



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

P.O. Box 7033  
San Diego, California 92167

Lyle LaRosh, President, (619) 892-3888

Victor Reed, V. P., (619) 479-3720

Carlos Richardson, Secretary/Treasurer, (858) 278-9825

## ***NEWSLETTER***

### ***December 2006***

Next meeting- (next year):

**Saturday, January 20, 2007 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 us for more information before deciding on a method of treatment.

#### ***Speaker for January***

We will not have a meeting in December, due to the Xmas holiday. So don't show up at the meeting place because we won't be there!

Our next meeting is in January, when we will have Charlotte Gersen, who will speak on the Gersen Therapy for alternative treatment. She brings us an insight into the Prostate Cancer medical facilities available in Tijuana.

The speaker in February is Phil Thielen, from University Compounding, who will speak about Testosterone replacement, and erectile dysfunction therapies.

Our March program will feature Dr. **James McMillin** who will speak on the subject of High Intensity Frequency Ultrasound (HIFU).

In April we have invited Dr. Bob Leibowitz, who we hope will speak on the advances in Triple Hormone Blockade and the Anti-angiogenic Cocktail. He will also have a few words on Testosterone as well.

## ***November Meeting Review***

Our meeting last month was very informative. We recapped our year, from the talk by Lyle Larosh concerning Testosterone Replacement to the talk by Dr. Lam about the over-treatment of patients diagnosed with Prostate Cancer.

In addition, we heard from several of our members who have experienced various treatments. The pro's and con's of each were discussed, providing help for those who were either newly diagnosed or have found that their first treatment wasn't working. The question was, which should be preferable, Prostate removal, Prostate radiation, Hormone Blockade, or any other treatment?

Prostatectomy, Radiation, or Cryosurgery do not have a solid survival rate, and are essentially irreversible, Prostatectomy often results in lifetime incontinence and impotence. Radiation may affect other nearby tissues and organs. The only chance of cure is when the disease is positively localized. Many specialists in PC believe that it is a systemic disease, located in the Prostate, but looking for other tissues if the Prostate is removed or rendered inactive by other treatments.

Victor Reed reported that he met on October 4<sup>th</sup> with Dr. Szollar (Chief of Urology, Kaiser Permanente San Diego) in search of a local source for Color Doppler screening (which is best performed by Dr. Duke Bahn of Ventura). While Kaiser has the equipment to provide Color Doppler Testing, they do not have qualified technicians or doctors to read or utilize the machine who are as competent as Dr. Bahn. Dr. Szollar indicated his awareness of Dr. Bahn's abilities but Kaiser funding for training in this area is not available and it is not part of their formulary. It would be helpful if HMO insurance plans considered the potential costs for PC patients and targeted biopsies in their budgets. Patients would be able to make a more informed decision with the Color Doppler technique.

Lyle Larosh reviewed his findings on Testosterone Replacement for patients on Hormone Blockade. Studies have shown that restoring the T level to about 500 should not have adverse effects on PSA.

Carlos Richardson described the problems he had when his T was increased to over 3000. His PSA immediately increased from about 1.0 to 23.0. Needless to say, he went back to Lupron and Casodex which brought his PSA back down to less than 1.0. Unfortunately he was also placed on a light chemo program, which caused him to lose weight (not unwelcomed) and which he feels was unnecessary.. He is now on a controlled return to a 500 T level and will keep you posted. He reminded the members that Testosterone replacement must be monitored by a professional. He also reminded that failure to use hormone blockade properly may lead to metastases and death.

Richard Moyer reported on the Anderson tables for men between 55 and 74 years of age. He also gave an explanation of the Gleason score. The score is the sum of the two most dominant patterns. The most dominant pattern is added to the second most prevalent pattern to obtain a number between 2 and 10. If a tumor has patterns 3 and 2, the score would be 5. If the tumor has only one pattern, or less than 5% of a secondary pattern, then the single pattern is added to itself (e.g. 3+3=6). A score of 6 or below is generally considered least aggressive, while higher scores are deemed most aggressive.

We look forward to seeing you in January as we will not meet in December.

## *In Memoriam*

**Our condolences to the families and friends of**

**Member Bernard Rimland**

Bernie was the Director of the Autism Research Institute and devoted his life to the study of Autism.

(For further information see his website [www.autismresearchinstitute.com](http://www.autismresearchinstitute.com))

## *Special Announcements*

The following was offered by our Librarian, Bob Keck. It is a quote from an article in the current Life Extension magazine (At [www.LifeExtension.com](http://www.LifeExtension.com)).

Nov. 23--In a season of ritual overeating, Johns Hopkins researchers have come up with another reason for men to watch their diets: Low cholesterol might protect them from the most aggressive form of prostate cancer.

This isn't the first time medical researchers have linked fats to cancer and its consequences. Recent studies have linked obesity to higher death rates from several types of cancer, and a previous Hopkins study found that men on cholesterol-lowering drugs were less likely to develop fast-growing prostate tumors.

Now, researchers led by epidemiologist Elizabeth Platz report that men in a study with low cholesterol were one-third less likely to get high-grade prostate cancer -- the type that tends to grow quickly and spread. ....

According to Platz, men do not have to be concerned about lowering their cholesterol to abnormal levels. Those less likely to develop aggressive tumors had cholesterol levels in the range that's considered healthy for the cardiovascular system.

Overall, men whose cholesterol levels were no greater than 165 milligrams per deciliter of blood had the lower rates of high-grade prostate cancer. Platz, however, warned against interpreting this as a benchmark, saying the threshold differed among subgroups.

What the low-risk men had in common is that their cholesterol levels fell in the lowest fourth -- or quartile -- of the total group's. In a curious twist, researchers found that the risk of developing aggressive tumors was about the same at all higher levels; it didn't grow worse as cholesterol levels rose through the spectrum.

A recent issue of the PAACT Newsletter contained an article by Dr. Leibowitz concerning his research on Testosterone Replacement Therapy. This topic can be very helpful to patients who have been on Hormone Blockade. Contact Dr. Leibowitz's website at [www.compassionateoncology.org](http://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. This can include estate giving. We need your support.

We are working with the Cancer Navigator, a County funded organization to help groups such as ours, and have registered a domain, [www.ipcsg.org](http://www.ipcsg.org).

You are invited to visit our domain [www.ipcsg.org](http://www.ipcsg.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 e-mail Tim Glinatsis at [tim@ipcsg.org](mailto:tim@ipcsg.org) if you have an e-mail address or a change to your e-mail address. You can also sign up for the email newsletter by clicking the "Subscribe!" button on our website ([www.ipcsg.org](http://www.ipcsg.org)). We prefer to email the newsletter, as it helps 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](mailto:pact@paactusa.org) for an application. The latest issue contains a column by Dr. Bruce West of Health Alert, in which he says 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 858-622-6464.

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 2<sup>nd</sup> 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](http://www.pcref.org).

Kaiser Hospital: Good news! Victor has been working with Kaiser to have Color Doppler used for Prostate Cancer tumor diagnosis. Contact Victor at 619-479-3720 for details!

## OUR MISSION

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*CAVEAT EMPTOR*

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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 Tim Glinatsis at 619-398-5445; e-mail subscribers can click on the removal link at the bottom of this message. We would appreciate having you include your reason for removal, for our records.



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

*The Steering Committee of the IPCSCG extends to all  
its members and friends*

**A MERRY CHRISTMAS AND  
HOLIDAY GREETINGS**

**Lyle LaRosh, President**

