



Informed Prostate Cancer Support Group Inc.

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



FEBRUARY 2011 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, February 09, 2011

Volume 4, Issue 1

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

February 19th

10:00AM to Noon

Meeting at

Sanford-Burnham
Auditorium

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!!

Table of Contents

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

Our first meeting of the new year, on January 15th, was a well-attended success. 90 people attended including 21 newcomers! About half the newcomers were responding to our enlarged and restructured newspaper ads with most of the others attending because of referrals by other members. Each of you can help our outreach efforts by carrying the word about us to family and friends.

Members Dick Chmiel, Hugh Buchanan, Burton Larkins, Robert Werve and George Johnson told of their experiences in arriving at their chosen treatment options. Following these presentations, the main group then broke out into smaller groups according to treatment type. The men who had earlier spoken of their experiences

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)

were available in the break-out sessions to answer specific questions.

We plan to schedule this type of meeting every three or four months. They are a great venue for exchanging information and experiences—the most valuable networking tools for assisting each other to cope with our common disease. The sense of despair that sometimes arises when combating PCa is greatly diminished by sharing with others.

.Future Meetings

February 19, 2011. Robert A. Louie, Pharm.D, Senior Medical Science Liaison, Dendreon Corp. Subject: Provenge Cellular Immunotherapy for Advanced Prostate Cancer.

March 19, 2011 Dr. Irwin Goldstein, Director of Sexual Medicine at Alvarado Hospital.

April 16, 2011. Dr. Joseph Fillbeck, Anti-Aging/Quality of Life Medicine.

May 21, 2011. Topical discussions and break-out sessions by treatment preference.

If you have leads to speakers related to the interests of our group please contact: lyle@ipscg.org or gene@ipsg.org

NOTEWORTHY ARTICLES

Risk Of Death For Men With Prostate Cancer May Be Reduced By Exercise

(Suggested by Member Dennis Walker. Reprinted from Medical News Today-dated Jan. 06, 2011)

A new study of men with prostate cancer finds that physical activity is associated with a lower risk of overall mortality and of death due to prostate cancer. The Harvard School of Public Health and University of California, San Francisco researchers also found that men who did more vigorous activity had the lowest risk of dying from the disease. It is the first study in men with prostate cancer to evaluate physical activity after diagnosis in relation to prostate cancer-specific mortality and overall mortality.

The study appears in an advance online edition of the *Journal of Clinical Oncology*.

"Our results suggest that men can reduce their risk of prostate cancer progression after a diagnosis of prostate cancer by adding physical activity to their daily routine," said Stacey Kenfield, lead author of the study and a Harvard School of Public Health researcher. "This is good news for men living with prostate cancer who wonder what lifestyle practices to follow to improve cancer survival."

Prostate cancer is the most frequently diagnosed form of cancer among men in the United States and affects one in six U.S. men during their lifetime. More than 2 million men in the U.S. and 16 million men worldwide are prostate cancer survivors.

The study was conducted in 2,705 men diagnosed with prostate cancer in the Health Professionals Follow-Up Study over an 18-year period. The participants reported the average time per week they spent doing physical activity, including walking, running, bicycling, swimming and other sports and outdoor work.

The results showed that both non-vigorous and vigorous activity were beneficial for overall survival. Compared with men who walked less than 90 minutes per week at an easy pace, those who walked 90 or more minutes per week at a normal to very brisk pace had a 46% lower risk of dying from any cause.

(Continued on page 3)

(Continued from page 2)

Only vigorous activity - defined as more than three hours per week - was associated with reduced prostate cancer mortality. Men who did vigorous activity had a 61% lower risk of prostate cancer-specific death compared with men who did less than one hour per week of vigorous activity.

"We observed benefits at very attainable levels of activity and our results suggest that men with prostate cancer should do some physical activity for their overall health, even if it is a small amount, such as 15 minutes of activity per day of walking, jogging, biking or gardening," said Kenfield. "However, doing vigorous activity for three or more hours per week may be especially beneficial for prostate cancer, as well as overall health," she said.

Notes: This study was funded by the National Institutes of Health, Charles A. King Trust and the Prostate Cancer Foundation.

Prostate cancer 'can be made to kill itself' by newly-found protein

By Fiona Macrae. Reprinted from www.dailymail.co.uk. Suggested by Member John Tassi

Scientists have made a breakthrough in the battle against prostate cancer. They have pinpointed a protein that stops cancerous cells from growing and even drives them to kill themselves.

A drug that boosts levels of the protein, called FUS, could stop the disease from spreading around the body, saving many of the 10,000 lives lost to the disease each year.

The research, at Imperial College London, could also help doctors more accurately distinguish the more common, slower-growing forms of the disease from the more aggressive, faster-growing types.

Such a test could save thousands of men from grueling and unnecessary treatments.

Doctors currently use a variety of techniques, including blood tests, biopsies, microscopy and scans, to determine who are most at risk and how they should be treated.

But the results are not wholly reliable – meaning that many men are subjected to unnecessary surgery and radiotherapy, both of which carry a high risk of incontinence and impotence.

Now researchers at Imperial College have shown that FUS, which occurs naturally in cells, can stem the growth of prostate tumor cells in a dish – and trigger a series of reactions that leads to their death.

When they boosted the amount of FUS, more cells died, suggesting that a drug that boosts levels in patients could be of real benefit.

Dr Charlotte Bevan, the study's senior author, said: 'These findings suggest that FUS might be able to suppress tumor growth and stop it to spreading from other parts of the body where it can be deadly.

'It's early stages yet, but if further studies confirm these findings, then FUS might be a promising target for future therapies.

'FUS slows the cancer cells right down when grown in controlled conditions. So ultimately what we hope is a cure will be somewhere down the line.'

FUS is also linked to the severity of the disease, with prostate cancer tending to be more severe in men with lower levels of the compound, the journal Cancer Research reports.

Researcher Greg Brooke described FUS as a 'crucial link' in the progression of the disease. He added: The next step is to investigate whether FUS could be a useful test of how aggressive prostate cancer is. Then we might look for ways to boost FUS levels in patients to see if that would slow tumor growth or improve response to hormone therapy. 'If FUS really is a tumor suppressor, it might also be involved in other cancers, such as breast cancer, which has significant similarities with prostate cancer.'

Dr Helen Rippon, of the Prostate Cancer Charity, which part-funded the study, said: 'This provides us

with an important clue.’ But she added: ‘It is important to remember that this is a laboratory study, looking at how prostate cancer cells respond in a lab rather than in the human body, meaning that it will still be some time before men affected by prostate cancer will see any direct benefit.’

HEALTH INSURANCE NEWS

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

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.

NOTE

California law requires that you have an annual 30-day open enrollment period beginning on your birthday. During this period, you may purchase any Medicare supplement coverage that offers benefits equal to or lesser than, those of your current coverage. You are eligible to purchase such plans without regard to your health status, claims experience, receipt of health care or medical condition

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@ipcsg.org or cell phone 619-890-8447 who may redirect your inquiry to an appropriate person for response.

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" Some 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

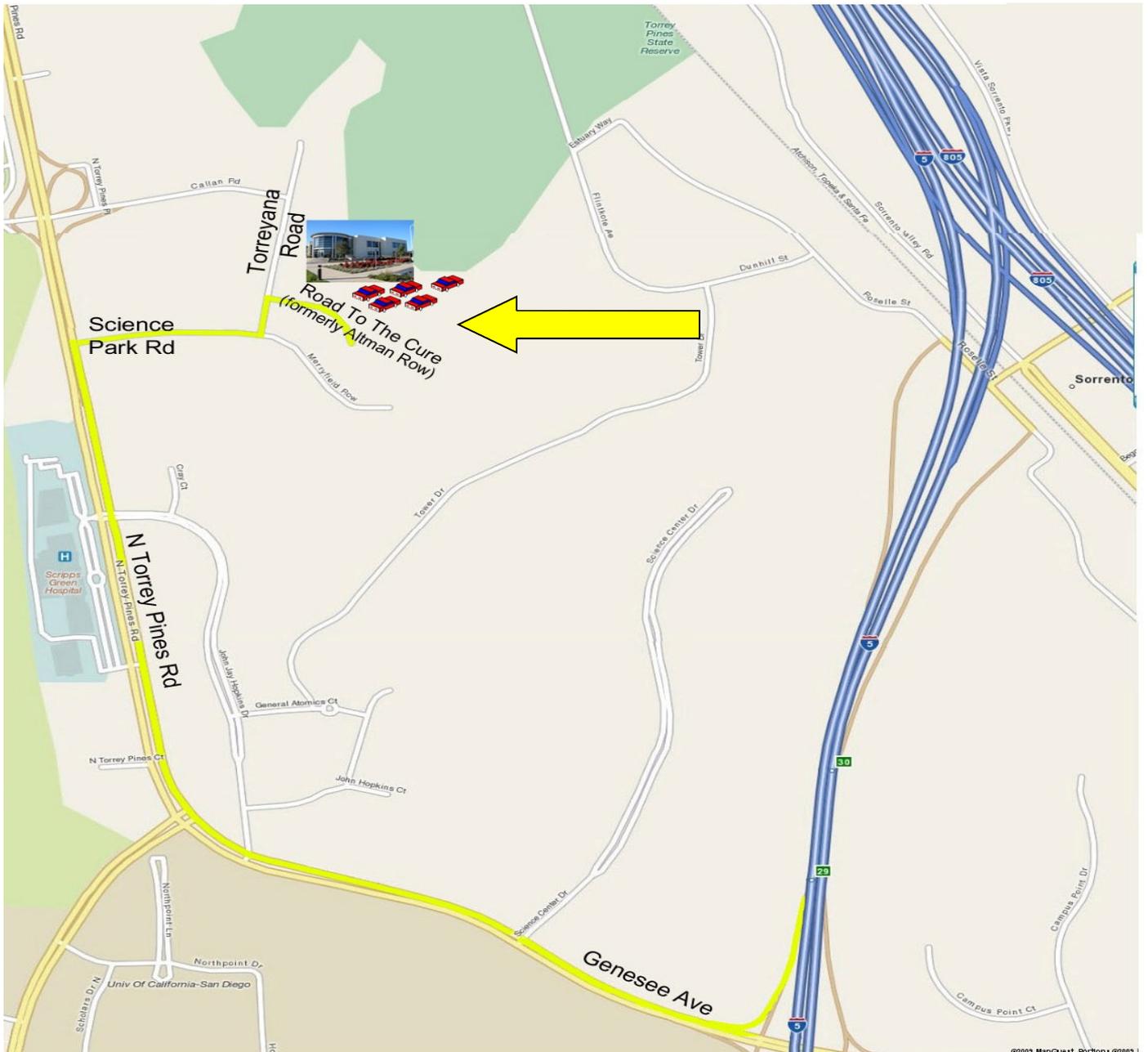
The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences and information about prevention and treatment. We offer our support to men recently diagnosed as well as survivors at any stage. Networking with others for the good of all.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