



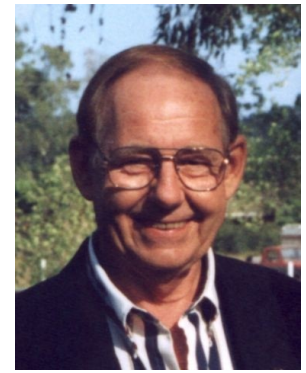
Victor Reed, Vice President

# Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033 San Diego, CA 92167

MAY 2009 Newsletter

## Who we are, where and when we meet



Bill Geideck, Director

Volume 2, Issue 5

### Board of Directors

**President:** Lyle La Rosh, (619) 892-3888

**Vice President** Victor Reed, (619) 479-3720

**Treasurer** Carlos Richardson (858) 278-9825

**Librarian** Robert Keck

**Director** Gene Van Vleet

**Director** Bill Geideck

### Steering Committee

Bob Coates

Dick Gilbert

John Lindsey

E. Walter Miles

Richard Moyer

Jerry Steffen

Lee Crawford

### Next Meeting is May

**16, 2009 10:00AM to 12:00PM**

**John Moore's Cancer Center, UCSD**

**3855 Health Sciences Dr.**

**La Jolla Ca 92037**

**(NOTE: The Only Free Parking is in lot P703 on the north side of new construction)**

**(See Map on page #6).**

## 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.

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### April Meeting Notes

Our guest speaker was Dr. Hugh Smith ,PH.D, N.D. He spoke of PH of the body, free radicals and stealth pathogens which can be analyzed through microscopic analysis of the blood. He showed blood cells at 1000x magnification to illustrate variations and deviations from the norm which indicate various conditions in the body that can be addressed with targeted nutritional intervention. He explained the importance of pH to your overall health. Your pH balance controls how your body processes nutrients and oxygen. Every cell is like a miniature power plant that delivers

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**THE FOLLOWING VIDEO DVDS ARE FOR SALE AT THE IPCSG LIBRARY FOR A DONATION OF \$10.00:**

- Dr. Duke Bahn
- Dr. Susan Foley-Nov. Mtg
- Dr. Mimi Guarneri
- Dr. Irwin Goldstein
- Dr. Richard Lam
- Dr. Juergen Winkler/Carol Roujansky
- Dr. Susan Foley-Feb Mtg
- Dr. Christopher Kane-Mar Mtg
- Dr. Hugh Smith-Apr Mtg

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energy to every part of your body and is responsible for how efficiently foods are broken down and used by the body. Foods high in preservatives and chemical toxins interrupt and derail the process of providing energy and life to your body. A DVD of this meeting is available in our library. Also visit Dr. Smith's website: [www.biocytomics.com](http://www.biocytomics.com).

### Future Speakers

**May 16: Round Table** - discussion among members. Share experiences and questions with other members. THIS MEETING WILL BE IN THE COMMERS ROOM.

**June 20: Joe Mondry**, Certified Cancer Exercise Specialist, who has a medicare approved exercise and strengthening program for cancer survivors. [www.newhorizonspt.com](http://www.newhorizonspt.com) Phone 858-764-2409 ext 1057.

**July 18: Dr. Richard Safrin**, Head of Pathology at Alvarado Hospital, who will speak about the details of PSA & Gleason testing scores.

**August 15: Dr. Richard Lam**, of Prostate Oncology Specialists. Color Doppler Ultrasound and updates on new treatments.

**September 19: Round Table** - discussion among members. Share experiences and questions with other members.

### Medical Insurance Committee

The medical insurance committee, currently comprised of Bill Pitts, Dennis Walker and Gene Van Vleet continues to search for information beneficial to members needing assistance in making choices that provide them the best coverage suitable to their situation. The committee cannot be expected to make recommendations for suitable medical coverage but rather should be a resource of information to help you determine what options are most suitable for your situation.

If you have particular knowledge that would be helpful to our goal of creating a base of information, please volunteer your efforts to the committee. Until further notified, contact Gene Van Vleet, e-mail [gene@ipcsg.com](mailto:gene@ipcsg.com) or cell phone 619-316-3354 who may redirect your inquiry to an appropriate person for response. PLEASE, PLEASE volunteer your effort to assist our cause.

If you are eligible and have not yet applied for Medicare, our knowledge may be helpful to you. Let us know if we can be of assistance.

**PLEASE NOTE: Dennis Walker has made contact with a service that may be very helpful to you. There is a non-profit California organization that specializes in assisting you to obtain medical coverage that best suits your needs. It is called HICAP (Health Insurance Counseling and Advocacy Program). The San Diego number is 858-565-8772. Contact them if you need help making choices.**

**“Riding for the Cure for Prostate Cancer Casino Poker Run” will be a fund raising event sponsored by IPCSG on June 28th. Please give your full support to this function to help fund our activities. Specifics of the event can be found on the flyer on Page 5 which is being circulated to promote the event.**

**Announcements**

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 Tribune and the Pennysaver. Watch for them.

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.

**LIBRARY ANNOUNCEMENT:**

**"To all those who have borrowed books, tapes or DVD’s please return them at the next meeting" Thank you, Bob Keck Librarian**

**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](mailto:gene@ipcs.org) or call Gene at (619) 316-3354 (we have to pay for mail returned because of a wrong address). 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](mailto: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.

**The Men’s Club DVD**

This video was produced locally by member Rocky Galgano with the help of our support group and a number of local doctors. It details all possible treatments including alternative and integrative methods for men and their families to discuss and choose. The full length video does not favor one treatment over another but rather gives a fair and independent revue of each treatment. **“The Men’s Club”** has received favorable reviews from support groups nationwide. <http://themensclub.us/site/> to

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order OR purchase a copy from our library. IPCSG donated copies to all of the libraries in San Diego County where you can view it for free.

**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 11:00 AM for every one. Check website: [www.pcref.org](http://www.pcref.org) Phone 619-906-4700.

## We Need Volunteers

All services for our group are performed by volunteers. As is usual in our type of organization we have a few doing a lot for many. We need people to step up and help in the following areas:

1. Medical insurance. A committee has formed to develop a knowledge base to assist members in fighting their way through HMO's and getting new medications/procedures approved. Bill Pitts and Dennis Walker have volunteered.
2. Fund Raising. We need help from anyone with any knowledge or willingness to become involved in acquiring grants to support our organization. We need someone to organize fund raising activities.
3. Information Technology. Any techies out there that can help take advantage of the facilities available where we meet--such as live remote conferencing.
4. Anyone interested please contact:

Gene Van Vleet, Director. 858-565-6253 [gene@ipcsg.org](mailto:gene@ipcsg.org)

Bill Geideck, Director, 619-993-7024 [bill@ipcsg.org](mailto:bill@ipcsg.org)

Lyle LaRosh, President 619-892-3888 [lyle@ipcsg.org](mailto:lyle@ipcsg.org)

Victor Reed, Vice President 619-479-3720 [victor@ipcsg.org](mailto:victor@ipcsg.org)

## OUR MISSION

**NOTA BENE**

**CAVEAT EMPTOR**

**SEMPER FI**

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.

## 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://ipcsg.org>, and clicking on "Donate" (*Ignore the invitation to join PayPal*). Then enter the amount and your credit card information and you are done.

# Riding for the Cure for Prostate Cancer Casino Poker Run

Sponsored by: Informed Prostate Cancer Support Group and Bumble Bee Seafood's

Date: Sunday, June 28, 2009

Check in and start: El Cajon Harley Davidson

Time: 9:00 AM to 10:30 AM

Donation: \$50.00 per adult (Tax Deductible)

Includes: T Shirt

Mexican Lunch

Adult Beverages

Soda & Water

Raffle Ticket

Live Band & Dancing

Route:

1st. Checkpoint is Harrah's Rincon

2nd. Checkpoint is Santa Isabel Casino

3rd. Checkpoint is Viejas Casino

4th. Checkpoint and end of ride is El Monte Park in Lakeside

## Lunch will be served at 1:00 PM

Grand Prize is 4-day vacation at Condo in Los Cabos, Mexico. Airfare for two people included. (Additional Raffle Tickets available for sale).

Raffle prizes include Dinner Certificates, Dinner Cruises on S.D. Bay, Rounds of Golf, Lots of Canned Tuna and much more.

**ADVANCE REGISTRATION ON THE BACK OF THIS FLYER!**

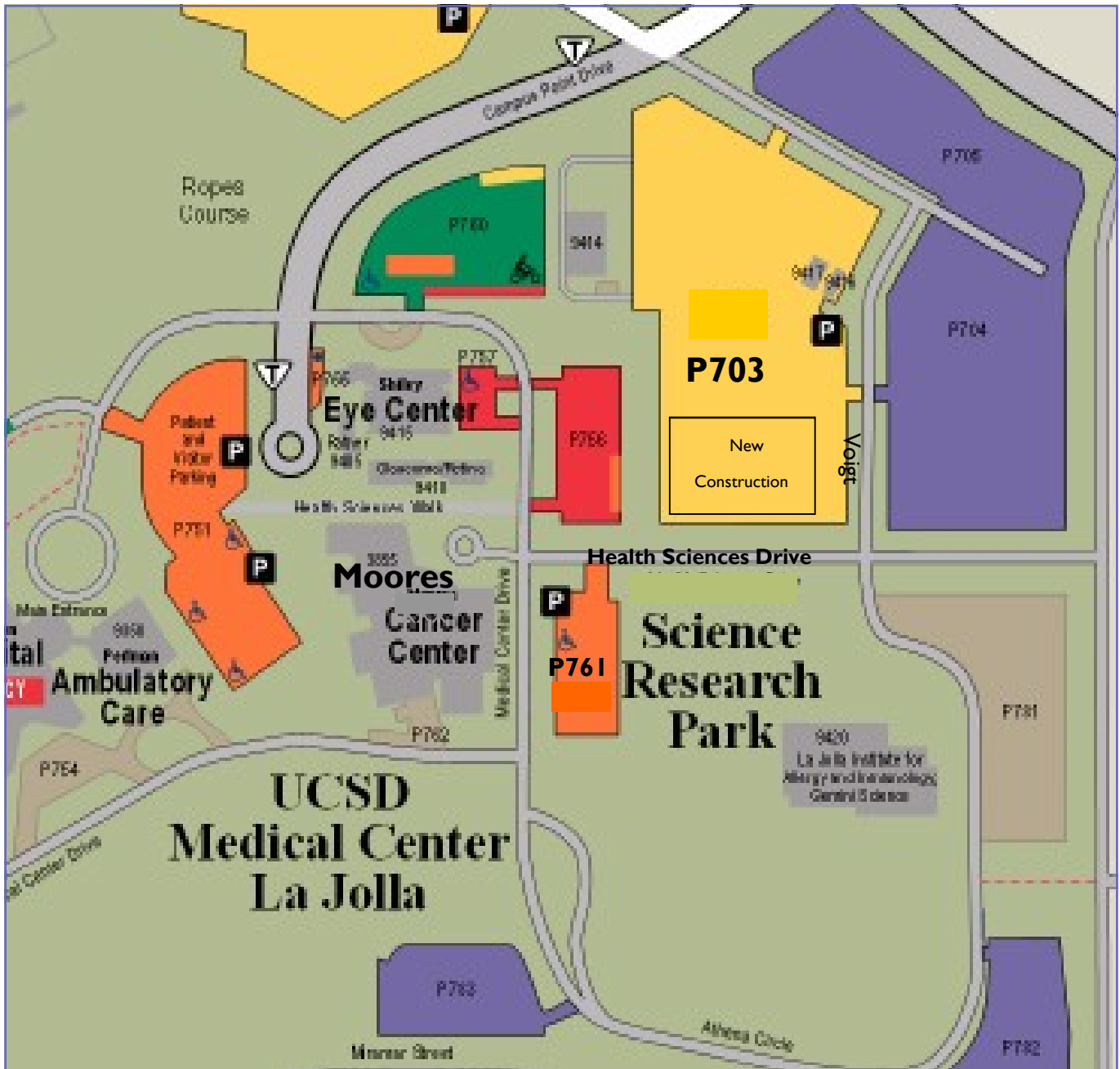
**Questions?**

Call: Lyle at (619) 892-3888



INFORMED PROSTATE CANCER SUPPORT GROUP, INC P.O. BOX 7033 SAN DIEGO, CA 92167  
LYLE LA ROSH PRESIDENT





**Directions to Moore's 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 (Voigt Dr.) that leads to the upper parking lot No. P703 on the left (free parking for two more months only).**

**Directions to Moore's 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 (Voigt Dr.) that leads to the upper parking lot No. P703 on the left (free parking for two more months only).**

**Paid parking (\$1/hr) lot P761. Handicapped-Free.**