



The
Informed Prostate Cancer Support Group, Inc.

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NEWSLETTER

April 2007

Next meeting:

Saturday, April 21, 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

Our April meeting will give members a chance to describe their own treatment and the results. We have this opportunity each year and it has proven to be very informative. We will also give newly diagnosed members a chance to describe their plans for treatment.

March Meeting Report

The speaker for March was 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 gave us an excellent explanation of how to prepare food for the VEGAN diet that he follows. A Vegan diet avoids all animal foods, including dairy and eggs, because they make cancer grow about 4 times faster. It uses whole grains, beans, fruits and vegetables. Vegetables usually should be eaten raw, as cooking can destroy too many of their nutrients. A tray of raw fresh vegetable snacks was donated by his ex-wife, Hanna Palmer, to celebrate the 27th anniversary of her "terminal" breast cancer. The snacks were greatly appreciated by our members.

Ron reminded us that we naturally have millions of germs and cancer cells in our bodies, but the body is powerfully designed to control cancer cells and germs, provided it receives the correct nutrition. He advocates eliminating animal based foods which can promote Cancer in several ways. He also pointed out that common salt makes Cancer cells grow, while Potassium from raw fruits and vegetables shuts them down. He also described the preferred way to prepare juices. Blenders should not be used, as the whirling action destroys many of the antioxidants. He recommends using grinders with a press, to squeeze out the juices.

We have a few copies of his refrigerator charts left in our library, available for a small donation to IPCSG. His website, www.patientsnci.org, will give you the full 7-step program to reverse cancer through lifestyle and diet.

In Memoriam

Our condolences to the families and friends of

Member Bob Webb

Bob passed away from a stroke on Palm Sunday at SD Hospice. He was a faithful member of our Steering Committee and will be sorely missed.

Special Announcements

We received the following good news from the daughter of one of our members, Bob Cruikshank.

"My father was diagnosed with Advanced Localized Prostate Cancer in September 2004 and has undergone Triple Hormone Blockade. After two years of treatment the cancer is now undetectable even by biopsy." (Let's hear it for Bob.)

Dr. Leibowitz' research on Testosterone Replacement can be helpful to those who have been on Hormone Blockade. For more information contact Dr. Leibowitz's website at www.compassionateoncology.org.

We have received word from PCRI that Dr. Mark Sholz is their new Executive Director. For more info call 800-641-PCRI or their Website at www.prostate-cancer.org.

Finances

We want to thank those of you who have made special donations to IPCSG. 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. We will, in turn, make contributions from our group to Prostate Cancer researchers and other groups as appropriate to further their efforts. 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 welcomed.

Announcements

You are invited to visit our web-site at www.ipcsg.org. You will be able to link to the latest studies in all aspects of Prostate Cancer. We also have developed a brochure which provides the group philosophy and explains important treatment considerations and health habits. Copies may be obtained at our meetings.

We also are working on a research grant on the effectiveness of the various Prostate Cancer treatments used by our members.

Members or persons may call our president, Lyle La Rosh, at 619-892-3888 with questions about Prostate Cancer. Members with newsletter material may call the Editor, Carlos Richardson, at 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 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 receive the Newsletter by Postal Service we need to know if you change your mailing address (we have to pay for mail returned because of a wrong 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@pactusa.org for an application. A recent issue contains a column by Dr. Bruce West of Health Alert, in which he declares that 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.

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