



Lyle La Rosh
President

Informed Prostate Cancer Support Group, Inc.
P.O. Box 7033 San Diego, CA 92167

May 2008 Newsletter

Who we are, where and what time we meet



Sunday, June 08, 2008

Volume 1, Issue 6

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Richard Moyer

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Lee Crawford

NEXT meeting:

**Saturday, June 21,
2008 10:00AM to
12:00PM**

**John Moores
Cancer Center,
UCSD**

**3855 Health
Sciences Dr.
La Jolla Ca 92037**

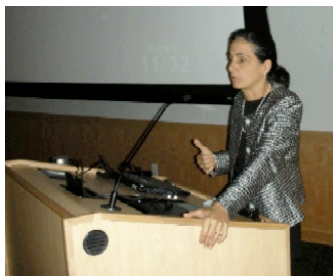
(Free Parking)

(See Map on last page).

What We are About!

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 usually a slow growing disease which can often 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 talking to our members, most of whom have already been through the decisions you're confronting.

May Program was Outstanding



Dr. Mimi Guarneri, M.D., Honored for National Leadership in Integrative Medicine.

Founder and medical director of Scripps Center for Integrative Medicine and has been an attending physician in cardiovascular disease at Scripps Clinic since 1995.

The good Doctor spoke for an hour and 40 minutes (very informative and exciting) on the effects nutrition plays in the care and repair

of the body after any illness such as Cancer, Heart attack etc. She presented good number of slides of different subjects to demonstrate what takes place in the body during attacks and repair. All and all, you can get a full rundown and **VIDEO DVD OF HER PRESENTATION AT THE IPCSG LIBRARY. THE DVD IS FOR SALE (ONLY 10 AVAILABLE) AT THE LIBRARY FOR A \$5.00 DONATION TO IPCSG.**

Dr Guarneri mentioned during her talk before our group, that she was very impressed with IPCSG and said she had many patients worrying about prostate cancer and would like to introduce them to our group. Mimi Guarneri, M.D., medical director, Scripps Center for Integrative Medicine, La Jolla, is among five national leaders in the field of integrative medicine who have been selected by the Bravewell Collaborative as

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We Have Great Speakers Ahead. 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. In July, Dr. Richard Lam will be speaking on monitoring the progress of treatment with CDUS (Color Doppler Ultra Sound).

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finalists for the 2005 Bravewell Leadership Award. The Bravewell Award celebrates and supports visionaries who have committed their medical careers to transforming health care in America and ushering in the practice of a new medicine. The winner of this year's Bravewell Leadership Award will be announced at a gala benefit, hosted by Sarah Ferguson, the Duchess of York, in New York City on November 10.

Integrative medicine, the blending of evidence-based complementary and alternative therapies with traditional Western medicine, is moving into traditional healthcare and hospital settings. This paradigm shift in health care is due in part to the consumer's own interest in exploring complementary therapies to support their health and wellbeing.

Dr. Guarneri co-founded Scripps Center for Integrative Medicine and the Center's Healing Hearts program in 1999 to address the emotional and spiritual needs of the patient as well as the physical needs. Board certified in cardiology, internal medicine, nuclear medicine and holistic medicine, Dr. Guarneri has cared for heart patients using integrative medicine for more than ten years.

"It's all about caring for the whole person," says Dr. Guarneri. "Integrative medicine takes patients, whether they have had a life crisis or whether they are just looking to prevent a life crisis, and puts them in an environment that's going to address body, mind and spirit. Our approach is personalized for each patient's unique medical challenges."

**We had 8 new comers
at the last meeting.
Welcome, we are
happy you joined us.**



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://ipcs.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

"IPCSG will have a booth at the 11th annual Celebration of Life Health Fair on June 8, 2008 from 11:00am to 3:00pm at the Block Cancer Survivors Park, 4100 North Harbor Drive, San Diego"

Moore's has started charging for parking in the lower lots 1 & 2. FREE PARKING IS IN THE LOT JUST ABOVE #1.

You are invited to visit our web-site at <http://ipcs.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.

Gene Van Vleet has placed ads for our group in the Union Trib, the Reader and the PennySaver. Watch for them.

Directions to the John Moore's

Cancer Center, at 3855 Health Sciences Drive, La Jolla California, 92037 are available on our website and the last page of this Newsletter. Call us if you need directions.

Our Steering Committee meets for lunch usually 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.

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SPECIAL ANNOUNCEMENT: "To all those who have borrowed books, tapes or D.V.D's please return them at the next meeting" *Thank you Bob Keck Librarian*

More PC Meetings: 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 <http://pcref.org>.

SNAIL MAIL RECIPIENTS NOTICE!

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 a computer please log in to our website at <http://ipcs.org> and press the subscribe button. You will then get our mailings by e-mail. **IF YOU DO NOT HAVE A COMPUTER** please let us know. Or if you can use a friend's computer, let us know and we will send our mailings to that address, which will save postage for the IPCSG. Also please let us know when you change your mailing address by e-mailing Gene Van Vleet at gene@ipcs.org or call Gene at (619) 316-3354 **(we have to pay for mail returned because of a wrong address).**

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 gene@ipcs.org or, 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.

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

The IPCSG is involved in a number of different community projects which endeavor to make San Diegans aware of the importance of men getting tested for prostate cancer and if diagnosed to become aware of all possible treatments.

Among these projects is our goal to place in every library in San Diego County, the film, "The Men's Club". This film which was produced here locally and with the help of this support group and a number of local doctors details ALL possible treatments including alternative and integrative methods for men and their

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families to discuss and choose. The 2 hour 18 minute film does not favor one treatment over another but gives a fair and independent review of each treatment. "The Men's Club" has received favorable reviews from support groups nationwide.

It is our goal to purchase 60 films by September at which time these films will be delivered to all libraries. Besides allowing men who are not computer savvy to have access to important information and at no cost to them, it is a way for the IPCSG to obtain some publicity for our group. (A large media blitz will accompany the deliveries)

Rocky Galgano the executive producer of the film will not only discount each film 15% but will also include on the back cover of each DVD box the name of our support group with our website and telephone number AND the name of each person who donated a copy of the film if they so desire. The cost to donate one film with the discount, shipping & handling and CA state sales tax is \$23.55.

To donate you may bring a check to any IPCSG meeting between May and August payable to 2nd Star Films, or you can e-mail Rocky at ssao@pacbell.net with your address and he will mail you more info and an order card. We ask for your support in this project.

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Article submitted by Lee Crawford.

The goal of the Informed Prostate Cancer Support Group is to provide you with the information you need to make intelligent decisions about your care. We'd like you to have answers, hopefully BEFORE you are faced with the questions. Here are two papers that will be quite helpful:

The first is a thorough discussion of what may be a significant factor in preventing and caring for prostate cancer, the serum level of vitamin D:

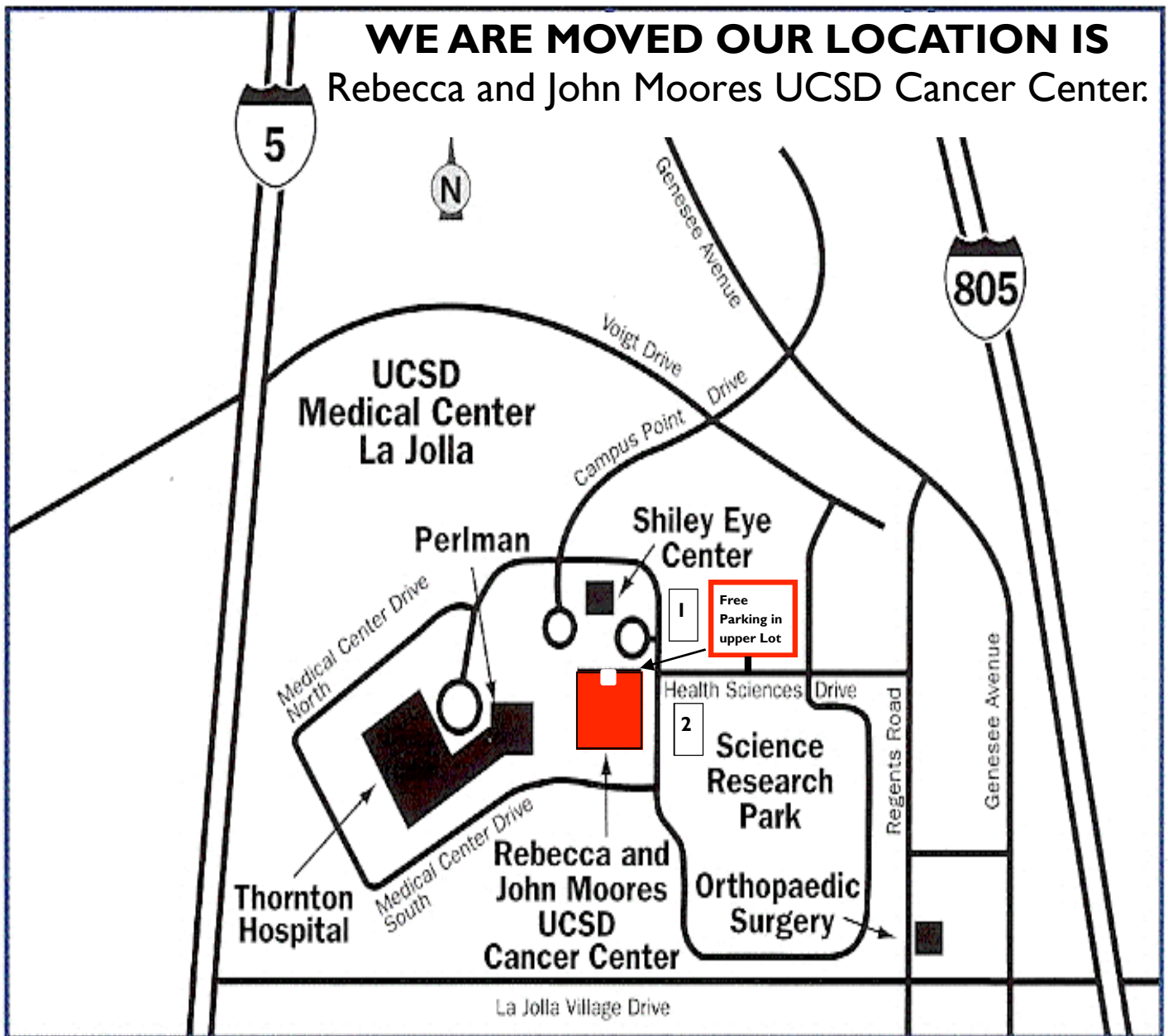
<http://www.thorne.com/media/VitaminD13-1.pdf>

This New England Journal of Medicine report documenting the effects of various treatment options will give you a depth of information that can be extremely helpful in making your decisions:

<http://content.nejm.org/cgi/content/short/358/12/1250>

Remember, YOU are your case manager! The IPCSG will help you have the facts you need at your fingertips...when you need them! If you need to discuss your concerns with one of us personally, please feel free to phone our president, Lyle La Rosh, at (619) 892-3888. We're here to help!

See you at our next meeting.



Directions to Moores Cancer Center at UCSD from I-5, Exit Genesee Ave. East to Regents Road, turn south to the first stop light (Health Sciences Drive) turn right to first stop sign that leads to the upper parking lot on the right (free parking). Take steps down to the entrance.

Directions to Moores Cancer Center at UCSD from I-805, Exit La Jolla Village Dr. west to Regents Road, turn North to Health Sciences Drive turn left to first stop sign that leads to the upper parking lot on the right (free parking). Take steps down to the entrance.