

The debate also underscores the unmet and urgent need for more research directed toward developing better, more prostate cancer-specific biomarkers and diagnostic tests. As the nation looks to reform healthcare, an important strategy for attaining real cost savings is increased investment in research so healthcare providers can cure patients earlier and over treat less. Prostate cancer, by incidence, is to men what breast cancer is to women, but federal funding of research for this disease is approximately 40 percent lower. With many American families burdened by both prostate and breast cancers, many prostate cancer organizations are working to increase investment and achieve the same crucial success in funding as the breast cancer community.

PCF experts have calculated that having the ability to distinguish between lethal and non-lethal or indolent varieties of prostate cancer might have saved an estimated \$30 billion dollars between 1986 and 2005. With the tools to identify which patients had aggressive prostate cancer, overtreatment could have been avoided and more lives would have been saved by directing intensive care to those who needed it most.

### Future Speakers

**March 20th:** Dr. Douglas Chinn, HIFU (High Intensity Focused Ultrasound)[www.chinnurology.com](http://www.chinnurology.com)

**April 17th:** Round table discussion.

### 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](http://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@ipcs.org](mailto:gene@ipcs.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](http://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@ipcs.org](mailto:gene@ipcs.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.

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.**

## 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](mailto:gene@ipcsg.org)

Lyle LaRosh, President 619-892-3888 [lyle@ipcsg.org](mailto:lyle@ipcsg.org)

## OUR MISSION

*NOTA BENE*

*CAVEAT EMPTOR*

*SEMPER FI*

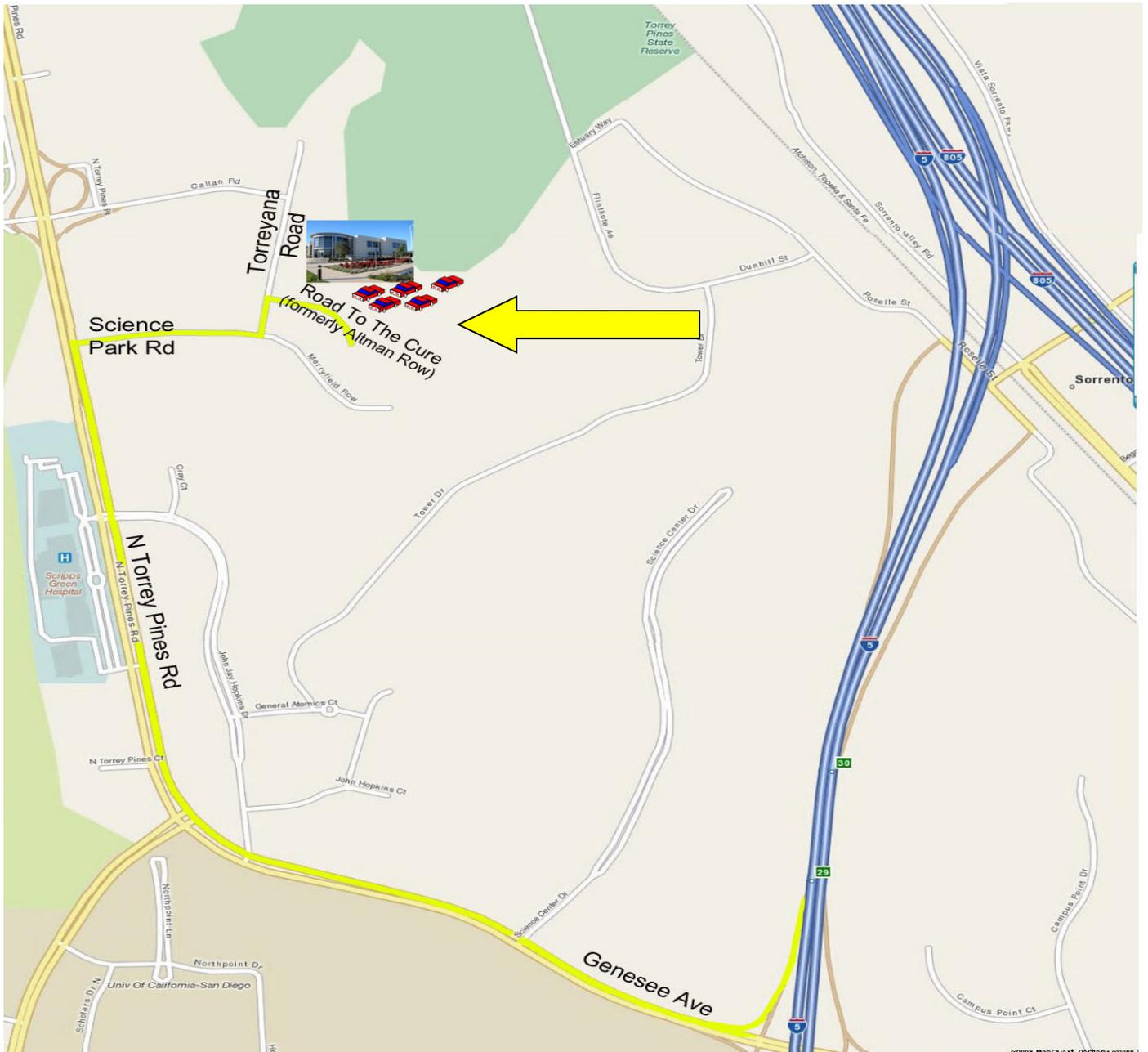
The original and most valuable activity of the **INFORMED PROSTATE CANCER SUPPORT GROUP** is “networking”. We share our experiences, information about prevention and treatment. We offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others 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” Follow the instructions on that page. OR just mail a check to: IPCSG, P. O. Box 4201042, San Diego, CA 92142



**Directions to Sanford-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 Sanford-Burnham Medical 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).