



Informed Prostate Cancer Support Group Inc.

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



JUNE 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)



Monday, June 14, 2010

Volume 3, Issue 5

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
George Johnson
E. Walter Miles
Jerry Steffen

Next Meeting

June 19th

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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May Meeting Notes

Patti Fuller from the Sanford-Burnham Medical Research Institute described her function as a fund raiser for the organization through estate gifts.

John Tassi demonstrated the new website that he has developed for our group. He fielded suggestions for changes and additions. We very much appreciate the work John has put into this project and his continuing involvement to keep it current. Statistics from the website program indicate that readership is quite low, so take some time to look at it and learn from the infor-

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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. Richard Safrin
- Dr. Richard Lam
- Sept. '09 Round Table
- Dr. Mundt & Dr. Murphy
- Al Sanchez Jr.-Poly MVA
- Dr. Douglas Chinn
- Apr '10 Round Table
- May '10 Round Table

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mation available. We would especially like more participation in the "Personal Experiences" page. Here is where you can learn of the treatment experience of others that can be very beneficial to you. E-mail your story to gene@ipcs.org. If you need help with your presentation, contact him at 619-890-8447

Lyle discussed further the PSA controversy. PSA was not invented as a prostate cancer screening test but rather to monitor after treatment. Dr. Richard J. Ablin discovered prostate-specific antigen (PSA) in 1970 which led to the PSA test. It was not intended to be a tool for diagnosing prostate cancer, but rather as a means to monitor after treatment. He even states that it should not be a screening test for cancer. Nonetheless, more than \$3 billion/year is spent by the VA and Medicare on screening with media conveying to the average man to get screened and treated. Prostate cancer is an age related disease. Biopsies will find cancer in 65% of men 60-69 years old. Simply, the PSA test should be used as a marker, not as an indicator for treatment.

The quest is for means to find tests that will provide information about the existence of the disease and how aggressive it may be. To that end, new tests by Aureon, Inc., www.aureon.com, may be a step in that direction. Their Prostate Px utilizes your initial biopsy sample to analyze your tissue with state-of-the-art computer imaging technology rather than the subjective pathological analyses of the Gleason test. It is considered to be over 200% more accurate than the Gleason score.

Member Larry Weaver is one of the first to request the test which he reported upon during the meeting. His prostate has been removed and he is concerned about a rising PSA. He has done extensive research and consultation to find answers about his best course of action. His test was performed on a biopsy taken from his removed prostate. The resulting report gave him three probabilities:

1. The probability that the PSA will rise in the next 5 years
2. The probability for the recurrence of cancer in the next 5 years
3. The aggressiveness of the cancer.

Without publicly stating his personal results in this letter, it can be stated that he found comfort in the test results which added to his other research findings.

Lyle and Gene are sponsoring a joint lunch with PCRI faculty members and Aureon representatives during the PCRI nation convention in September to facilitate discussions on the use and effectiveness of their tests.

Active discussions followed about divergent informative subjects all of which can be viewed on the DVD of the meeting available in the library.

Future Speakers

June 19th: Continued discussions about new testing methods and member experiences.

Future speakers are not yet confirmed. If you have leads to speakers related to the interests of our group please contact: lyle@ipcs.org or gene@ipcs.org.

Special Announcement

The FDA has approved the first generic version of **FLOMAX** (tamsulosin). Flomax is often used to ease incontinence related to **BPH** or other prostate disorders. **Check with your doctor about it.**

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@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 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@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.

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.

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. 619-890-8447 gene@ipcsg.org

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

OUR MISSION

NETWORKING

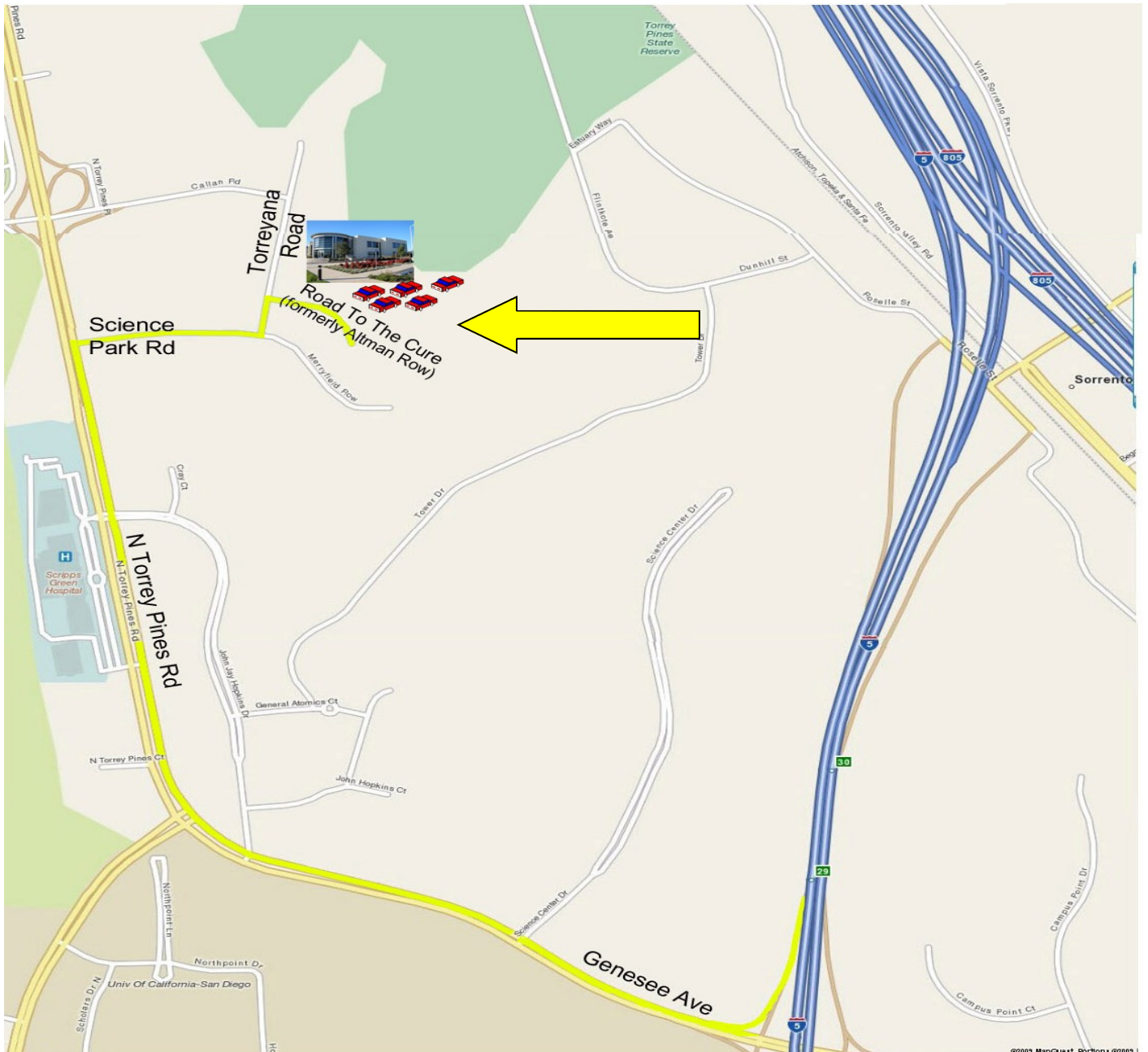
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all. Many aspects of prostate cancer are complex and confusing. But by sharing our knowledge and experiences we learn the best means of prevention as well as the latest treatments for survival of this disease. So bring your concerns 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 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).