



# Informed Prostate Cancer Support Group Inc.

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



## JULY 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, July 08, 2010

Volume 3, Issue 6

### Officers

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

### Additional Directors

Dr. Dick Gilbert  
John Tassi  
George Johnson

### Steering Committee

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

### Next Meeting

**July 17th**

**10:00AM to Noon**

**ATTENTION!!!!**

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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### June Meeting Notes

Gene Van Vleet hosted the meeting with PowerPoint as an aid. Samples of our advertisements in the Union-Tribune were shown. These ads are one of the major sources of drawing men to group. Another good source is personal referrals from current members. To that end generic business cards have been developed and are available at each meeting. Please pick some up and distribute them to assist in our outreach efforts.

Follow-up information on the Provenge treatment for hormone metastatic refac-

*(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. 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
- Jun '10 Round Table

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tory patients is available at the PCRI Insights website: [www.pcri.org](http://www.pcri.org) and in the latest PAACT newsletter—some copies are available in the library. Two more members have processed applications for the new Aureon test and hopefully can report on their findings at the next meeting. To facilitate better understanding of the Aureone tests, we are sponsoring a meeting at the PCRI annual convention in September which will include faculty members and Aureon staff.

The major focus of this meeting was on networking. Comments were made by Bill Pitts on Active Surveillance, Dennis Walker on Image Guided Radiation therapy, Patrick Holland on Robotic (DaVinci) Prostatectomy, Bob Drew on his decision making process and John Tassi on Chemo Therapy. The group was then sub-divided into smaller groups according to methods of treatment with chosen group leaders. This format was well accepted and will hopefully be continued when we don't have guest speakers. Even then, we encourage the sub-groups to continue their meetings/discussions at lunch, by phone or by e-mail.

We encourage you to view the DVD of the meeting. Copies are available through the website: [www.ipcsg.org/shop](http://www.ipcsg.org/shop) or in the library

### **Good Reading**

Informative reading can be found at the following websites:

Testosterone Therapy published in the Life Extension magazine—June 2010 issue.

[http://www.lef.org/magazine/mag2010/jun2010\\_Abraham-Morgentaler-Testosterone-Therapy-for-Life\\_01.htm](http://www.lef.org/magazine/mag2010/jun2010_Abraham-Morgentaler-Testosterone-Therapy-for-Life_01.htm)

Prostate Cancer Quandary published in the Wall Street Journal June 29, 2010

<http://www.pcf.org/atf/cf/%7B7C77D6A2-5859-4D60-AF47-132FD0F85892%7D/ProstateCancerQuandary2.pdf>

### **Future Speakers**

**If you have leads to speakers related to the interests of our group please contact: [lyle@ipcsg.org](mailto:lyle@ipcsg.org) or [gene@ipsg.org](mailto:gene@ipsg.org)**

**Dr. Lam of Prostate Oncology Specialists will make his annual visit October 16th**

## Special Announcement

The annual PCRI national conference will be held September 11-12, 2010 at the L.A Marriott Airport Hotel. Registration forms are available in the library or you can register at [www.pcri.org](http://www.pcri.org). The nation's best authorities on prostate cancer and related subjects will lecture during the conference.

Share-a-ride sign up sheets will be available at meetings prior to that date. Richard Moyer has kindly offered to coordinate this activity. E-mail: [moyerastro@yahoo.com](mailto:moyerastro@yahoo.com) or phone: 619-287-9263.

## 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](mailto: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@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 Help

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@ipcs.org](mailto:gene@ipcs.org)

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

## **OUR MISSION**

### **NETWORKING**

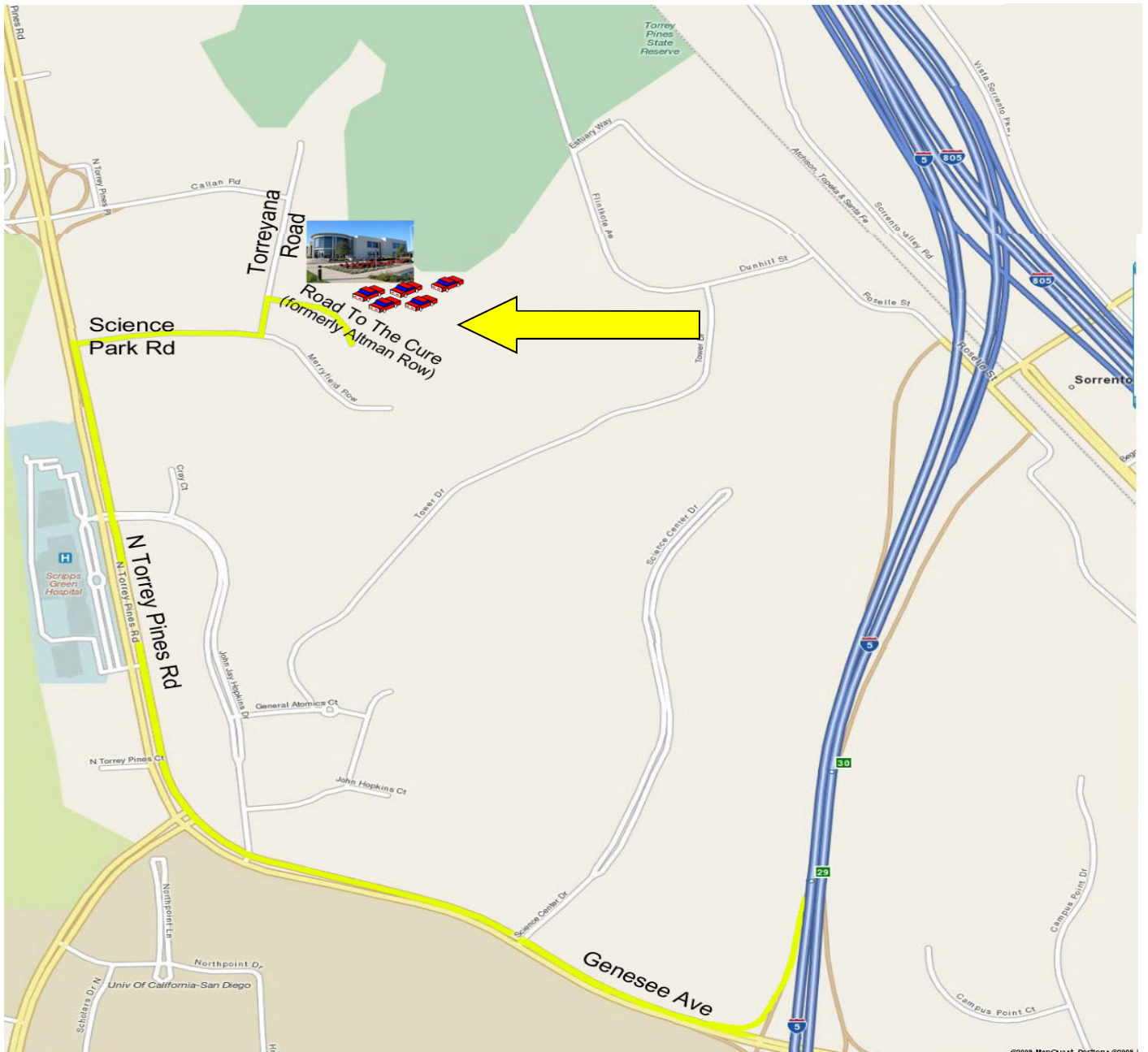
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all.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