



# Informed Prostate Cancer Support Group Inc.

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



## APRIL 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)

Thursday, April 08, 2010

Volume 3, Issue 3

### 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

**April 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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### March Meeting Notes

Our guest speaker for the March meeting was Dr. Douglas Chinn, noted expert on cryoablation and high intensity focused ultrasound therapies.

Dr. Chinn's stated philosophy is to educate patients on the disease and help define their options. He emphasized the importance of separating true facts from marketing facts because you will generally be told what they want you to hear and not necessarily what the treatment downsides are.

*(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. Christopher Kane
- Dr. Hugh Smith
- Dr. Richard Safrin
- Dr. Richard Lam
- Sept. '09 Round Table
- Dr. Mundt & Dr. Murphy
- Al Sanchez Jr.-Poly MVA
- Dr. Douglas Chinn

(Continued from page 1)

Not all prostate cancers are the same. Patients with the same stage, the same grade and the same parameters don't respond the same. The challenge is to determine which patient has the more aggressive disease and provide adequate information with which they can make their own treatment choice. The PSA score and the Gleason score along with tumor staging are used to classify a patient into a risk group. A PSA over 10, Gleason over 7 and a tumor stage greater than T2b are thresholds. If your levels exceed any one of these your risk is considered moderate, If your levels exceed two of these you are high risk. If your levels are below all, you are considered low risk. Unfortunately these tests are not very accurate indicators because there is still no way to know how any individual will respond. Dr. Chinn discussed a new technology—Prostate Px + (we will hear a presentation about this in our April meeting) which is an FDA approved multi-modal pathology analysis which uses traditional pathology and adds modern science to decrease the subjective valuation of biopsies. Understanding the true nature of your disease will help you decide on the timing and the choice of your procedure.

It is highly recommended that you obtain a copy of the DVD of this meeting from our library or by ordering from our website. So much valuable information was presented that to try to condense it for newsletter purposes would be detrimental. Dr. Chinn's presentation was one of the best we have had. It provided up-to-date information on methods of diagnosis as well as a thorough explanation of high intensity focused ultrasound (HIFU). [www.chinnurology.com](http://www.chinnurology.com)

### Future Speakers

**April 17th:** Round table discussion. During the meeting a representative of Aureon will present information about their Prostate PX+ and Post OP PX tests. For information go to: [www.aureon.com](http://www.aureon.com)

**May 15th:** To be announced.

### NEW LEGISLATION AFFECTING YOUR RIGHTS TO TIMELY HEALTH CARE

As brought to our attention by member John Martes legislation was enacted in January that affect your rights to timely health care. Read about it on Page 4.

### Announcements

Member and Director, John Tassi has developed 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)

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 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: [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.**





## California Consumer Update: New Rights to Timely Access to Health Care

California managed care patients will be better able to get health care advice and appointments within set amounts of time, due to new first-in-the-nation consumer protections put in place by the California Department of Managed Health Care. Patients can expect a primary care appointment within 10 days, and an appointment with a specialist within 15 days—and much quicker attention for urgent situations—under the new rules.

Taking effect January 17<sup>th</sup>, these new first-in-the-nation regulations to ensure timely access to care implement a 2002 law, (AB2179, authored by Assemblywoman Rebecca Cohn and sponsored by Health Access California), and respond to common consumer complaints about their inability to get health care advice or appointments within a reasonable amount of time.

While the concept of timely access to health care was one of the cornerstones of the original Knox-Keene Act of 1975 that established and regulated managed care in California, the new regulations provide time-elapsed standards—rather than letting each health plan decide and define what timely access means, which made the law unenforceable and consumers in the dark. Often the inability of a consumer to receive timely access to health care results in expensive (and often unnecessary) visits to emergency rooms.

Here are some of the new Consumer Time Elapsed Standards contained in the regulation:

Request for Care	Routine	Urgent	Elapsed Time Standard	Special Requirements
Visit for primary care	√		10 business days	
Visit for primary care		√	48 hours	
Referral for visit to specialist	√		15 business days	
Referral for visit to specialist		√	96 hours	
Visit with non-physician mental health provider	√		10 business days	
Ancillary services for diagnosis or treatment	√		15 business days	
Preventive services	√		"Consistent with professionally recognized standards of practice"	
Dental services	√		36 business days	
Dental services		√	72 hours	
Preventive dental services	√		40 business days	
Telephone triage and screening services consultation with health care professional		√	Waiting time cannot exceed 30 minutes	Must be available 24/7

Consumers who believe they have been denied timely access to care, should promptly complain to their health plan. If that doesn't resolve the issue, they should file a complaint with the Department of Managed Care (DMHC) at the **HMO Help Line at:**

**(888) HMO-2219 [(888) 466-2219]** or **(877) 688-9891 [TDD]** or at  
[www.hmohelp.ca.gov](http://www.hmohelp.ca.gov).

Prepared by Elizabeth Abbott, Health Access, December 21, 2009. For more information, visit [www.health-access.org](http://www.health-access.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. 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@ipcs.org](mailto:gene@ipcs.org)

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

## OUR MISSION

*NOTA BENE*

*CAVEAT EMPTOR*

*SEMPER FI*

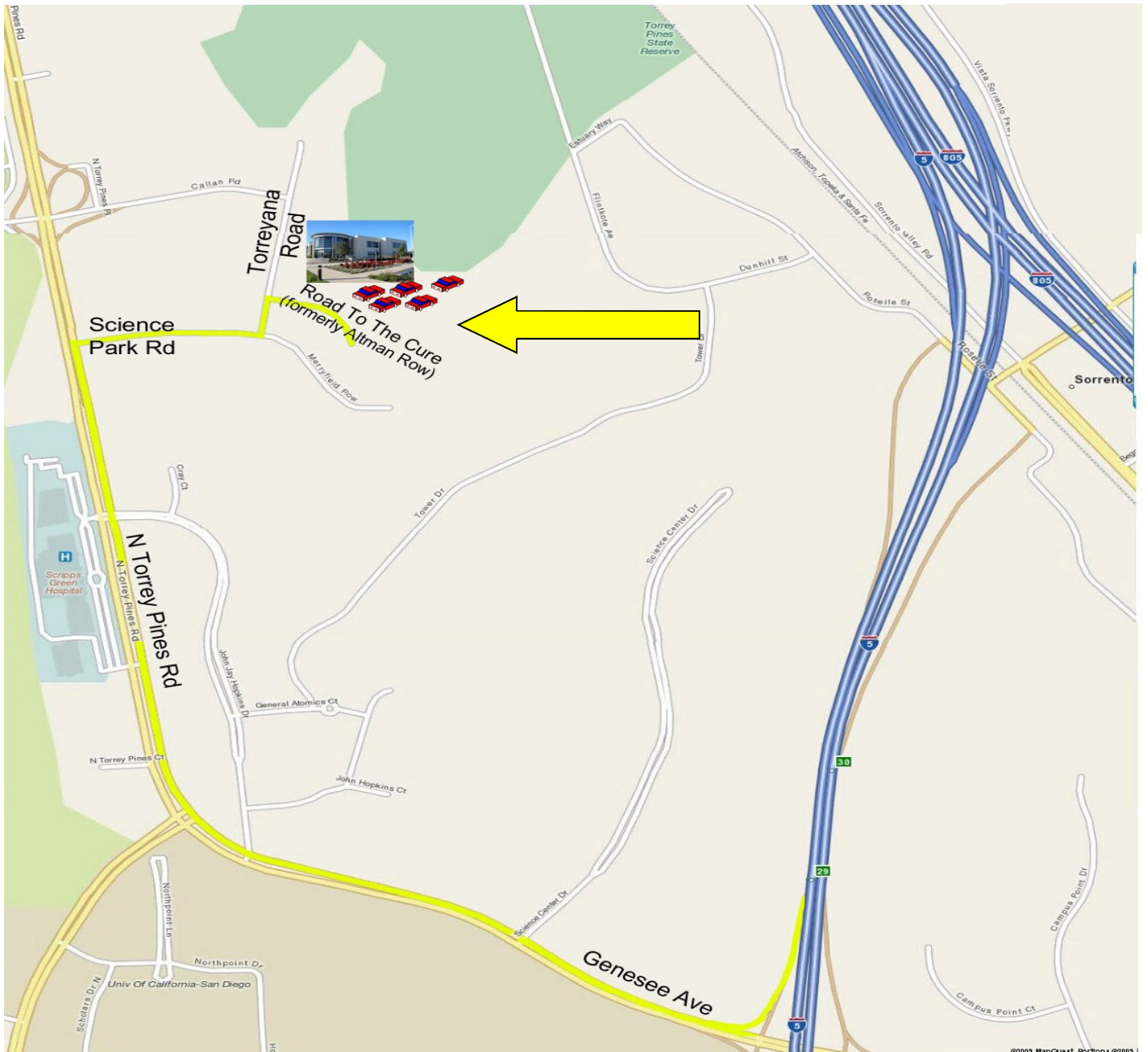
The original and most valuable activity of the **INFORMED PROSTATE CANCER SUPPORT GROUP** is “networking”. We share our experiences, information about prevention and treatment. We offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others 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://ipcs.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).