



The  
**Informed Prostate Cancer Support Group, Inc.**

P.O. Box 7033  
San Diego, California 92167

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***NEWSLETTER***  
***December 2007***

**NEXT meeting:**

**Saturday, January 19, 2007 10:00AM to 12:00PM**

**John Moores Cancer Center, UCSD**

**3855 Health Sciences Dr**

**La Jolla, Ca 92037**

**(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 January***

**Remember, there will be no meeting in December due to the holidays. We will resume in January, on the third Saturday, which will be the 19<sup>th</sup>, at the John Moores Cancer Center for our second visit to that facility. The John Moores Cancer Center is at 3855 Health Sciences Drive, La Jolla, CA 92093. The Center has theater type seating and a complete video and sound system. The auditorium is offered as a community outreach, thanks to Kevin T. Murphy, MD, Chief, Stereotactic Radiosurgery Service.**

**Our January speaker will be Dr. Duke Bahn. He is internationally recognized as the leading expert in Transrectal Ultra Sound Imaging with Color Doppler Enhancement, and has been consulted by many of our members.**

## ***November Meeting Report***

Our November speaker was Dr. Joe Filbeck, MD., Quality of Life Medicine, of the Palm Medical Group of Ja Jolla. He spoke on maintaining hormonal balance with Testosterone Replacement Therapy. From his experience with men who have had various therapies he explained how properly modulated testosterone treatment with close monitoring of PSA can prove beneficial. Quoting from a British journal he claims that there is no clear evidence of a causal relationship between Prostate Cancer and Testosterone. He noted that physicians are prohibited by law from administering Testosterone to patients with Prostate Cancer.

He also stated that because of sanitation, diet, and medicine, people alive today can probably live to be 100 years old. The question is what will be the quality of their lives at that age.

### ***Future Programs***

We will not meet in December, since it will be too close to Christmas. We recognize the turmoil at that time of year, so anyone with concerns about Prostate Cancer should call any of the members of the board for information.

In January we will hear Dr. Duke Bahn speak to us on the Color Doppler diagnostic tool. The technique provides more accurate location of tumors, and assists in deciding the type of treatment. Many of our members have obtained diagnoses from Dr. Bahn.

Our speaker in Feb. will be Irwin Goldstein, MD. He is an internationally famous speaker on the subject of Sexual Medicine. He has founded an institute at the Alvarado Medical Center. He recently held a seminar in Mission Valley.

Our speaker in March will be Dr. Guarneri. She will speak on cardiology for the aging man. This is probably more important than your Prostate!

In April we will have a round table open meeting where our members will discuss their individual cases and their progress.

In May we will have Sheldon Hendler, MD, who has devoted his practice to the healing effects of herbology.

In June we will hear from Gordon Saxe, MD. He is a member of the UCSD teaching staff who is teaching healing of cancer through diet & nutrition.

### ***Special Announcements***

#### ***In Memoriam***

**Our condolences to the family and friends of  
Member Joe Benitende**

He passed away on September 25, 2007

Bob Keck, of our steering committee, is recovering from a fall from his bicycle last month. He had to have surgery on his left wrist, but otherwise is in good shape.

Directions to the John Moores Cancer Center, at 3855 Health Sciences Drive, La Jolla California, 92037 are available on our website. Call us if you need directions.

## ***Finances***

We want to thank those of you who have made special donations to IPCSG. Remember that your gifts are tax deductible because we are a 501(c)(3) non-profit organization. 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. You can also have a distribution from your IRA made to our account. We need your support. We will, in turn, make contributions from our group to Prostate Cancer researchers and other groups as appropriate for a non-profit organization. Our group ID number is 54-2141691. Corporate donors are welcome!

If you have the internet you can contribute easily by going to our website, <http://ipcsq.org>, and clicking on "Donate" (Ignore the invitation to join PayPal). Then enter the amount and your credit card information and you are done. Thank you.

## ***Announcements***

You are invited to visit our web-site at <http://ipcsq.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 research grants on the effectiveness of the various Prostate Cancer treatments used by our members. To assist Gene in applying for these grants he would like to attach testimonial letters from members who have benefited from their involvement with IPCSG. Please e-mail to [v2@san.rr.com](mailto:v2@san.rr.com) or [gene@ipcsq.org](mailto:gene@ipcsq.org), or phone him at 619-316-3354. He has also placed ads about our group in the Reader and in the PennySaver. Watch for them.

Members or concerned 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@ipcsq.org](mailto:carlos@ipcsq.org). You may also up-date your e-mail address on our website, <http://ipcsq.org>, by clicking on "Subscribe".

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 2<sup>nd</sup> 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 <http://pcref.org>.

## **SNAIL MAIL RECIPIENTS – NOTICE!**

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 we would prefer to send Newsletters by e-mail, If you have the internet on your computer log in to our website at <http://ipcsg.org> and press the subscribe button. You will then get our mailings by e-mail. **IF YOU DO NOT HAVE A COMPUTER YOU CAN SAVE US POSTAGE COSTS BY GOING TO YOUR NEIGHBORHOOD PUBLIC LIBRARY AND ASK FOR COMPUTER TIME.** It's easy, the librarian will help you, just use the computer to log in to <http://ipcsg.org> and click on "Newsletters". You will be able to read the Newsletters and anything else on the website. It will cut our expenses significantly and **WON'T COST YOU A PENNY.**

### ***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 Gene Van Vleet 619-316-3354. 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.