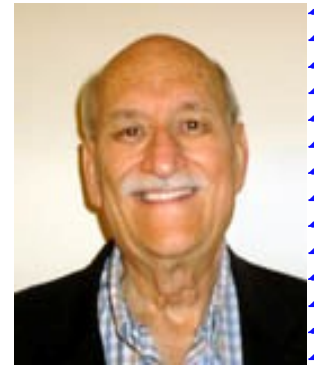




Bill Geideck, Director



Gene Van Vleet, Director

Informed Prostate Cancer Support Group, Inc.

P.O. Box 7033 San Diego, CA 92167

AUGUST 2009 Newsletter

Who we are, where and when we meet



Sunday, August 09, 2009

Volume 2, Issue 8

Board of Directors

- President:** Lyle La Rosh, (619) 892-3888
- Vice President** Victor Reed, (619) 479-3720
- Treasurer** Carlos Richardson
- Librarian** Robert Keck
- Director** Gene Van Vleet (619) 316-3354
- Director** Bill Geideck

Steering Committee

- Bob Coates
- Dick Gilbert
- John Lindsey
- E. Walter Miles
- Jerry Steffen
- Lee Crawford

Next Meeting is August 15, 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 P704
(See Map on page #5).

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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July Meeting Notes

Our guest speaker was Dr. Richard Safrin, Head of Pathology, Alvarado, Hospital who provided information about PSA and Gleason tests and much more in an extensive question and answer session.

He also spoke of the latest under development in the laboratory part of medicine. This is genetic profiling which can look at different men's tumor cells and analyze DNA to look for patterns that might predict which tumors are more aggressive.

He advised that laboratories have become

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THE FOLLOWING VIDEO DVDS ARE FOR SALE AT THE IPCSCG 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
- Dr. Richard Safrin-Jul Mtg

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pretty good at diagnosing the presence of prostate cancer but are still poor at determining how aggressive that cancer is going to be.

In PSA testing the value gradually rises with age. It is difficult to assess what the value should be at any given age but rather the velocity of a rising PSA over time becomes a useful indicator. If the value rises unusually in a short period of time, it can indicate further investigation is necessary. However, a moderately high PSA is not an indicator of how aggressive a cancer might be. Unfortunately no current tests are very useful in determining aggressiveness. The PSA test becomes more useful after a prostatectomy because the value should be zero after about six months.

He discussed the Gleason score. There are two kinds of Gleason scores. Clinical is what a urologist thinks it is based on a DRE. Pathological is what a laboratory determines upon examination of a biopsy.

Staging is an indication of how far the tumor has spread in the body: A-Small and confined to the prostate; B-Large and confined to the prostate; C-Outside the prostate but still within the pelvic area; D; Metastasized. Grading is how damaged or abnormal the cancer cell looks under the microscope, There are two grades given. The first number assigns the most predominate pattern, the second number assigns the next most predominate pattern. Then a value rating is given from 1 to 5 with 1 being a pattern that looks the most like a normal cell and a 5 being a pattern that looks so unlike a normal cell that it looks like it might be from another organ. Then the two are added together, e.g. 3+3=6.

So much useful information was discussed, it is highly recommended that you get a copy of the DVD of this meeting from our library. We are deeply grateful to Dr. Safrin for his informative presentation.

Future Speakers .

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.

Special Announcement!

Please support the annual Prostate Cancer conference Sponsored by PCRI (Prostate Cancer Research Institute). It will be held at the Marriott Los Angeles Airport Hotel September 12-13, 2009. This prestigious event features expert speakers, roundtable discussions and offers an opportunity to interface with people throughout the U.S. and many foreign countries. More info: www.pcri.org

Announcements

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

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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" More copies of the book "China Study" have been donated by Robert Werve. This is very informative reading. 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://ipcsg.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@ipcsg.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@ipcsg.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 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 Al-

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.

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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
Bill Geideck, Director, 619-993-7024 bill@ipcsg.org

Medical Insurance Committee

The medical insurance committee, comprised of Bill Pitts, Dennis Walker and Gene Van Vleet assists 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. Contact Gene Van Vleet, e-mail 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.

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.

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.



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 at first stop sign (Voigt Dr.) that leads to the upper parking lot No. P704 on the right.

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 at first stop sign (Voigt Dr.) that leads to the upper parking lot No. P704 on the right.

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