



Informed Prostate Cancer Support Group Inc.

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

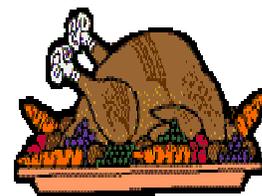


NOVEMBER 2010 NEWSLETTER

P.O. Box 420142 San Diego, CA 92142

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

We Meet Every Third Saturday (except December)



Wednesday, November 10, 2010

Volume 3, Issue 11

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

HAPPY THANKSGIVING

Next Meeting
November 20th
10:00AM to Noon

ATTENTION!!!!

Meeting at
Sanford-Burnham
Auditorium
(Pictured Above)
10905 Road to the
Cure, San Diego CA

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!!

Table of Contents

Pg	
#1	What We Are About
#1-2	October Meeting Notes
#1	Video DVD's
#2	Recommended Reading
#2	Future Meetings
#3-4	Health Insurance News
#4-5	Announcements
#5	Networking & Finances
#6	Directions and Map to where we meet

October Meeting Notes

Our guest speaker was Dr. Richard Lam of Prostate Oncology Specialists, making his third annual presentation to our group. His lecture focused primarily on advanced cases for which new drugs are being studied and approved. He described this as "the year of the prostate" in that 2 new drugs have been approved by the FDA. It had been about 5 years since anything new was approved. It is likely that within the next 2 years we will get more new options as well as refinements of current options.

New drugs discussed included:

(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 DVD's' button.

(Continued from page 1)

1. Provenge (approved by the FDA) has had a lot of recent press and is the first to treat the immune system. It is a promising treatment for patients with metastatic involvement who have become hormone refractory but not yet necessarily a candidate for chemotherapy. Blood is removed from a patient and treated (fortified) in a laboratory, then re-injected into the patient. This improves the patients immune system's ability to fight the cancer.

2. Cabazitaxel or Jevtana (approved by the FDA) is a cousin of the taxotere chemotherapy drug. It is used for patients that did not respond to taxotere. It has shown increased benefit with less side effects such as hair loss or vomiting.

3. Abiriterone (approval expected by the end of this year or early next year). This drug can be used before or after chemotherapy. When a patient becomes refractory or resistant to hormone therapy, the cancer cells have found testosterone that is being produced by the adrenal glands and, further, it has been found the they can actually produce testosterone to feed themselves. Abiriterone has been found to be effective against the enzyme that stimulates such testosterone production.

Dr. Lam presented case histories resulting from studies of the foregoing drugs as well as several others. He participated in an extensive Q & A session with members, giving very frank and enlightening answers to questions about many facets of prostate cancer.

Dr. Lam imparted a lot of valuable and useful information during this meeting. We highly recommend that you acquire a copy of the DVD of this meeting from our library or by accessing our website: www.ipcsg.org and clicking on the "Purchase DVD's" button.

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.

Future Meetings

November 20, 2010 Dr. Jeffry Gordon - "The Good, The Bad and The Ugly – Understanding Health Reform "

March 19, 2011 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 or gene@ipsg.org

HEALTH INSURANCE NEWS

Affordable Care Act gives consumers new tools, makes health insurance market more transparent

www.HealthCare.gov now provides new information about private insurance benefits and pricing to improve competition and lower costs

Created under the Affordable Care Act, www.HealthCare.gov was launched July 1, 2010, and is the first website of its kind to bring information and links to health insurance plans into one place to make it easy for consumers to learn about and compare their insurance choices. HHS' Office of Consumer Information and Insurance Oversight (OCIO) worked to define and collect detailed benefits and premium rating information from insurers across the country, and starting October 1, 2010, consumers will also be able to find information about health insurance options such as:

Monthly premium estimates;

Cost-sharing information, including annual deductibles and out-of-pocket limits;

Major categories of services covered;

Consumer's share of cost for these services;

Percent of people in the plan who pay more than the base premium estimate due to their health status;

Percent of people denied coverage from a health plan;

More than 225 insurance companies have provided information about their individual and family plans for more than 4,400 policies, including policies in every state and the District of Columbia. Consumers can search for and compare information on plans available based on age, gender, family size, tobacco use and location.

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

(Continued on page 4)

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@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.

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.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.

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

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

NETWORKING

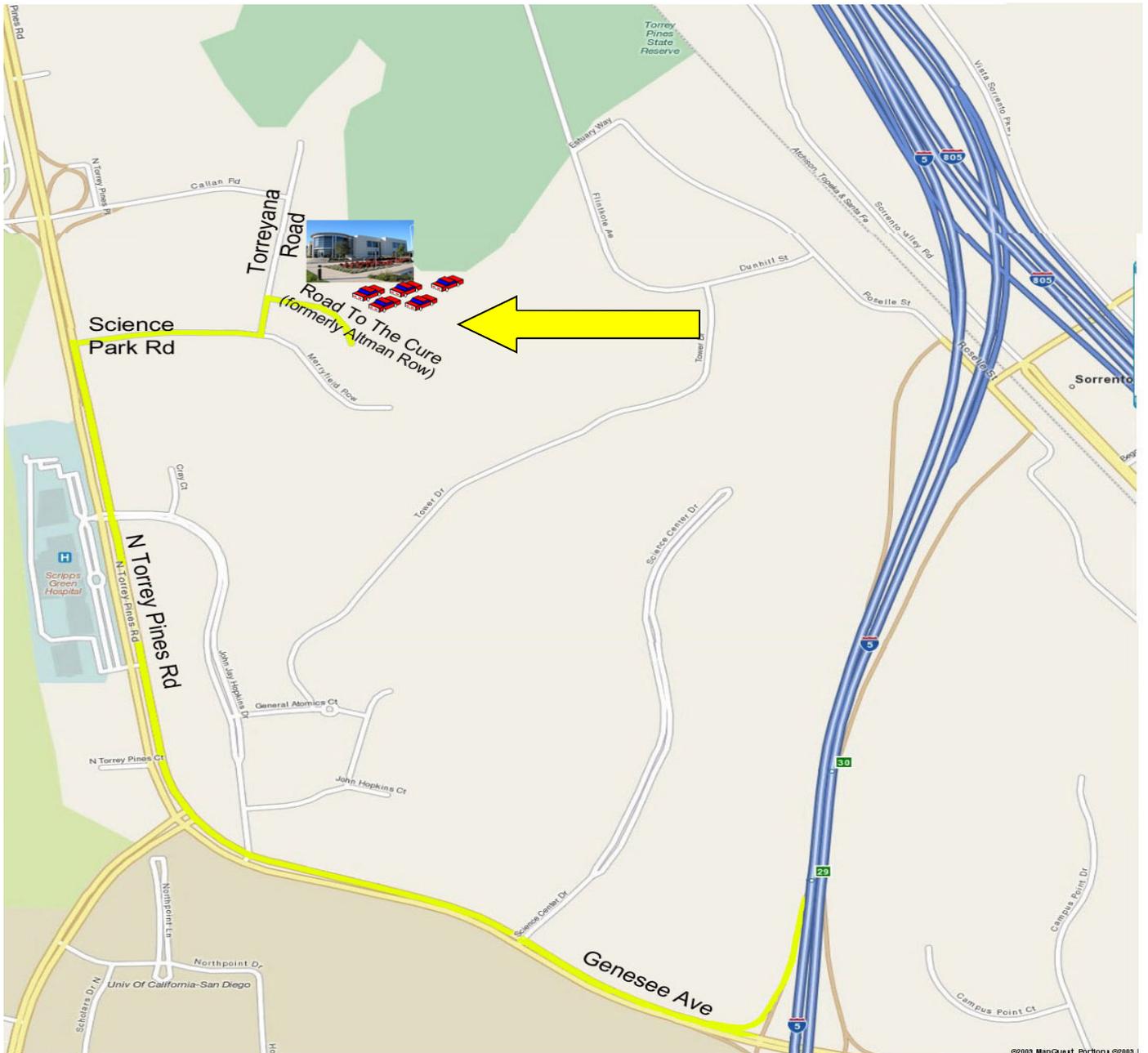
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all.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