



# Informed Prostate Cancer Support Group Inc.

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



## OCTOBER 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)



Friday, October 01, 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

**October 16th**

**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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### September Meeting Notes

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

Lyle LaRosh presented for the benefit of newcomers, information about the new Aureon test that predicts the probabilities of the future outcome of the disease. Their website is [www.aureon.com](http://www.aureon.com). He also further clarified the benefits of using Avodart and Proscar to help shrink the prostate and to shut down the production of dihydrotestosterone which is a food supply for prostate cancer cells.

*(Continued on page 2)*

### 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 DVDs' button.

(Continued from page 1)

Dennis Walker reported detail information about the new Provenge treatment for men who have failed hormonal therapy. This has been approved in Californian for Medicare. For more information go to our website: [www.ipcsg.org](http://www.ipcsg.org), click on the Articles and Links button and click on the heading Dendreon—Provenge.

George Johnson recapped his decision making process which resulted in hormonal therapy that includes Avodart, Casodex and Femara. In 30 days his PSA has been reduced from 14 to 0.3.

Chuck Grim gave an update on his progress following a DaVinci robotic prostatectomy in June. Issues with incontinence have subsided and he is experiencing no other difficulties.

Noel Durkin reported on his treatment choice of Cryoablation which is freezing of the affected areas of the prostate. The procedure was performed by Dr. Duke Bahn, an expert in this field and familiar to many of us as a leader in the use of Color Doppler Ultrasound as a means of analyzing the prostate to determine the presence and location of cancer.

The presentations provided valuable information and Q&A about alternative treatments. All are included in 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**

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

FROM SANFORD-BURNHAM MEDICAL RESEARCH INSTITUTE

***Researchers uncover a mechanism that determines prostate cancer aggressiveness, providing new targets for diagnosis and treatment***

(La Jolla, CA) - July 12, 2010 - Some types of prostate tumors are more aggressive and more likely to metastasize than others. Nearly one-third of these aggressive tumors contain a small nest of especially dangerous cells known as neuroendocrine-type cells. More rarely, some aggressive prostate tumors are made up entirely of neuroendocrine-type cells. The presence of neuroendocrine-type cancer cells is associated with a poor prognosis, but spotting these rare cells can be like finding a needle in a haystack. Now, in a study published in the July 13 issue of *Cancer Cell*, a team of investigators led by Ze'ev Ronai, Ph.D. at Sanford-Burnham Medical Research Institute (Sanford-Burnham) has identified a series of proteins that might make it easier for doctors to better diagnose the more metastatic forms of prostate cancer.

"In identifying this protein pathway, which determines the formation of neuroendocrine tumors, we've identified new markers that can be used to distinguish the dangerous cells and find new targets for therapy," said Dr. Ronai, associate director of Sanford-Burnham's National Cancer Institute-designated Cancer Center.

This study uncovers a protein named Siah2, which initiates a cascade of molecular events that turns a non-malignant tumor into a metastatic neuroendocrine tumor. In collaboration with four other medical centers across the United States, Dr. Ronai and his colleagues analyzed human prostate cancer samples and found that Siah2 and the other proteins it triggers is detected more often in the aggressive neuroendocrine forms of prostate tumors than in other types. By acting as markers for particularly aggressive prostate cancers, Siah2 and its partners could provide doctors with an early warning sign for tumors that are likely to metastasize.

To further validate these findings, the Siah2 gene was inactivated in mice already prone to developing aggressive prostate tumors. Although benign growths still appeared, they failed to develop into neuroendocrine tumors.

"When we inhibit the Siah2 pathway in mice, we eliminate the neuroendocrine-type cells from the prostate tumors," explained Jianfei Qi, Ph.D., postdoctoral researcher in Dr. Ronai's laboratory and first author of the study. "Since prostate cancers containing neuroendocrine-type cells are resistant to current therapies, we are pleased to find that targeting Siah2 might provide an alternate approach to treating this disease."

Members of the Sanford-Burnham research team are now looking for chemical compounds that inhibit the activity of Siah2 or other proteins along the chain. They hope to find a new drug that will block the series of molecular events leading to the formation of neuroendocrine-type cancer cells, thus keeping prostate tumors in check.

This study was supported by a grant from the National Cancer Institute, a division of the National Institutes of Health (NIH).

**Original paper**

Qi J, Nakayama K, Cardiff RD, Borowsky AD, Kaul K, Williams R, Krajewski S, Mercola D, Carpenter PM, Bowtell D, Ronai ZA. Siah2-dependent concerted activity of HIF & FoxA2 regulates formation of neuroendocrine phenotype & neuroendocrine prostate tumors. *Cancer Cell*. Published July 13, 2010

## Medical Insurance Committee

More than ever, start educating yourself on the pros and cons of your current health and drug plans for 2011. You have options. Don't let distractions such as TV commercials, breakfast/lunch seminars, and fancy mailings sway your decision. Your health care at this time in you life should overshadow short term frugality which could be disastrous later on.

**REMEMBER YOUR DECISION WINDOW IS FROM NOVEMBER 15 TO DECEMBER 31ST OF 2010.**

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.

Our committee members are willing to provide you with education and resources.

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.

**ALSO 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.

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

### **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.

### **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**

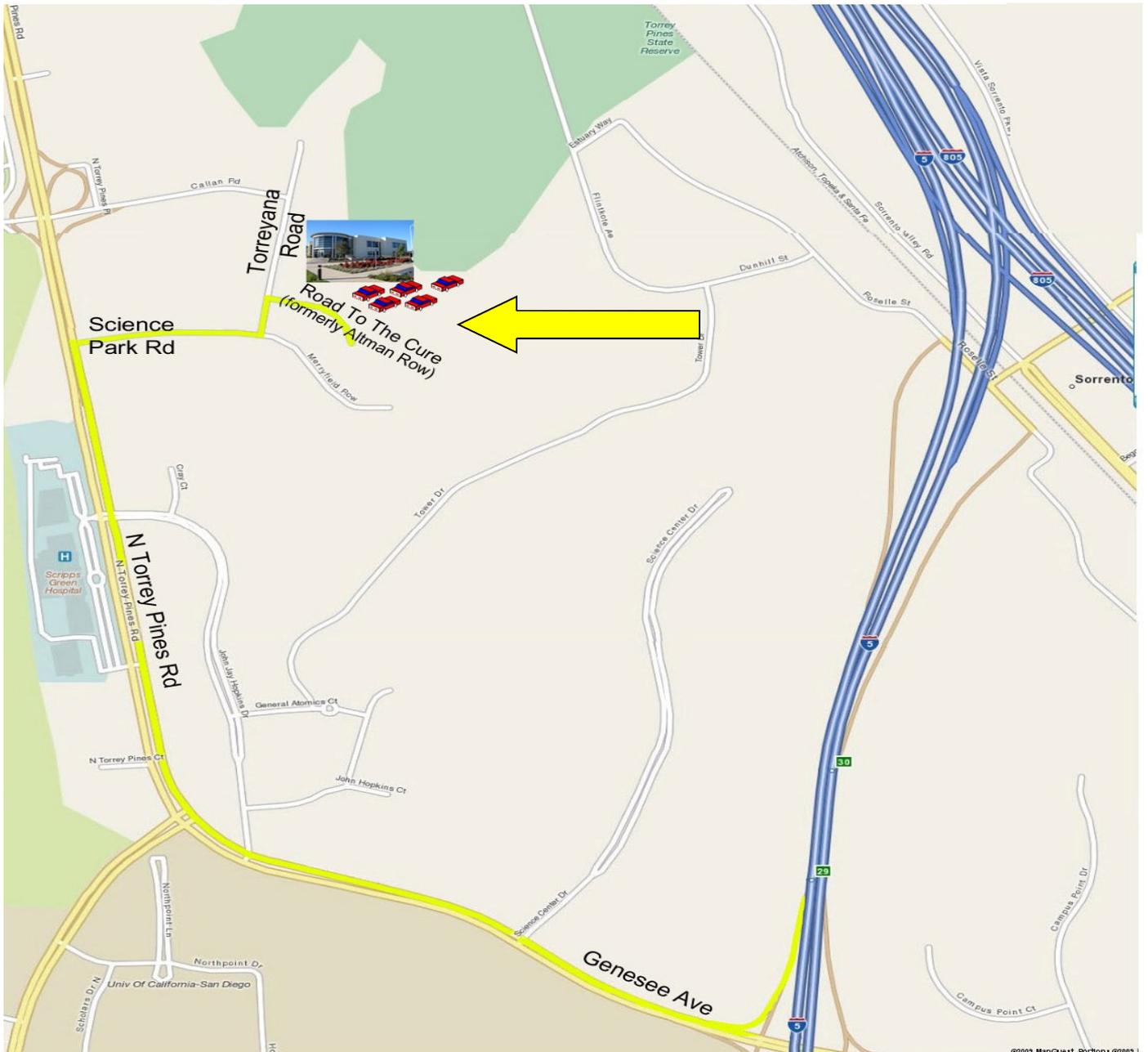
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all.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