



The
Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033
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NEWSLETTER

May 2007

Next meeting:

Saturday, May 19, 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.

Program for May

Our speaker for May 19 will be Coryn Lyle. She will speak on the importance of the digestive system, the value of herbs, and on various ways to heal the body. Coryn has worked or studied at over 20 health centers in the world. Her healing ideas are in between Gerson and Hippocrates but offers a simpler way of practicing the healing practice.

April Meeting Report

Last month several members gave reports on their therapies. Bill Geideck spoke on his experience with Dr. Duke Bahn and his subsequent removal from all anti-cancer medications. He holds Dr. Bahn and his associate Dr. Lam with the greatest respect, and recommends that all our members take advantage of their services.

Carlos Richardson spoke on the use of Testosterone replacement for those who have been on Hormone Blockade. Use of Lupron or other LHRH agents lowers the

body's Testosterone to "castrate" levels, and thus reduces muscle tone, libido, and other male characteristics. Replacement of testosterone is used to regain male characteristics. However this therapy should be closely monitored for evidences of recurring Prostate Cancer, since the results will vary for individual patients. He pointed out that Testosterone must be converted to Dihydrotestosterone (DHT) before it can be ingested by the PC tumor, and that Casodex or Avodart may be used independently to prevent ingestion of DHT and thus control tumor growth.

Harold Sweet reported on his experience with Dr. Bahn. He was diagnosed by color Doppler to have tumors only in one half of the Prostate gland. Dr. Bahn recommended Cryotherapy for the one side, which was performed very recently. This is the first time we have heard of this particular technique. We hope to hear more in the future.

A report by Bruce Cameron described the re-discovery of Noscapine, a cough suppressant that has been demonstrated to have an anti-Cancer effect. Further information is available at www.pcref.org/MedInsight.

In Memoriam

**Our condolences to the family 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.

On Tuesday May 1st a military honors ceremony was held at the Fort Rosecrans National Cemetery. Several members of our group were present.

Special Announcements

This just in from member Bob Groff, who saw Dr. Duke Bahn recently for an exam. "I am dealing with chronic BPH and he said the right side was slightly enlarged so he took 6 biopsies and found a very small cancer in one of them. He gave me a prescription for Levaquin (antibiotic) and I'm sleeping through the nite again without having to get up and pee 3 or 4 times. All is well in that department. He wants to see me again in 6 months for a comparison but not necessarily another biopsy. His remarks were exactly the same as 'those of IPCSG' in that 70 to 80% of the men in our age group have small tumors and you just need to keep track of your PSA about once per quarter. Also, he commented that I would more likely die of old age before prostate cancer takes me out."

Dr Bahn is at [68 North Brent Street, Suite 402, Ventura, California 93003](http://68%20North%20Brent%20Street%20Suite%20402%20Ventura%20California%2093003) and can be reached at [805/585-3082](tel:8055853082) or [888/234-0004](tel:8882340004) or by Email: dvaughan@cmhhospital.org.

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.

More information from NEW RESEARCH about Testosterone and Prostate Cancer:
Morgentaler, A, "Testosterone and prostate cancer: an historical perspective on a modern myth," Eur Urol, 2006 Nov;50(5):935-9.

Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA reports:

Back in 2003 Dr. John Lee published his booklet, "[Hormone Balance for Men](#)." The basic premise was Dr. Lee's seemingly revolutionary stance that it's not testosterone that causes prostate cancer, it's estrogen dominance. Yes, men can also be estrogen dominant. Of course this stance was greeted with scorn by his colleagues because it's been commonly accepted in conventional medicine that testosterone causes prostate cancer. Of course the tide is now turning and this review from Harvard of the "testosterone causes prostate cancer" literature is the first wave.

According to an article in the Harvard University Gazette, the author of the study, Abraham Morgentaler, a urologist at Beth Israel Deaconess Medical Center and associate clinical professor at Harvard Medical School said, "We reviewed decades of research and found no compelling evidence that testosterone replacement therapy increases the incidence of prostate cancer or cardiovascular disease."

In the review, Morgentaler reports that, "Multiple subsequent reports revealed no pCA [prostate cancer growth] progression with T [testosterone] administration, and some men even experienced subjective improvement, such as resolution of bone pain. More recent data have shown no apparent increase in pCA rates in clinical trials of T supplementation in normal men or men at increased risk for pCA, no relationship of pCA risk with serum T levels in multiple longitudinal studies, and no reduced risk of pCA in men with low T. The apparent paradox in which castration causes pCA to regress yet higher T fails to cause pCA to grow is resolved by a saturation model, in which maximal stimulation of pCA is reached at relatively low levels of T."

Morgentaler concludes, "This historical perspective reveals that there is not now—nor has there ever been—a scientific basis for the belief that T causes pCA to grow. Discarding this modern myth will allow exploration of alternative hypotheses regarding the relationship of T and pCA that may be clinically and scientifically rewarding."

SOURCE = Virginia Hopkins Health Watch <http://www.virginiahopkinstestkits.com/vol3issue4.html>

Jerry Sloane www.alternative-health-group.org

Dr. Mark Sholz is the new Executive Director of PCRI. For more information call 800-641-PCRI or contact their Website at www.prostate-cancer.org.

You can get up-to-date info about PC from the Prostate Cancer Foundation at its website www.prostatecancerfoundation.org/site/.

We may be supporting the Cancer Survivorship Celebration of Life on June 10 2007 at the Bloch Cancer Survivors' Park, 4100 North Harbor Drive, San Diego. Save the date and join us. Call 858-278-9825 or 619-892-3888 for more information.

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 welcome!

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.

Member Gene Van Vleet is working on a research grant on the effectiveness of the various Prostate Cancer treatments used by our members. He has also placed ads about our group in the local newspaper. Watch for them.

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 paact@paactusa.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.

If you no longer wish to receive this newsletter, 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 Newsletter. Please include your reason for removal, for our records.