



Informed Prostate Cancer Support Group Inc.

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



MAY 2010 NEWSLETTER

P.O. Box 420142 San Diego, CA 92142

Phone: 619-890-8447 Web: www.ipcsg.org

We Meet Every Third Saturday (except December)

Friday, May 07, 2010

Volume 3, Issue 4

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

May 15th

10:00AM to Noon

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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April Meeting Notes

The April meeting was another well-attended round table discussion.

Dr. William Moseley, Urologist, presented two upcoming clinical tests that might be of interest for participation: 1. Degarelix- a drug used in hormone therapy similar to Lupron. It is a no charge, no placebo study. 2. Denosumab - a drug used to combat osteopenia. The study is to determine the potential of developing cataracts when using this drug. Not Charge. For further information or if interested contact Dr. Moseley, wgmosley@cox.net,

(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: <http://www.ipcsg.org>.

- 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
- Mar. '10 Round Table

(Continued from page 1)

3969 Fourth Ave, San Diego, CA 92103, 619-260-0600.

Bill Manning, who is practicing active surveillance, reported on his status. Through information gathering, including becoming acquainted with IPCSG and the benefits of its knowledge base, he chose to see Dr. Bahn a year ago who performed a color doppler ultrasound test and a biopsy. The biopsy result was a Gleason 6 and the decision was to not seek further treatment but rather to monitor his situation. Another visit 6 months later confirmed no change. At Dr. Bahn's suggestion, Bill took the PCA3 test which came back with a very low score—further confirming his decision to remain on active surveillance. Bill has also changed his diet to eliminate red meats and milk products which has benefitted his general health as well. This story further confirms the benefits of being involved with our group to gather information based on the learning and experiences of others in order to make choices most beneficial to you.

Lyle led discussions of new testing and many types of treatment which were openly participated in and shared by members in attendance. A DVD of the entire meeting is available from the website and in the library.

Future Speakers

May 15th: Meeting will include discussions about new testing methods and promising new treatments.

Yet Another Threat to Supplements on Capital Hill

Read about it on Page 4.

Announcements

Member and Director, John Tassi continues to develop our 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: <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.

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 out the website at: <http://www.pcref.org> or phone them at (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 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.

Yet Another Threat to Supplements on Capitol Hill

The threat of a **regulatory stranglehold** over **dietary supplements** has intensified.

Earlier this year, Sen. John McCain introduced a bill that would have given the FDA draconian new powers. A citizen's revolt ensued that caused that bill to be sidelined. We are being watchful that Sen. McCain does not try to slip some of his oppressive original proposals into another Senate bill.

The urgent issue we face today is language Rep. Henry Waxman snuck into the already passed **Wall Street Reform Bill** (H.R. 4173) that he hopes to get into the Senate bill. This language would give unelected FTC bureaucrats arbitrary authority to impose crippling requirements that will drive up the costs of supplements or remove them from the market entirely.

It is imperative that consumers e-mail their Senators to keep this language out of the Senate version of the Wall Street Reform Bill and out of any later version voted on by the House and Senate.

Click to e-mail your Senator <http://www.capwiz.com/lef/issues/alert/?alertid=14976336&type=CO>

What Is Really Going On Here

Pharmaceutical companies recognize that their greatest competitive threat comes from low-cost dietary supplements that are virtually free of side effects. The most efficient way to destroy this competition is to have Congress enact legislation that will enable federal agencies to eradicate consumer access to dietary supplements.

To give you an idea of how much money is involved, just look at the cost of prescription drug fish oil sold under the trade name Lovaza®. A 30-day supply of Lovaza® sells for around **\$195.00**. Consumers can obtain the same quantity of EPA/DHA fish oil for under \$32.00 as a dietary supplement.

With the passage of the **Medicare Prescription Drug Act** and **Health Care Reform Act**, the federal government (that means you) pays outrageously **inflated prices** for fish oil prescriptions and other drugs.

The pharmaceutical industry heavily lobbied Congress to obligate Medicare to shell out full retail price for prescription drugs. In the case of prescription fish oil, taxpayers pay **500% more** than what consumers pay for the same amount of fish oil as a dietary supplement.

Pharmaceutical companies now want to erect so many new restrictions over dietary supplements that consumers (and taxpayers) will be forced to pay outlandish prescription drug prices for fish oil and other low-cost nutrients.

As most of you know, taxes will soon be raised and new government debt created to fund these lavish subsidies to drug companies. It is this kind of institutional corruption that bankrupts governments around the world. We fear that citizen apathy may enable this corrupt legislation to be enacted into law, which will hasten Medicare's date with insolvency, while saddling consumers with higher dietary supplement prices, if the supplements are available at all.

If this legislation is passed, our fear is that many supplements will disappear or that Americans will be unable to afford their supplements and will succumb to a host of deficiency-related diseases.

Please e-mail your Senator to demand that Rep. Waxman's drug company favoring language not be added to the Senate version of the so-called Wall Street Reform Act and not be included in any later House/Senate version of the bill.

Click to e-mail your Senator <http://www.capwiz.com/lef/issues/alert/?alertid=14976336&type=CO>

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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<http://www.lef.org>

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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

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

OUR MISSION

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CAVEAT EMPTOR

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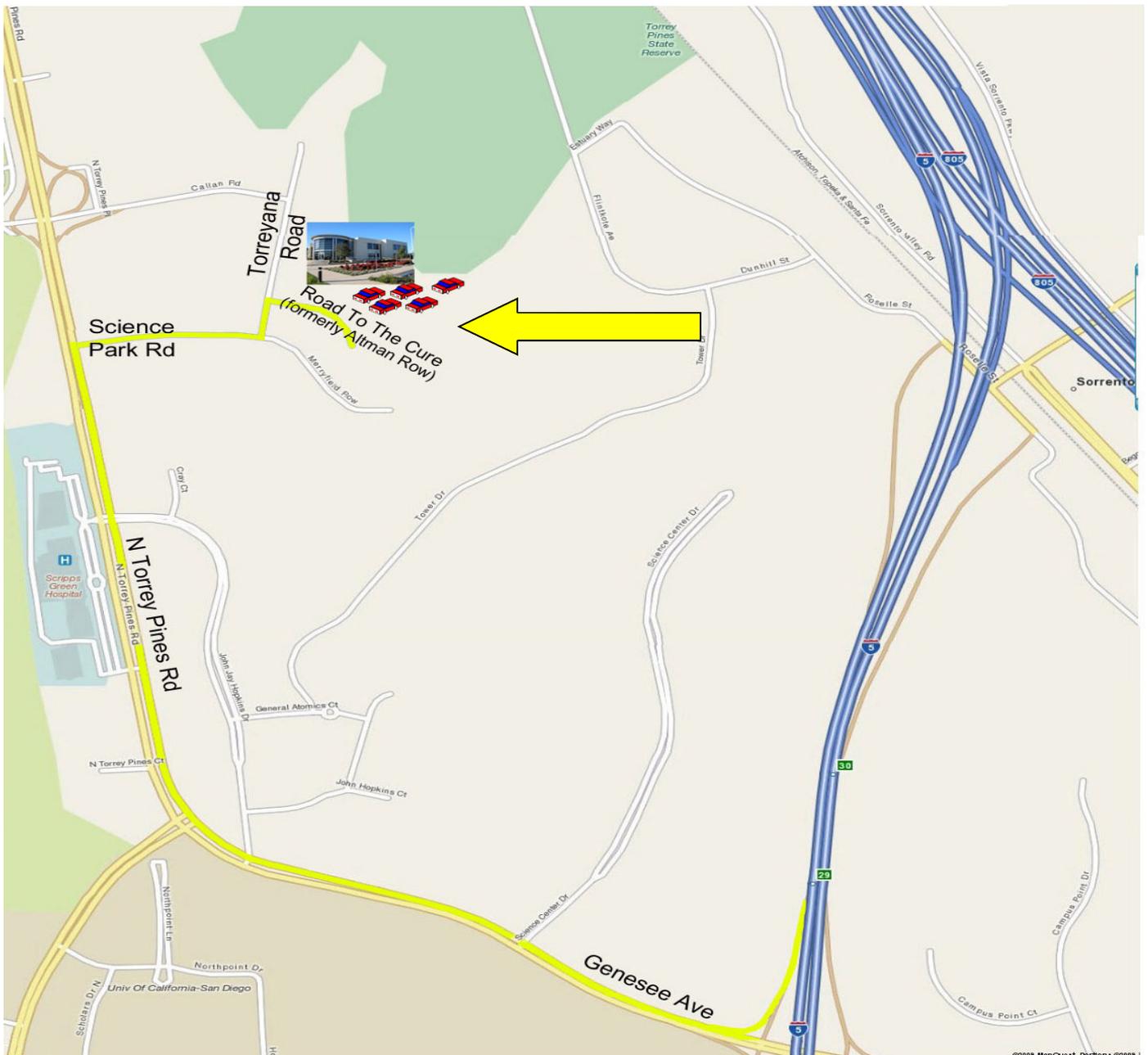
The original and most valuable activity of the **INFORMED PROSTATE CANCER SUPPORT GROUP** is “networking”. We share our experiences, information about prevention and treatment. We offer our support to men recently diagnosed---as well as survivors at any stage. Networking is sharing oneself with others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