



**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

February 2007

Next meeting:

**Saturday, February 17, 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.

Upcoming Speakers

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

In March we will hear our own Ron Palmer, of PatientsNCI.org. He speaks from personal experience, having been cancer free since starting his dietary regimen several years ago.

We have asked Dr. **James McMillin** to speak on the subject of High Intensity Frequency Ultrasound (HIFU). The date is yet to be determined.

January Meeting Report

We were delighted to have Charlotte Gerson speak on the Gerson Therapy, an alternative treatment for cancer at the Gerson Cancer Clinic in Tijuana (founded by her father, Max Gerson). Although ninety percent of the patients entering the clinic are terminal, she said, they have had a success rate of about 85%. The procedure is for the patient and a helper (spouse or friend) to enroll and receive treatment for three weeks. Room and board are covered in the cost (about \$6000 per week) for both patient and helper. It involves coffee enemas and vegetarian food given under strict control of the medical staff. The coffee provides cleansing of the colonic tract, and the fruits and vegetables provide the nutrition and electrolyte balance required by the treatment. The diet is to continue for two years at home after discharge. Ms. Gerson stated that the Gerson plan is to heal the whole body. She also feels that drugs are toxic, and should be avoided. She also asserted that in spite of the dollars spent on research and medications, cancer had increased rather than decreased.

The therapy consists of 13 freshly prepared juices daily, a diet of 15 pounds of organic produce in salads, etc. and 4 coffee enemas. The diet is not recommended without the enemas, and the enemas are not recommended without the diet. She recommended a 3 week stay at the clinic followed by two years of continuing the program at home. She did not think it would a good idea to try this without first going through the clinic.

Special Announcements

This just in: Rocky Galgano has announced the theatrical screening of "The Men's Club", an interview of Prostate Cancer Survivors. Rocky filmed it last summer and it features interviews with some of our members. It will be held on Sunday, March 18th, at a theatre in Carlsbad. This will be an "invitation only" event. The theatre has 300 seats. It will be open to any member of any support group, or to anyone who wants to see the film. Rocky will be visiting all the support groups in San Diego in February, handing out invitations. Each member who wants to attend will receive an invitation for 2 people. Anyone who wants to invite a doctor or someone else involved in the CaP community please let Rocky know so he can save them a seat. He doesn't want anyone turned away. You can reach Rocky at ssao@pacbell.net or at 760-622-0367.

The latest issue of the PAACT Newsletter contained a continuance of the article by Dr. Liebowitz concerning his research on Testosterone Replacement Therapy. This topic can be very helpful to patients who have been on Hormone Blockade. Contact Dr. Liebowitz website at www.compassionateoncology.org for more information on his research,

Finances

We want to thank those of you who made a special donation to IPCSG in response to our special year-end request. We have also made contributions from our group (in memory of our founders) to PAACT, PC-REF, PCRI, and San Diego Hospice, to further their efforts.

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. We need your support.

You are invited to visit our web-site at www.ipcsg.org. 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. Copies may be obtained at our meetings.

Also we are working on a research grant on the effectiveness of the various Prostate treatments used by our members, and to make further 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 to let us know if you change your street address. .

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 calling them at 616-453-1477 or by e-mail at pact@paactusa.org for an application. A recent 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, 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.

OUR MISSION

NOTA BENE

CAVEAT EMPTOR

SEMPER FI

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 write to: IPCSG, P.O. Box 7033, San Diego, CA, 92167, or call Tim Glinatsis at 619-398-5445. E-mail subscribers can click on the unsubscribe link at the bottom of the email cover to this message. We would appreciate having you include your reason for removal, for our records.