



The
Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033
San Diego, California 92167

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NEWSLETTER

July 2007

Next meeting:

Saturday, July 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.

Program for July

Our program for July 21 will be a talk by D. Israel Barken of PC-REF. He will talk about the study conducted on Noscapine, the findings, and his ongoing efforts to spark academic institutions to have a human trial as well as his ongoing efforts with government agencies to make this over-the-counter medication available to prostate cancer patients in the U.S. Also he can explain briefly about the Medical Smart Chart service which tracks an individual's medical history and its application to statistical research to benefit the wider PCa community. And he will bring some audio CDs of previously recorded "Ask Dr. Barken Call-In Shows" with Dr. Sartor, Dr. Slovin, Dr. Krongrad, Dr. Bahn, etc. that he can give away.

June Meeting Report

First let us thank the gang who helped work on the Cancer Survivor show on June 10. We had a good day, thanks to Gene Van Vleet, Dick Moyer, Tom Parker (a new member!), Dave Rochman, and Bill Geideck. Gene made a poster sign on a stand that we placed behind our display booth. It shows our logo and identifies us. Dr. Amir Pirouzan brought the IPCSG brochures that Bill had made up for us, and Tom provided transportation for your editor. Dick Moyer brought packaged seeds as handouts from Dr. Barken's PCREF which attracted many visitors. Merle Boyd and Dave Rochman helped speak to the many people who came to our booth and asked questions. We had several who signed up to get more information. We'll do it again next year, so let's see more of you there!

Our June meeting went well. Lyle opened with several words on what our group is trying to do for those with Prostate Cancer. He also mentioned the Survivors' gathering last month and thanked the men who helped. Gene Van Vleet observed that many women readily approached the booth while many men seemed reluctant. It might serve us well to have one or two wives as part of the crew next year.

Lyle also spoke at length about the use of Lupron as a hormone limiting agent, which reduces output of Testosterone. He emphasized that while Lupron effectively decreases PSA it causes serious side effects, most notably loss of masculinity. He then explained some of the adverse effects of Surgery and Radiation, primarily incontinence and impotency.

Lyle then introduced Dr. Gerhard Schrauzer who is doing research on Selenium. He has shown that adding selenium to your diet can help control Prostate Cancer. His presence led to a spirited discussion about the use of Selenium. We hope to hear from him at a future meeting.

We then heard from several members who described their treatments. These descriptions generally showed satisfaction with their particular therapy, but emphasize the need to explore all therapies when initially diagnosed.

Special Announcements

The Prostate Cancer Research Institute will hold a conference in September in LA, which should be of interest to all of us. We will keep you posted.

We are encouraging our members to visit Dr. Mark Sholz or Dr. Richard Lam for a color Doppler scan of your Prostate. This scan will provide a more accurate analysis of your disease and can lead to proper treatment. Both Doctors are located at Healing Touch Oncology, 4676 Admiralty Way, #101. Marina del Rey, CA 90292 and can be reached at **310-827-7707** or by Email: mark@prost8cancer.com. (Use Lyle LaRosh as your reference.)

We also recommend that you get monthly PSA exams (making sure that you have not had any activities that would give a false positive). Also, get a second opinion on your biopsy slides. We recommend that you send them to Dr. Richard Safrin, Alvarado Medical Center, 6655 Alvarado Road, San Diego CA 92120, at 619-287-3270, using Lyle LaRosh as your reference.

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.

Dr. Mark Sholz is the new Executive Director of PCRI. For further 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/.

Please note: In October, 2007, we will be moving our meetings to the John Moore's Cancer Center Auditorium, 3855 Health Sciences Drive, La Jolla, CA 92093. They are offering their facilities as community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service. We will have a better meeting place with more amenities. (We are not becoming a part of the Cancer Center.)

This just in:

Victor Reed provided a lengthy report from Diana Grant Dyer, MS, RD about her successful recovery from Cancer and the part nutrition in diet played in it. For further information members may contact her website: <http://www.CancerRD.com>, her blog page: <http://www.dianadyer.blogspot.com>, or her book, "A Dietitian's Cancer Story". A personally autographed copy of the book is readily available through Nicola's Books in Ann Arbor, Michigan, at their web site, <http://www.nicolasbooks.com>

More Special Announcements!

Think About This One!!!

A car company can move its factories to Mexico and claim it's a free market
A toy company can out source to a Chinese subcontractor and claim it's a free market.
A shoe company can produce its shoes in Southeast Asia and claim it's a free market
A major bank can incorporate in Bermuda to avoid taxes and claim it's a free market
We can buy HP Printers made in Mexico. We can buy shirts made in Bangladesh
We can purchase almost anything we want from 20 different countries.

BUT, heaven help the senior citizens who dare to buy their prescription drugs from a Canadian or Mexican pharmacy. That's called un-American and illegal and our politicians want to stop it!

And you think the pharmaceutical companies don't have a powerful lobby? Think again!

Forward this to every person you know over age 50. It is an interesting thought. Maybe this is an issue that should come up in the next election!

Forget the 50, send it to everyone. We're all in this boat together! Even if you aren't in this boat now, you're standing on the pier.

Now, think about this one!

Cancer: Killing Animals Is Killing Us

This is from a recent issue of the New York Times with this link: www.a-vital-life.com. Since President Richard Nixon declared a "war on cancer" in 1972, that "war" has become a losing battle. Every year, billions of dollars are spent on cancer research, detection, and treatment in the United States, yet cancer remains one of our nation's top killers.

Fortunately, there's something we can do about it. According to the World Health Organization, up to 40 percent of all cancers are preventable, and one-third of all cancer deaths in the U.S. can be attributed to nutritional factors, according to the American Cancer Society (ACS).

Vegan diets maximize the foods that help us fight cancer (fiber-packed grains and beans and phytochemical-packed fruits and vegetables) and minimize the foods that cause cancer. Combine these two factors, according to the Physicians Committee for Responsible Medicine, and the scientific evidence is clear: "Vegetarians are about 40 percent less likely to get cancer than

non-vegetarians, regardless of other risks such as smoking, body size, and socioeconomic status."

One study compared cancer rates of vegetarians and meat-eaters in 34,000 Americans. The results showed that those who avoided meat, fish, and poultry had dramatically lower rates of prostate, ovarian, and colon cancer compared to meat-eaters.

An 11-year-long German study involving more than 800 vegetarian men found their cancer rates were less than half those of the general public. The lowest cancer rates were found in those who had avoided meat for 20 years or more. Studies in Japan and Sweden also have shown lower risk among vegetarians. A 2007 study of more than 35,000 women published in the British Journal of Cancer found that women who ate the most meat were more likely to develop breast cancer than women who consumed the lowest amount of meat. It seems that with every bite of meat, we increase our risk of cancer. Luckily, we can eliminate animal products from our diets and replace them with vegetable proteins that can protect our health instead of harm it.

Dr. T. Colin Campbell, arguably the foremost epidemiological researcher alive today, argues that animal proteins are the prime carcinogen in meat and dairy products. Says Dr. Campbell, "Human studies also support this carcinogenic effect of animal protein, even at usual levels of consumption. No chemical carcinogen is nearly so important in causing human cancer as animal protein."

But fat is a culprit, too. Higher-fat diets raise estrogen levels, whereas plant-based diets keep them at a safe level, which doesn't promote the growth of cancer cells. Luckily, fiber, a nutrient plentiful in vegetarian diets, helps our bodies eliminate excess estrogen, thus cutting cancer risk. Read more about specific carcinogens: Google carcinogens in meat or arsenic in chicken.

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 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, or at carlos@ipcsg.org.

Please notify Bill Geideck, at 619-475-3433 if you have an e-mail address or a change to your e-mail address. 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). 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 DO NOT HAVE A COMPUTER YOU CAN GET OUR NEWSLETTER BY EMAIL (SAVING US POSTAGE COSTS) BY GOING TO YOUR NEIGHBORHOOD PUBLIC LIBRARY AND ASKING FOR COMPUTER TIME. It's easy, the librarian will help you, just use the computer to sign you up with Yahoo using your own ID name and a secret password. Then let us know your ID (send an e-mail to Bill Geideck at bill@ipcsg.org) and we will send our Newsletter and anything else by email, and the next time you are in the Library you can log in to Yahoo and read your mail, or check our web-site! It will cut our expenses significantly and won't cost you a penny.

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.

OUR MISSION

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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.