



The
Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033
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NEWSLETTER

March 2007

Next meeting:

Saturday, March 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

Conquering Cancer from the Kitchen.

The speaker for March will be IPCSG member Ron Palmer. Ron is the Executive Director of Patients' National Cancer Institute which operates a step-by-step guide to reversing cancer at www.PatientsNCI.org. Ron's wife was given six months to live because of terminal breast cancer. But in six months doctors at the Oasis Hospital in Mexico had reversed her cancer using nutritional medicine. So when urologists wanted to operate on Ron's prostate cancer, he tried nutritional medicine from his kitchen. His tumors were gone in four months. Ron will provide an overview of Seven steps to reverse cancer and then cover the diet steps in detail. He will explain the principles for prevention and for therapy, tell how to get started, provide helpful food guides to put on your refrigerator, and answer your questions. So bring the queen of

the house. Who knows, she might want to learn about this therapy against breast cancer for herself.

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

The speaker in February was Phil Thielen, of University Compounding Pharmacy in Hillcrest. He gave an excellent explanation of the use of injections to achieve erection. He explained that there was no pain and the thought of doing it was much worse than the event. He also explained the use of Testosterone Replacement Therapy by a cream applied to an area of thin skin, or by an injection in the hip. He believes that this is a good therapy for men as they age. You should have your Testosterone measured before doing this, and discuss with your doctor the dosage. It is available in a cream from 2% to 20%. Since it is contraindicated for men with Prostate Cancer, it is a controversial subject. More can be learned by visiting www.agingmale2004.com.

Special Announcements

The following are excerpts from the latest PCRI Bulletin (Copies available on request.)

Obese Men More Apt to Have PSA Test

Men who are obese are screened for prostate cancer more frequently, and yet still seem to have more advanced disease and worse outcomes.

Selenium Might Cut Prostate Cancer Risk in Small Groups of Men

High levels of selenium are linked to a reduced prostate cancer risk in smokers and in men who take vitamin E or multivitamins.

Some Prostate Cancer Treatments Show Better Survival Than Others

Data from the Cleveland Clinic indicate that overall survival following treatment of early-stage prostate cancer can vary depending on the treatment used, but all men evaluated had an overall survival of more than 90% after about 5 years

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

YOU'RE INVITED! "The Men's Club", a full length film about prostate cancer and its treatments, will have a sneak preview on Sunday, March 18th at the Carlsbad Village Theatre (2822 State St., Carlsbad, CA). Doors open at 12:45, and a hosted buffet will follow. For tickets, please email ssao@pacbell.net, or call 619-440-0805.

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 or 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.

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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 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.