



# Informed Prostate Cancer Support Group Inc.

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



## SEPTEMBER 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)



Tuesday, September 07, 2010

Volume 3, Issue 7

### 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  
Robert Werve, Treasurer

### Next Meeting

**September 18th**

**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 recurrence 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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### August Meeting Notes

Gene Van Vleet opened the meeting by welcoming newcomers and describing the information package distributed to them.

Lyle LaRosh made an in-depth presentation about hormone therapy. Traditional medicine generally used this as a fall-back treatment after surgery or radiation has failed. It can however be used as primary treatment. One method is chemical castration achieved by injections of drugs such as Lupron which eliminates the production of testosterone. This has serious side effects including impotence, loss of libido, breast enlargement and osteoporosis. An alternative

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### Video DVD's

DVD's of our meetings are available in our library for \$10ea. Refer to the index available in the library. They can also be purchased through our website: <http://www.ipcsg.org>. Click on the 'Purchase DVD's' button.

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method includes taking a combination of pharmaceuticals including Casodex, Avodart and Femara. Rather than shutting down the production of testosterone, Casodex inhibits the ability of cancer cells to ingest dihydrotestosterone (DHT) upon which they grow. Avodart shuts off the production of DHT. These drugs have lesser side effects and breast enlargement is alleviated by including the drug Femara.

This presentation provided valuable information about alternative treatments and included an extensive questions and answer session. All are included on the DVD of the meeting which is available for purchase in our library and through our website: [www.ipcsg.org](http://www.ipcsg.org).

### **Recommended Reading**

“Invasion of the Prostate Snatchers” is a new book co-authored by Mark Scholz, M.D. and Ralph Blum. Dr. Scholz is associated with Prostate Oncology Specialists in Marina del Rey, CA of which many of us are patients. Mr. Blum is an anthropologist and writer. The book is a frank look at the confusing world of prostate cancer through the eyes of an oncologist who has dealt exclusively with the disease and a man who has lived with the disease for 20 years without radical treatment. The book will be an effective primer for those newly diagnosed and for others it provides insight to diagnosis and treatment options in an understandable way.

We have a few copies in our library with can be checked out or it can be purchased through [www.amazon.com](http://www.amazon.com).

### **Future Meetings**

September 18. Round table discussions with break-out sessions by treatment choice.

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

November 20. Dr. Irwin Goldstein, Director of Sexual Medicine at Alvarado Hospital.

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)

### **Ways To Treat Prostate Cancer: Presented by Lyle LaRosh, President**

1. Active Surveillance.
2. Surgery.
  - a. Radical Prostatectomy
  - b. Laparoscopic Prostatectomy
  - c. Da Vinci Robotic Surgery
3. Radiation.
  - a. 3D Conformal External Beam
  - b. Brachetherapy. Seed Implants
  - c. Intensity Modulated Radiation Therapy (IMRT) with Image Guided Targeting

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- d. Proton Beam
- 4. Hormonal Therapy.
  - a. Androgen Deprivation.
    - i. Hormonal Blockade of Testosterone using injected drugs such as Lupron
    - ii. Combination Hormonal treatment not using Lupron. Eg. Casodex, Avodart, etc.
    - iii. Monotherapy
    - iv. Chemotherapy using drugs such as Taxotere
- 5. High Intensity Focused Ultrasound (HIFU). Heating of the Prostate to 100C.
- 6. Cryoablation (Freezing of the Prostate).
  - a. Freezing of the Prostate immediately followed by Immuno Enhanced Dendritic Cells Injection
  - b. Focal Cryoablation (Partial Freezing of the Prostate)
- 7. Newly announced drugs.
  - a. Provenge. Immune System Enhancement. The patients blood is withdrawn and the T Cells (White or Dendritic) are removed . The white cells are enhanced with more dendritic cells and PCa cells. The blood is then returned to the patient by injection.
  - b. Avastin: The drug is injected into the patient to prevent the formation of new blood vessels to feed the cancer cells (Antiangiogenesis)
  - c. Aberiterone AKA Super Lupron. Used in conjunction with Lupron shuts off Testosterone from Adrenal Glands.
  - d. MVD3100 AKA Super Casodex Shuts off the molecular membrane of tumor cells to stop the ingestion of Dihydrotestosterone by cancer cells. Causes cancer cells to die (Apoptosis)
- 8. Diet & Exercise.
  - a. Modified Mediterranean. Eliminate red meat and dairy products. Eat some fish, some chicken, lots of green vegetables.
  - b. Vegan Diet. Eat no animal protein. Drink 8 fresh juiced drinks a day.

### **Overcoming Fear Related to Prostate Cancer Diagnosis** **Editorial by Gene Van Vleet, Vice President**

When first diagnosed with Prostate Cancer (PCa) fear of drastic results sets in immediately with the patient and loved ones. It happens to all of us and affects each of us in varying ways.

The best known way to overcome any fear is to face it directly and learn how to combat “the enemy”. Reliance on others to make choices for you does not give rise to self-confidence in the outcome. This is very much true in dealing with PCa. Keep in mind that in dealing with the medical profession there may be prejudice, even if unintentional, towards their expertise.

PCa is generally slow-developing and it is highly likely it will never be fatal. It is well documented that the overwhelming number of men diagnosed with PCa will die of some other cause. Further, all men will have prostate cancer in their lifetime even though it may not become apparent. This knowledge along with knowing how to deal it can help allay the associated nagging fear. To whatever extent you are capa-

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ble of researching your treatment choices be aware that information overload will likely occur, Thus, decisions on the most suitable way for you to deal with it, given your life style preferences, may be confusing at best.

Networking with men and their loved ones who have similar circumstances along with their experience in dealing with PCa can be one of your best resources. Becoming involved with our support group can be your most valuable source of treatment options—one of which might be no specific treatment but rather monitoring the status of your particular PCa.

**Yes, we can and do help!**

### **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>

Our brochure provides the group philosophy and explains our goals. 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" 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).

### **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](mailto: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

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know if we can be of assistance.

**PLEASE NOTE:** Dennis Walker 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. Assistance with editing and publishing monthly newsletter.

Anyone interested please contact:  
Gene Van Vleet, Vice President. 619-890-8447 [gene@ipcsg.org](mailto:gene@ipcsg.org)  
Lyle LaRosh, President 619-892-3888 [lyle@ipcsg.org](mailto:lyle@ipcsg.org)

### **NETWORKING**

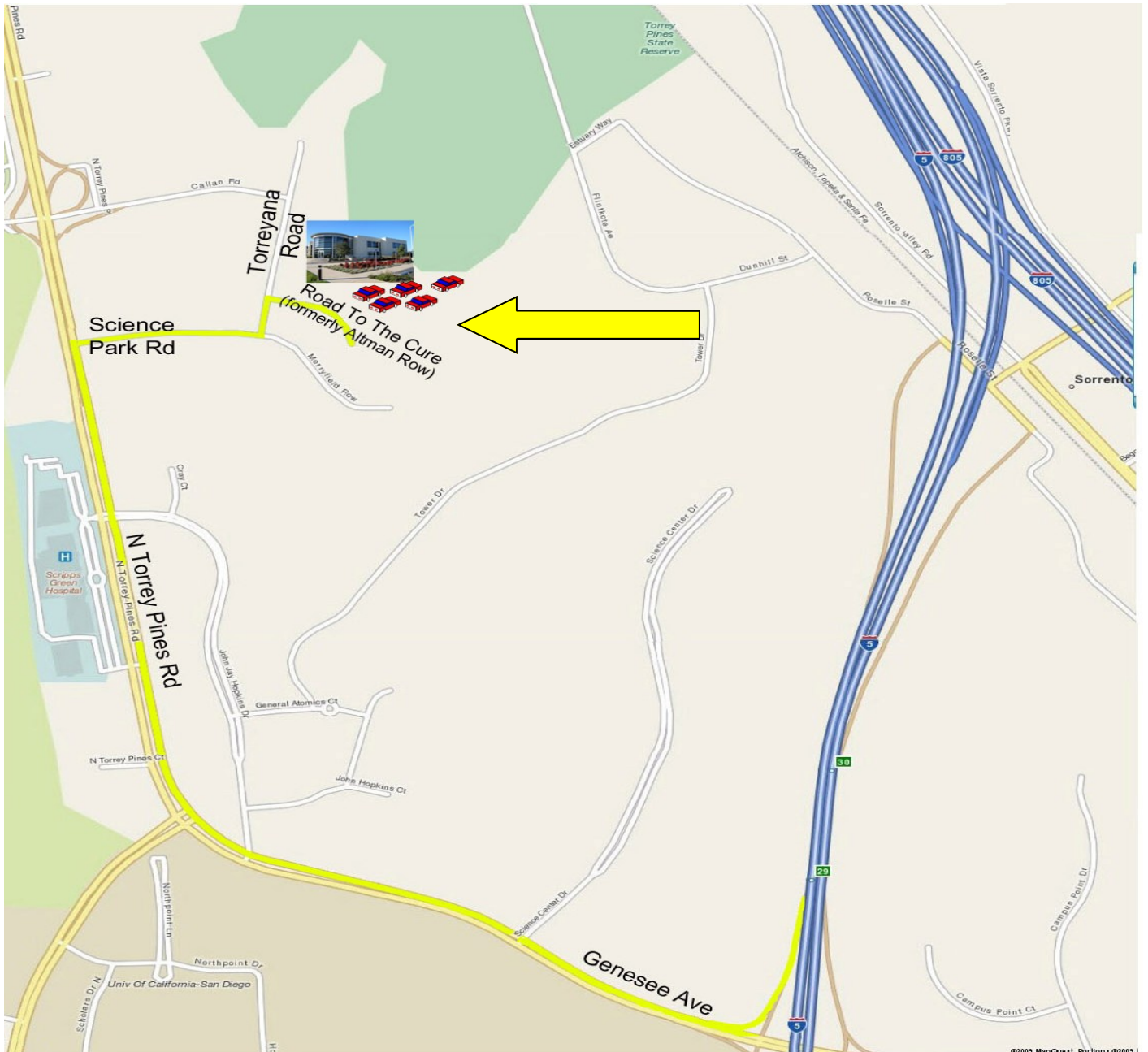
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is "networking". We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all.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