

Taking Control of Your Destiny . . .

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Just a regular guy . . .



Agenda

- Prostate Cancer Statistics
- PC Treatment Options
- PC Treatment Side Effects
- Dad's Story
- Alternative Treatments
- PC Mountain Climb Pictures
- Questions?

Prostate Cancer Statistics

- This year 200,000 men will be told they have PC
- Every 90 seconds another man is diagnosed with the disease
- PC is the most common cancer in men
- 40,000 men will die from PC this year
- 1 of 8 men will be diagnosed in their lifetime
- 1 of 5 men diagnosed will be under 60
- 30% of all men have undiagnosed pc by age 60
- Conventional treatments are not the final answer
- Early detection saves lives

More PC statistics

- Recurrence after removal or radiation is almost 60%
- Relatives of men diagnosed under age 50 have a 16 fold increase in risk

PC Treatment Options

- Radical Surgery to Remove Prostate
- Brachytherapy (Radiation Seed Implants)
- Watchful Waiting (Aggressive Monitoring)
- Cryosurgery
- External Beam Radiation (3D, IMRT, etc.)
- Hormonal Treatments (CHT, IHT)
- Herbal Remedies
- Chemotherapy

Treatment Side Effects

- ▼ Impotence, Incontinence
- ▼ Loss of Libido
- ▼ Osteoporosis
- ▼ Hot Flashes, Muscle Weakness
- ▼ Fatigue
- ▼ Others (Radiation Oriented)

Dad's background – "Average Guy"

- ☐ Diagnosed at age 43
- ☐ Married for almost 30 Years, with 3 Children
- ☐ Was Generally Active - Racquetball, biking, etc.
- ☐ Had Annual Medical Exams
- ☐ Average diet (not horrible or great)
- ☐ Was 40 Lbs. overweight
- ☐ Had Vasectomy 7 years prior to diagnosis

Dad's Diagnosis

- ☐ Detected at Annual Physical in Sept. 1996
- ☐ PSA = 100 (average is under 3)
- ☐ All Six Biopsy Samples Were Cancerous
- ☐ Ploidy Analysis – Aneuploid tumor (the worst kind)
- ☐ Tumors Evident On Seminal Vesicles
- ☐ Abdominal Lymph nodes Cancerous - Both Sides
- ☐ Bone Scans - Negative

Dad's Prognosis

- ☐ Got Five Opinions
- ☐ Most Agreed That Cancer Was Incurable
- ☐ 3 Year Survival Was Best Case Scenario (Because he asked)
- ☐ All Agreed That Combination Hormone Treatments Should be Started

Dad's Research

- ☐ Inhaled Books On His Disease
- ☐ Spent Hours On The Internet
- ☐ Went To Some Support Group Meetings
- ☐ Subscribed To Newsletters
- ☐ Joined Internet Mailing List

What We learned

- ☐ Cat Scans Are Almost Useless
- ☐ Endorectal MRI's Are Good -Spectroscopic MRI's Are Better
- ☐ Biopsy May Actually Cause Spread
- ☐ "Real" Cure Rates For Surgery/Radiation Are Not That Good
- ☐ Chemotherapy - Not An Option at The Time
- ☐ Surgery And Radiation Have Side Effects
- ☐ Federal Research Funding Is Pitifully Low
- ☐ Prostate Cancer Patients Are A Quiet Bunch

What We Learned (Continued)

- ❑ Free PSA, DRE, PAP, AP, etc.
- ❑ There Are Too Many Choices - Even The Doctors and Researchers Are Confused
- ❑ He Got Overwhelmed At Least Once a Day
- ❑ He Learned About The World Of Alternative Cancer Treatments
- ❑ What Did He Do ???

What We Chose To Do

- ❑ Decided To Give Alternatives A Try
- ❑ Why?
- ❑ Emanuel Rivici, MD – 100 years old, world famous doctor with an unconventional approach

What We Chose To Do (Continued)

- ❑ Started a Journal from Day One
- ❑ Initial Protocol
 - 1/2 Gallon Fresh Organic Vegetable Juice a Day
 - Only Organic Vegetables, Grains, and Fruit
 - No Red Meats, No Sugar, No Caffeine
 - No Dairy, No White Flour, No Alcohol
 - Daily Organic Coffee Enemas
 - Pancreatic Enzymes, Selenium Injections
 - Dessicated Liver Supplements
 - 1/2 Dozen Vitamin C IV Drips
 - Essiac Tea and Aloe Vera Juice
 - Various Amounts Of Lipids

Short Term Results

- ❑ His PSA Remained Stable For About 4 Months (In The Mid 90's)
- ❑ He lost 45 Lbs. In 3 Months
- ❑ He Felt About The Same (Urinary Symptoms)
- ❑ PSA Started Rising In February 1997
- ❑ The Highest My PSA Reached Was 122

Continued to Research and Revise Protocol

- ❑ Learned About PC-SPES and Began Taking It
- ❑ What Is PC-SPES?
 - Dietary Supplement
 - Proprietary Combination of 8 Herbs
 - 7 Chinese + Saw Palmetto
 - Relatively expensive (\$300 per month and not covered by insurance)

Revised Protocol

- ❑ Prayed A Lot
- ❑ "Visualized" a Bit
- ❑ Continued Playing Raquetball
- ❑ Continued Original Dietary Protocol
- ❑ Started Taking 9 Caps a Day of PC-SPES

Long Term Results

- ▼ Felt Great for 6.5 Years
- ▼ Continued to Meet with and Exchange Information with Doctors
- ▼ Unexpected Bone Metastases in May 2003

Information and Donations

- ▼ Prostate Awareness Foundation
www.prostateawarenessfoundation.org
Ken Malik, Director
Phone: 415-675-5661

Questions ?????

- ☐ Thank You For The Opportunity To Share My Story With You
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