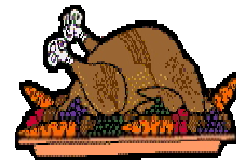




# Informed Prostate Cancer Support Group, Inc.

P.O. Box 420142 San Diego, CA 92142  
Phone: 619-890-8447 Web: www.ipcsg.org



NOVEMBER 2009 NEWSLETTER

Who we are, where and when we meet

Monday, November 23, 2009 Volume 2, Issue 11

## Officers

President: Lyle La Rosh,  
Vice President : Gene Van Vleet

## Additional Directors

Director ; Dr. Dick Gilbert  
Director: Bill Geideck  
Director: John Tassi

## Steering Committee

Judge Robert Coates  
Victor Reed  
Carlos Richardson  
Robert Keck, Librarian  
John Lindsey  
E. Walter Miles  
Jerry Steffen

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## HAPPY THANKSGIVING

*A time to be  
thankful for what  
we have and to  
share with family  
and friends*

**Next Meeting is No-  
vember 21 10:00AM  
to 12:00PM**

**(NOTE: Free Parking is  
in lots P703 & P704  
(See Map on page #5).**

## What We Are About

Our Group offers the complete spectrum of information on prevention and treatment. We provide a forum where you can get all your questions answered in one place by men that have lived through the experience. Prostate cancer is very personal. Our goal is to make you more aware of your options before you begin a treatment that has serious side effects that were not properly explained. Impotence, incontinence, and a high rate of reoccurrence are very common side effects and may be for life. Men who are newly diagnosed with PC are often overwhelmed by the frightening magnitude of their condition. Networking with our members will help identify what options are best suited for your life style.

**Be your own health manager!!**

## October Meeting Notes

The major topic of discussion was Dr. Bob Liebowitz's DVD "Three Pronged Approach for Treating High Risk Prostate Cancer." Dr. Liebowitz is innovative in using chemical cocktails tailored to individual needs throughout the process of treatment.. A member is undergoing such treatment and will keep us informed on his progress. Copies of Dr. Bob's DVD were

*(Continued on page 2)*

## THE FOLLOWING DVD'S ARE FOR SALE IN THE IPCSG LIBRARY FOR A DO- NATION OF \$10.00:

- Dr. Duke Bahn
- Dr. Susan Foley
- Dr. Mimi Guarneri
- Dr. Richard Lam
- Dr. Juergen Winkler
- Dr. Christopher Kane
- Dr. Hugh Smith
- Dr. Richard Safrin
- Dr. Richard Lam
- Sept. '09 Round Table

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made available to all interested members. If you would like a copy, check our library or contact Gene Van Vleet: gene@ipcsg.com or 619-890-8447.

### Future Speakers

**November:** Dr. Donald Fuller, Cyberknife Centers of San Diego, will speak about their technology as used for treating prostate cancer.

**December:** No Meeting.

### Special Announcement—Address and Phone Change

The IPCSG mailing address has been changed to P.O. Box 420142, San Diego, CA 92142 and we now have a separate phone number for the Group. 619-890-8447. **PLEASE MAKE NOTE OF THIS**

### Red meat link to cancer

A diet rich in red and processed meats appears to put men at a higher risk of developing prostate cancer, a United States study said.

Researchers at the National Cancer Institute (NCI) found that among more than 175,000 men they followed for nine years, those who ate the most red and processed meats had heightened risks of developing any stage of prostate cancer - and advanced cancer in particular.

The findings, reported in the American Journal Of Epidemiology, add to a conflicting body of research on meat intake and prostate cancer risk. Because studies over the years have come to different conclusions, experts generally consider the evidence linking red and processed meats to the disease to be limited and inconclusive.

These latest findings do not settle the question. However, they do suggest that processed red meats and high-heat cooking methods - namely, grilling and barbecuing - may be particularly linked to prostate cancer risk.

For the study, Dr Rashmi Sinha and her colleagues at the NCI followed 175,343 American men between the ages of 50 and 71 who were surveyed about their diets - including how much and what type of meat they typically ate, as well as the cooking methods they used.

The researchers used that information to estimate the levels of certain potentially cancer-promoting chemicals in the men's diets.

Over the next nine years, 10,313 study participants developed prostate cancer and 419 died from the disease.

Overall, the researchers found that 20 per cent of men with the highest intake of red meats - which in this study included beef and pork - were 12 per cent more likely to develop prostate cancer than those who consumed the least red meats. That was after a range of other factors, like smoking, exercise habits and education, were taken into account.

There was a stronger connection to advanced prostate cancer - with that risk being almost one-third higher among those who ate the most red meat versus those who ate the least.

Similar findings were seen with processed meat. However, when the researchers further broke down the men's diet information, they found that red processed meats - like bacon and sausages - were related to

higher prostate cancer risk, while white processed meats, like poultry cold cuts, were not. When it came to cooking methods, the only one that was linked to prostate cancer was grilling and barbecuing, Dr Sinha's team found.

The finding is in line with the theory that meats cooked at high temperatures may be particularly linked to cancer because the cooking process produces certain chemicals - including polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines - that are known to cause cancer in animals.

Giving further support to that idea, the researchers found that higher dietary levels of a PAH called benzo-alpha-pyrene were related to a higher risk of prostate cancer.

A similar pattern emerged when the investigators looked at men's intake of nitrites and nitrates - chemicals used to preserve and flavour processed and cured meats like ham, bacon and sausage. In the body, nitrites and nitrates can promote the production of potentially cancer-promoting chemicals called nitrosamines.

Taken together, Dr Sinha's team said the findings point to potential mechanisms by which certain meats could promote prostate cancer. They also said it would be important to study the relationship between specific types of meat and prostate cancer risk.

## 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" 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 \$150 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 IPCSG. Also please let us know when you change your mailing address or no longer wish to receive this newsletter by notifying Gene Van Vleet; by e-mail to [gene@ipcs.org](mailto:gene@ipcs.org); by phone (619) 890-8447; or by mail to IPCSG, P.O. Box 420142, San Diego, CA, 92142. You can also unsubscribe by going to our website: [www.ipcs.org](http://www.ipcs.org).

## 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 review 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 Alvarado Hospital, 6655 Alvarado Rd. They start at 10:00 AM for newcomers and at 11:00 AM for every

## **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@ipcs.org](mailto:gene@ipcs.org) or cell phone 619-890-8447 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.**

## **Medicare Part D Enrollment Window**

Please be aware if you are eligible for a Medicare Part D prescription drug plan that the annual election period begins November 15 ends December 31.

If you have not enrolled, your initial enrollment period is three months before your 65<sup>th</sup> birthday and three months after. If you miss the enrollment window, you must wait to join the following year—unless you qualify for an exemption. If you are allowed to enroll later, you may have to pay a higher premium.

If you have enrolled, you can change your prescription drug benefits during the enrollment window. For details visit [www.medicare.gov](http://www.medicare.gov) or you may call 24hrs/7days a week 800-633-4227.

Medicare offers prescription drug coverage (Part D) for everyone with Medicare. To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. Each plan can vary in cost and drugs covered. If you want Medicare drug coverage, you need to choose a plan that works with your health coverage.

There are two ways to get Medicare prescription drug coverage: Medicare Prescription Drug Plans. These plans (sometimes called “PDP’s”) add drug coverage to Original Medicare, some Medicare Private Fee-for-Service (PFFS) plans, and Medicare Medical Savings Account (MSA) plans.

I. Medicare Prescription Drug Plans. These plans (sometimes called “PDP’s”) add drug coverage to Original

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Medicare, some Medicare Private Fee-for-Service (PFFS) plans, and Medicare Medical Savings Account (MSA) plans.

2. Medicare Advantage Plans (like an HMO or PPO) or other Medicare health plans that offer Medicare prescription drug coverage. You get all of your Part A and Part B coverage including prescription drug coverage (Part D) through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called “MA-PD’s”.

Both types of plans are called “Medicare drug plans”

## 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. 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.
2. Information Technology. Any techies out there that can help take advantage of the facilities available where we meet--such as live remote conferencing.
3. Anyone interested please contact:

Gene Van Vleet, Vice President. 858-890-8447 [gene@ipcs.org](mailto:gene@ipcs.org)

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

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

## OUR MISSION

**NOTA BENE**

**CAVEAT EMPTOR**

**SEMPER FI**

**The original and most valuable activity of the INFORMED PROSTATE CANCER SUPPORT GROUP is “networking”. We share our experiences, information about prevention and treatment. 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 ways of prevention as well as the 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://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.



**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. P703 on the left or 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. P703 on the left or P704 on the right.**

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