



POUGHKEEPSIE MAN TO MAN



Prostate Cancer Education & Information Support Program since July, 1993

Meetings to date : 230

Man to Man (M2M) is an educational, not for profit, prostate cancer support program of the American Cancer Society. It is a forum for discussing medical developments & experiences. Protocols discussed at M2M meetings are sometimes based on anecdotal information. It is always advisable to consult a physician before adopting any form of treatment.

September 1, and October 6, 2011

Issues 9 & 10

GENERAL MEETING

Joint meetings of the Man to Man/Side by Side, the prostate cancer support and education programs sponsored by the American Cancer Society, were held the 1st Thursdays, September 8 and October 6, at 6:30 PM. Meetings are usually held in the Central Hudson Auditorium off of the Academy Street Exit, off Rt 9, in Poughkeepsie.

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Any Questions? We're here!

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American Cancer Society Information

Local ACS # 845-440-2515

1-800-ACS-2345 or WWW.Cancer.Org

September 8, 2011 M2M Program

The September meeting consisted of round table discussions on any topic the audience chose. We had good participation from the men and were able to go back and forth on issues.

One topic of interest was about the weekly 5 minute videos on prostate cancer which are E mailed directly to you by Dr Snuffy Myers. Of course, we all know Dr. Myers and his world famous reputation in the treatment and research for prostate cancer. He covers many subjects about treatment, nutrition and life style. He breaks it down to a very understandable level. He has covered many topics and they are all archived on his site for viewing at any time. This is all free of charge.

The latest video covered a very special aspect of hormone blockade not normally talked about. That is, what do you do with older men in their late seventies and over 80 when they are on inter-

mittent triple hormone blockade and their PSA starts to rise during an off period. Do you go back to triple blockade?

No, you don't. The Lupron or Zolodex agonists cause side effects of bone loss and muscle loss which contribute to falling. Falling is one of the leading causes of death in seniors. So, to avoid this he puts the men on monotherapy which is Casodex alone. This works well for those of his 1000 patients that fall into that category.

Now, when have you ever seen this explained to you in the literature. This shows the value of signing up to get these free videos which are only 5 minutes or less of your time.

***The web address to sign up is:
www.askdrmyers.wordpress.com***

The other interesting topic was that of Lycopene. We all know that Lycopene is a carotenoid found in tomatoes, watermelon and grapefruit. In the past studies it has been shown to lower PSA. But, it was not understood how this works. Now, a new study has shown that Lycopene kills one of the prostate cancer cell lines known as LNCAP. This was confirmed by giving a group of men the substance for several weeks before their surgery and then dissecting their prostates out of the body and confirming the LNCAP cell kill rate. It is best to consume tomato sauce which releases the Lycopene in abundance.

The other foods mentioned above work too but we don't eat enough of them all year round.

Jim Kiseda co-Facilitator M2M Poughkeepsie

DR. OH

Following is a summary of my comments at the September M2M meeting. I met with Dr. William Oh, Mount Sinai Hospital, NYC in August. An altogether positive experience, he and his colleague took the necessary time with me and my wife. He was informed, gracious and with no apparent ax to grind and did not espouse the standard pabulum sometimes heard.

Since learning I had PCa 12 years ago I opted for hormone blockade two times. After my last go-around, 4 years ago, my PSA has gradually risen to 7.65.

Dr. Oh based his recommendations on the following: a study done in Scandinavia of men under 65 with rising PSAs (around 15). The men were randomly split into surgery and no treatment groups. Fifteen years later, 6% from the surgery group and 10% from the do nothing group died -- a relatively small difference overall in time, though the difference was 38%.

His recommendation was to get a CAT and Bone Scan to rule out gross metastasis. If they are negative do nothing for now. But keep monitoring PSA and if it starts to accelerate significantly then reevaluate. According to Dr. Oh, there is no specific entry point from PSA numbers to begin taking measures. "We just don't know." If that time comes I would opt for angrogen monotherapy -- casodex (50 mg) and avodart -- no Lupron.

Dr. Oh has done research on monotherapy and he did the first studies on PCSPES. He is a board certified oncologist and is Chief, Division of Hematology and Medical Oncology at Mount Sinai Hospital. He attended NY University School of Medicine, did an internship and residency at Brigham, Women's Hospital and fellowships at Dana Farber Cancer Institute and Harvard School of Medicine.

TESTOSTERONE

Testosterone levels drop as men age creating a marked risk for death (Life Extension). Prostate cancer, osteoporosis, muscle wasting, chronic inflammation and neurodegeneration disorders are strongly linked to testosterone deficiency -- also depression, reduced sexual desire and a loss of sense of well being. There is an epidemic in tested males with low testosterone. Free testosterone should optimally range from 20 to 25 (topg/ml- **Refers to the measurement of free T**) of blood. Total testosterone levels are not as reliable an indicator as free testosterone. Few understand the critical role testosterone plays in enabling HDL to remove built up cholesterol away from the arterial

wall to our liver for processing and disposal (Life Extension). The combination of low HDL and testosterone, which plummets with age, "virtually guarantees an expansion of demand for vascular stents" and drugs that make tens of billions of dollars for pharmaceutical companies.

Aging men have shied away from restoring their free testosterone to youthful ranges for fear of higher PSAs. Life Extension long ago analyzed every published study and found that there is no basis for saying that testosterone causes PSA elevation. In his book "Testosterone for Life" (2008), Harvard professor, Abraham Morgenthaler thoroughly discredits the notion that high testosterone causes PC elevation.. He showed the opposite, that low testosterone causes PCa to rise. This came as a bombshell to the medical community, a fact Life Extension was espousing for years. While testosterone does not cause PCa to increase, men who have it are usually advised to avoid supplemental testosterone. according to Life Extension.

PROSTATE WALK

The walk took place on September 6 and was sponsored by Premier Care Foundation, an arm of the Premier Medical Group, formerly Hudson Valley Urology. Their mission is "to provide support and education to individuals in our community lacking sufficient funds to address significant health issues including prostate, testicular and colon cancer, and other diseases and conditions."

One of their goals is to bring awareness of these conditions through community events and fundraisers, such as the annual Prostate Walk and the Colon Cancer Awareness Day. They plan to direct funds they raise to include free PCa and colon screenings.

MEMORIAL SLOAN KETTERING

An item on the front page of the Poughkeepsie Journal the other day: Memorial Sloan Kettering Center filed a request with the State to open a \$143 million branch in Harrison, Westchester County. The hospital will present its project to the Division of Health which will meet 10/6 to decide on the plan.

Mike Kulla co-Facilitator M2M Poughkeepsie

Newcomers and PCa Sept 8, 2011

1) He is 64 years old, his psa is 4.2. Gleason score 3+3. He is studying all alternatives and is going to Memorial Sloan Kettering in NYC this week for a consultation

Jim Kiseda co-Facilitator M2M Poughkeepsie

October 6, 2011, M2M Program

This meeting featured a report from the Prostate Cancer Research Institute presented by Paul Totta who attended the conference, held in Los Angeles California Sept 9 - 11. At this conference experts in the field of PCa discuss New Developments in PCa. **THE REPORT WILL BE FEATURED IN A SPECIAL SEPERATE EDITION OF OUR NEWSLETTER! Stay Tuned!**

Paul Totta co Facilitator M2M Poughkeepsie

Newcomers and PCa Oct 6, 2011

1) He is 79 years old. Diagnosed with a large prostate. He has participated in a large PCa study at a local hospital. He is awaiting the results of his PSA and DRE from the study group. He is here to gather information. A very colorful dialouge took place between this man and the facitiators, proving that we can also have some laughs while we discuss prostate cancer. One of the most important rules in facilitating is to "Have some Fun."

Herb Ilker, PCa 101, M2M Poughkeepsie

Joke du Jour

A teacher was reading the story of the Three Little Pigs to her class.

She came to the part of the story where first pig was trying to gather the building materials for his home. She read. 'And so the pig went up to the man with the wheelbarrow full of straw and said: 'Pardon me sir, but may I have some of that straw to build my house?'

The teacher paused then asked the class: 'And what do you think the man said?'

One little boy raised his hand and said very matter-of-factly...

'I think the man would have said - 'I'll be a son of a gun!! A talking pig!'

The teacher had to leave the room.

Abiraterone Demonstrates Effective Results in Advanced Prostate Cancer.

Abiraterone acetate with low-dose prednisone extended overall survival with favorable PSA and radiographic responses in men with castration-resistant prostate cancer progressing after docetaxel-based chemotherapy, according to updated data presented at the Annual Meeting of the American Urological Association. Abiraterone acetate is a selective androgen biosynthesis inhibitor that blocks the action of the CYP17 gene, which plays a vital role in androgen and estrogen biosynthesis.

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Attendance Information September 8, & October 6.

Joint meetings of Man to Man (M2M) and Side by Side (SXS), the prostate cancer (PCa) support and education groups sponsored by the ACS were held September, and October 6 in the Central Hudson Electric Company Auditorium-X, Rt.9, Poughkeepsie, NY. There were 21 in September including 1 new M2M member and 7 SXSs. The October meeting had 30 including 1 new M2M member and 9 SXS.

PLEASE NOTE Pok. M2M has back issues of our newsletters & information on PCa. at

<http://www.boodrow.com>

**ATTENTION•ATTENTION
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Thanks the editor!

Meeting Schedule 2011

**Nov 3 Hudson Valley Urology-Dual Presentation
Dec 8 not Dec 1 but the 8-8-8**

Meeting Schedule 2012

Jan 5	July 12
Feb 2	Aug (NO MEETING)
March 1	Sept 6
April 5	Oct 4
May 3	Nov 1
June 7	Dec 6

<Other PCa Programs in our area> Support Program Meets in Kingston NY Meetings for Prostate Cancer 101

Meetings held on the first Tuesday of every month at 4:30 PM at the Hurley Reformed Church, 17 Main Street, Hurley. For further information call Diane & Walt Sutkowski at (845) 331-7241, Arlene & Bill Ryan (845)- 338-9229

HERE WE GO AGAIN

It's Winter time in NY!!!!!!

ATT: M2M Meeting weather cancellations

In the future we will base our decisions whether to cancel M2M & Side by Side meetings dependent on what the school systems in our area do. When the authorities close the schools in our area, we will probably cancel. Listen to the local radio stations; they will also announce cancellations of M2M meetings. Call the ACS call center @1800-ACS-2345. You can also call our own hotline@845- 473-9827 and listen to the message

Rising PSA Saga #9.

Nothing new to report, PSA holding @ 0.41. I continue with the herbal supplements AHCC/GCP, diet, exercise and prayer. Recently I turned 70 and trying for 80. FYI The ground work for M2M Poughkeepsie began in July of 1992. After all the red tape, ground rules, trainings and discussions with ACS our first meeting was held in July of 1993, so officially 2013 will be our 20 th year although unofficially 2012

editor