



**The
Informed Prostate Cancer Support Group, Inc.**

P.O. Box 7033

San Diego, California 92167

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NEWSLETTER October, 2006

Next meeting:

**Saturday, October 21, 10:00AM to 12:00PM
at the Ascension Lutheran Church,
5106 Zion Avenue, San Diego, California
(2 Blocks West of Waring Road - Ample Parking)**

Our Group is a Source of Information for a High Quality of Life. We urge you to call one of our group leaders BEFORE making any treatment decisions. We frequently learn that men who are newly diagnosed with PC are overwhelmed by the frightening magnitude of their condition. They opt for immediate resolution of their disease, which usually ends up with surgery, radiation, or other invasive treatment. Our experience tells us that PC is a slow growing disease, which can be controlled by other means. Hence, we advocate getting a second opinion, preferably from an Oncologist who specializes in PC. This is why we recommend asking more questions before deciding on a method of treatment.

Speaker for October

Dr Lam of Marina Del Rey will speak to us in October. His topic will be ["Are we overtreating prostate cancer? A case for active surveillance."](#) We heard him at the Los Angeles PCRI Forum last month and he will definitely be worth hearing.

We will also welcome newly diagnosed men who want to know more about the options for treatment. Why should Prostate removal, Prostate radiation, or Hormone Blockade, or any other treatment be preferable?

September Meeting Review

The September meeting was an enjoyable visit with some remarkable canine workers (Assist dogs) that can give all sorts of help to the disabled. These dogs are trained to help the physically disabled to do all sorts of helpful things. They can

open doors, answer the doorbell, pick up credit cards or coins, help a wheel chair bound person to get out of the chair and stand or walk! For those of you who missed the meeting, or for more information, call Mr. Paul White of the Leashes for Living Assistance Dog School at 1-760 644 4297.

Filming for Prostate Cancer

The IPCSG has been working with Mr. Rocky Galgano, of 2nd Star Films, who is preparing a film entitled "The Men's Club". We have participated in filmings with interviews from several of our members, who gave personal accounts of their treatment and of their outlook for survival.

The following is a thank you from Rocky for the time we spent giving interviews.

"I want to thank all of you who helped me in the filming. We heard from several members, in addition to members of the clergy and medical profession. When we have edited the film and have it ready to show we will all get together for the premiere!"

Special Announcements

According to the latest PAACT Newsletter Dr. Steve Tucker, Dr. Leibowitz' former associate, is on sabbatical at Singapore to conduct more research into Prostate Cancer. For Dr. Tucker's replacement contact Dr. Tonya Dorff at the Angeles Clinic Prostate Cancer Program at 310-582-7900.

There was also a PAACT article by Dr. Leibowitz concerning his research on Testosterone Replacement Therapy. Contact Dr. Leibowitz's website at www.compassionateoncology.org. for more information on his research, in addition to the coverage in his article. It is very enlightening and helpful.

Finances

We have ambitious goals for our group; please consider giving a large financial contribution to the IPCSG. We need your support.

We are working with the Cancer Navigator, a County funded organization to help groups such as ours, and have registered two domains, ipcs.org and sdprostatesupport.org (which will re-direct you automatically to www.ipcs.org)

You are invited to visit our domain www.ipcs.org for what we have established so far. We owe its progress to Bill Geideck and Tim Glinatsis, both of whom are well versed in the mysteries of the computer. You will find it an excellent reference covering all aspects of Prostate Cancer.

In addition we have developed a brochure outlining the group philosophy with reminders of important treatment considerations and of important health habits. Also we are working on a research grant on the effectiveness of the various Prostate treatments used by our members, and to make contributions to Prostate Cancer related groups.

Remember that your gifts are tax deductible because we are a 501(c) (3) non-profit organization. Our group ID number is 54-2141691. Corporate donors are welcome!

Announcements

Members and persons interested in our group may call our president, Lyle La Rosh, at 619-892-3888.

Members with newsletter material may call the Editor, Carlos Richardson, 858-278-9825.

Please notify Bill Geideck, at 619-475-3433 if you have an e-mail address or a change to your e-mail address. We prefer to email the newsletter to save on postage. We are spending over \$200 each month on US Postal Service mailings, so let us know if we can switch you to e-mail. If you don't have email be sure we have your street address correct.

The Prostate Cancer Communication, published by PAACT, the Patient Advocate for Advanced Cancer Treatments, provides up-to-date information on treatment for Prostate Cancer. You can subscribe by contacting them at 616-453-1477 or by e-mail at pact@paactusa.org for an application. The latest issue contains a column by Dr. Bruce West of Health Alert, in which PC is a Systemic Disease, and that "any local treatment alone is inadequate".

Dr. Mark Scholz recommends that prostate cancer patients all get quantitative bone density tests. You need a prescription and a note from your physician to get a QCT bone density test. "Open Air MRI" has seven (7) locations in San Diego County. Their telephone number is 858-622-6463.

After our Saturday meeting we gather at the SOUPLANTATION, located at 6171 Mission Gorge Road, to continue our discussions over a healthy luncheon, all are invited to join with us.

Our Steering Committee meets for lunch 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.

More PC info: 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: AM for every one. Check website www.pcref.org.

Kaiser Hospital: Victor has been working with Kaiser to have Color Doppler used for Prostate Cancer tumor diagnosis.

OUR MISSION

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The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is "networking" with fellow patients. We share our experiences, information, and attitudes, and we offer our support to men recently diagnosed—as well as survivors at any stage. Networking is sharing oneself with others for the good of us all. All aspects of prostate cancer are "controversial". But by sharing our knowledge and experiences we learn the best and latest treatments for survival of this disease. So bring your significant other, and your input, and join us.

If you no longer wish to receive these notices, please respond by writing to: IPCSG, P.O. Box 7033, San Diego, California, 92167 – or by calling Bill Geideck at 619-475-3433, and please leave your name, phone number and a short message, or by clicking on [REMOVE ME](#) and it will automatically put "please remove" in the subject line then just send it and we will see that your address will be removed from our E-mail list.