



POUGHKEEPSIE MAN TO MAN



Prostate Cancer Education & Information Support Program since July, 1993

Meetings to date : 231

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.

December 8, 2011

Issue 11

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, are usually held the 1st Thursday, of the month at 6:30 PM. December 8 was an exception. Meetings are usually held in the Central Hudson Auditorium off of the Academy Street Exit, of Rt 9, in Poughkeepsie.

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- Vits. E-Selenium Select rials flawed
- Deceased M2M members honored
- PSA SAGA #9

Any Questions? We're here!

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American Cancer Society Information

Local ACS # 845-452-2932

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

December 8, 2011, M2M Program

The meeting featured many questions from the audience about the latest reports on studies that were canceled, concerning the safety and effectiveness of Vit E and Selenium.

Below is the presentation on the concerns listed above.

Part 1

NEGATIVE REPORTS ON VITAMIN E

If you are disappointed, confused or just plain scared by the recent headlines about vitamin E, you have every right to be and you are not alone. The headlines suggested that vitamin E does not help people with cancer, heart disease or Alzheimer's, and worse, that it may be harmful at high levels. All the good news about the health benefits of vitamin E in elderly women from the HOPE study, diabetes, kidney disease seemed obliterated by this wave of new information.

A few years ago vitamin E was flying high; vitamin C and vitamin E were by far the most popular single nutrient supplements. Study after study proclaimed their many benefits. Especially convincing were very large epidemiological studies indicating that people taking higher levels of vitamin E had a lower risk for conditions like heart disease, cancer and Alzheimer's, just to name a few.

So what went wrong? Why did a series of clinical trials and reports, known as meta-analysis studies, fail to confirm the expected health benefits of vitamin E?

First, let me say that many experts take issue with the design of these types of clinical studies, and the many limitations of meta-analysis. But specifically, why did these studies of vitamin E not show any benefit? Why should anybody take vitamin E?

All of the clinical studies showing no benefit were run with alpha-tocopherol only. So what is wrong with this? A lot. Unlike some vitamins, which consist of a single compound, vitamin E consists of eight different compounds, four tocopherols and four tocotrienols (designated as alpha, beta, gamma and delta). Our food contains all eight compounds. Actually in our diet we get more of the gamma-tocopherol than the alpha.

Alpha-tocopherol was thought to be the only important form from the family of eight compounds. Most supplements contain only alpha-tocopherol. The current research proves that using just one type of vitamin E is wrong. Even more important, it is counterproductive because supplements of alpha-tocopherol alone deplete almost completely the levels of the other tocopherols and tocotrienols in our blood and tissues. This has been known for some time and was confirmed conclusively in recent studies. In the past, this major effect was brushed aside because we did not recognize the benefits of the other members of the vitamin E family. We know better now.

These trials created a double whammy; not only did the supplement not provide the complete vitamin E family of tocopherols plus tocotrienols, but it also prevented the benefit of any amount taken in the diet.

So what are the benefits of these other forms of vitamin E?

Gamma-tocopherol, the more abundant form in our diet, fights nitrogen radicals, a particularly vicious form of harmful molecules that contribute to inflammation. Inflammation is now recognized as a major factor contributing to chronic diseases including heart disease, cancer, Alzheimer's and arthritis.

High levels of gamma-tocopherol in the blood have been associated with lower incidence of prostate cancer.

- Tocotrienols and, in particular, gamma tocotrienol act on a specific enzyme called 3-hydroxy-3-methylglutaryl-coenzyme A reductase (HMG-CoA) involved in production in the liver of LDL, the bad cholesterol.

- Tocotrienols and delta-tocopherol show great promise in preventing some forms of cancer especially breast cancer.

- Tocotrienols and gamma-tocopherol show promise for neuroprotective effects.

The main theme is: Vitamin E is a family of four tocopherols plus four tocotrienols. Only the complete vitamin E family provides the full benefit. This is now the new and emerging scientific consensus. The National Institutes of Health (NIH) are supporting major research studies with gamma-tocopherol and tocotrienols.

The evidence supporting the benefits and the safety of the correct form of vitamin E far outweigh any doubts from the recent studies using the wrong form. As the master antioxidant, vitamin E is a key nutrient for health and wellness. The best vitamin E products contain all eight members of the vitamin E family — tocopherols

plus tocotrienols — in their natural unesterified form. Only the complete family provides the full benefit and most likely the highest degree of safety.

The material for this report was excerpted and edited from an article written by Dr Andreas Papas for the STOP AGING NOW organization. He is an expert on Vitamin E and anti-aging.

Part 2 **NCI's Flawed SELECT Study Attacks Vitamin E**

(NaturalNews) The National Cancer Institute's (NCI) SELECT study (Selenium and Vitamin E Cancer Prevention ©Trial) for prostate cancer in men was halted this week after initial data analysis showed that selenium and vitamin E, taken alone or together for an average of five years, did not prevent prostate cancer. Since the goal of SELECT was to prove a 25% risk reduction, and since early data suggested such a result was unlikely, the trial was stopped. Furthermore, the researchers felt that there were non-statistically significant possible risks: "there were slightly more cases of prostate cancer in men taking only vitamin E and slightly more cases of diabetes in men taking only selenium. Neither of these findings proves an increased risk from the supplements and may be due to chance."

Useless Vitamin E Used in Study

The SELECT trial used non-natural and chemically-derived vitamin E (dl-alpha tocopherol acetate) at a dose of 400 IU per day. Any time you see an "l" after the "d" in a vitamin E product throw it in the trash where it belongs. This vitamin E molecule is synthesized from coal tar. It has little or no antioxidant activity and is useless for human health - which was obvious long before the SELECT trial was started.

This is very similar to an earlier attack on beta-carotene, implying that beta carotene caused an increase in lung cancer in smokers who took it. Once again the "study" used a chemically-derived synthetic beta carotene made from acetylene gas..

Natural Vitamin E is a Powerful Cancer Prevention Tool

Vitamin E is a required nutrient for immune system function. If you lack it, especially as you age, it is not technically possible that your immune system will work at optimal capacity. Thousands of studies confirm this statement, as well as fully documented molecular pathways relating to vitamin E and immune system function. Many Americans over the age of 50 are lacking vitamin E because it is destroyed in food processing and many people don't eat enough of the fattier vitamin E containing foods - making vitamin E supplementation a necessity for immunologic health.

Unlike drugs that kill cancer cells with "overwhelming toxic force," that is if they can be killed at all before killing the person with the treatment, the majority of anti-cancer nutrients such as green tea and vitamin E have a level of intelligence in human physiology. They are smart enough to know the difference between a healthy cell that should stay alive and a diseased cell that should die. This means the very same nutrient will help keep a healthy cell alive by protecting it while helping to kill cancer cells. This is truly a marvel of Mother Nature at work. This does not mean that nutrients alone are a treatment for cancer. It does mean they are a powerful player in the natural immune toolbox, nothing to be discredited by bogus or incompetent "science."

There are eight natural forms of vitamin E, 4 tocopherols (alpha, beta, gamma, and delta) and 4 tocotrienols (alpha, beta, gamma, and delta). While d alpha tocopherol is the most common form of vitamin E in dietary supplements, it is actually gamma tocotrienol that is one of the most powerful anti-cancer nutrients known to Mankind. Why didn't NCI test natural gamma tocotrienol in their study instead a synthetic and useless form of vitamin E?

There are at least three known mechanisms by which gamma tocotrienol, unlike plain vitamin E, knocks out cancer cells. The first is by directly

inducing death signals in cancer cells, which has been demonstrated in prostate and breast cancer cells. It also activates the well-known tumor suppression gene, p53, which in turn governs the cell cycle to prevent cancer. And it even shuts off the flow of blood to tumors to help starve them of nutrition. It does all this while simultaneously keeping healthy cells alive and assisting in the flow of blood to healthy cells! This is not a miracle; it is simply Mother Nature at work to aid survival.

Don't for a moment think that cancer researchers don't know about gamma tocotrienol. They have specifically tested it in combination with chemotherapy drugs and found that they could kill cancer cells with far less drugs. This is very important because the toxicity of cancer drugs reaches a limit of success if the dose needed exceeds the ability of one's body to tolerate the inherent toxicity of the drugs. The fact that the gamma tocotrienol form of vitamin E is not given simultaneously along with cancer treatments is a crime of omission.

References:

<http://www.wellnessresources.com/studie...>

<http://www.wellnessresources.com/studie...>

It is one thing to fail to tell cancer patients what natural remedies are indeed helpful for prevention and treatment of cancer. It is yet another to bad mouth vitamin E based on the use of a form of vitamin E that could not possibly help.

Selenium and Cancer

Selenium is needed to form glutathione, which is the backbone of life in all cells in your body. Adequate cellular glutathione is required to keep cells healthy, and like vitamin E, is required for immune system competence. Vitamin E and selenium work synergistically to support immunity, antioxidant defense systems, and cancer prevention. No bogus study will ever discredit these simple facts.

The form of selenium used in the SELECT study was l-selenomethionine at a dose of 200 mcg. This form of the nutrient is fine; although the dose of the nutrient may have needed to be three or four times the amount tested. The study should have had various selenium dosage groups.

But if the form of the nutrient is fine, then why didn't the dose given seem to do anything useful? Researchers at NCI should have the brains to control for drug variables that would obviously influence the outcome of a selenium study - based on known principles of selenium biochemistry. In this case we are talking about a study group of 35,000 men at an age where they are at risk for prostate cancer. The number one drug that directly interferes with the metabolism of selenium is the widely prescribed statin drugs to lower cholesterol. The researchers should have (and still probably could) divide the selenium-taking men into those taking statins (at various dosages) and those not taking statins (if there even are any in the group). The higher the dose of statin, the greater the suppression of selenium-containing antioxidant enzymes will be.

As cholesterol is synthesized one of the side roads of metabolic activity is to produce the selenium containing enzymes that form glutathione. This is part of a system of economy in human metabolism, essential for survival. An adverse side effect of blocking cholesterol synthesis with statin drugs is that the selenium-containing antioxidant system takes a hit.

It is likely that the SELECT study contains a treasure trove of data that they haven't yet mined. If they were to break down the selenium-taking men according to statin dose then a new picture of the data is likely. Those not on any statins would be likely to have a reduction in prostate cancer. Those taking statins would not have benefit, as the statin drug, especially as the dose gets higher, would block the benefits of selenium. Furthermore, it is far more likely that statins, which damage muscle and nerves as undesir-

able side effects and thus induce insulin resistance, are the most likely cause of an increase in any potential diabetes risk - not selenium.

The SELECT study, however well-intentioned it may have been at the beginning, has turned out to be a crock of crud.

Additional reading on statin side effects and vitamin E bashing:

•<http://www.wellnessresources.com/conten...>

For more information on tocotrienols:

•<http://www.wellnessresources.com/tips/a...>

Link to more health articles by this author:

•<http://www.wellnessresources.com/health...>

This article was excerpted and edited from the original article to allow printing in our newsletter. The author and source is noted below.

About the author: Byron J. Richards, Board-Certified Clinical Nutritionist, nationally-renowned nutrition expert, and founder of Wellness Resources is a leader in advocating the value of dietary supplements as a vital tool to maintain health. He is an outspoken critic of government and Big Pharma efforts to deny access to natural health products and has written extensively on the life-shortening and health-damaging failures of the sickness industry.

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Submitted by Jim Kiseda M2M Poughkeepsie

Gamma Tocotrienol Inhibits Prostate Cancer Stem Cells

Researchers at Australia's Queensland University of Technology (QUT) have found that gamma tocotrienol, one of eight forms of vitamin E, could help prevent prostate cancer regrowth due to an ability to inhibit prostate cancer stem cells. The research was described in an article published in the "*International Journal of Cancer*."

Dr. Patrick Ling and colleagues demonstrated that gamma tocotrienol downregulates the expression of prostate cancer stem cell markers in androgen-independent prostate cancer cell lines. Pretreatment of one of the cell lines with gamma tocotrienol was found to suppress the cells' ability to initiate tumor growth.

"Currently there is no effective treatment for metastatic prostate cancer, because it grows back after conventional therapies in more than 70% of cases," Dr. Ling observed. But with gamma-tocotrienol, QUT researchers have found a better way to treat prostate cancer, which has the potential to inhibit recurrence of the disease."

Editor's note: Dr Ling noted that, "Previous clinical trials using another vitamin E constituent to inhibit prostate cancer development were unsuccessful, but these trials did not use the vitamin E constituent gamma-tocotrienol." ed

***Int J Cancer. 2010 Oct;23(5a)688-92
Taken from Life Extension Jan 2011**

Newcomers and PCa December 8, 2011

1) He is 52. Last year his PSA was rising, around 2, then 4.2 then 4.7. A Biopsy of the prostate was positive for cancer with a GG= 6. He attended our meeting to gather information about what course of action is available to him.

2.) He is. His PSA was less than 3.1 and rose to 5 & then 9. A biopsy of the prostate was positive for cancer with a GG=7. He opted for the Da Vinci RP. He endured months of difficulty including incontinence, pain and discomfort. Finally after 8 months he is now O.K. He has kept a chart on when he went to bathroom and this helped him as he was able to see how the incontinence improved month by month. He discovered our M2M program on the internet.

3) He is 52 .His PSA is 2.4 A biopsy of the prostate was positive for cancer with a GG=3+3. His Dr. recommended surgery, a RP, right away which shocked him. He did not have it done. He attended our meeting for information, and he got what he came for!!!!

Herb Ilker, PCa 101, M2M Poughkeepsie

Joke du Jour The Porch

A young blond girl in her late teens, wanting to earn some extra money for the summer, decided to hire herself out as a "handy woman" and started canvassing nearby well-to-do neighborhoods. She went to the front door of the first house and asked the owner if he had any odd jobs for her "Well, I guess I could use somebody to paint the porch" he said. How much will you charge me?

"Delighted, the girl quickly responded, "How about \$50?"

The man agreed and told her that the paint and brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realize that our porch goes all the way around the house?"

"That's a bit cynical, isn't it?" he responded.

The wife replied, "You're right. I guess I'm starting to believe all those dumb blonde jokes."

A few hours later the blonde came to the door to collect her money.

"You're finished already??" the startled husband asked.

"Yes," the blonde replied, "and I even had paint left over so I gave it two coats.

"Impressed, the man reached into his pocket for the \$50 and handed it to her along with a \$10 tip.

"Thank you," the blonde said, "And, by the way, it's not a Porch, it's a Lexus.

Attendance Information December 8.

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 December 8, in the Central Hudson Electric Company Auditorium-&, Rt.9, Poughkeepsie, NY. The December meeting had 20 including 3 new M2M members and 3 SXS.

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

<http://www.boodrow.com>

ATTENTION•ATTENTION •ATTENTION

2012 M2M Meeting Dates

Jan 5	July 12
Feb 2	Aug-No Meeting
March 1	Sept 6
"April?"	Oct 4
May 3	Nov 1
June 7	Dec 6

APRIL DATE TO BE DETERMINED

<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.

This is a great program, if you know of anyone who is dealing with PCa. and living in the Kingston or Orange County area recommend they attend this group.

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 473-9827

DECEASED MEMBERS M2M

Every year we lose about 32,000 men to PCa. Some of these men we knew personally and were members of M2M. We at M2M Poughkeepsie have decided to pay tribute to our deceased members by featuring a little bit of their history with M2M Poughkeepsie in each issue. I will start with the latest member who passed away from PCa Dec. 3, 2011

Chet Karpinski

Chet was born and raised in Brooklyn NY. Served in the US Army, and a graduate of

Brooklyn Community College. He met and married Lorraine and while seeking employment answered an add for a commercial artist for our local power company. Central Hudson. After 28 years he retired to enjoy his family and pursue his passion for painting.

Chet was one of our 16 original members when M2M first met on July of 1993. Sad to say I Dennis O'Hara, am the last one standing. Due to his art background Chet volunteered to design our first M2M poster and it was a hit. A generic version was adapted by the American Cancer Society (ACS) but many of our members agree Chet's was the best. The ACS version is widely used in the USA by many M2M programs, thanks to Chet.

Chet also participated in our yearly Survivors Day celebrations hosted at our local Cancer Center, Vassar Bros. Medical Center. He always arrived bright and early with his wife Lorraine and son Christopher to set up his amazing art work, When one sold, he donated a portion of the money to VBMC. This was done strictly volunteering on his part. He also donated several of his paintings as raffles.

Over the years he worked on many projects for M2M. I personally knew Chet and his family. I hold a dear spot for him in my heart and M2M owes him a debt of gratitude.

So Chet we will miss you, we wish you God's speed. Our condolences go out to Lorraine and the rest of the Karpinski family. Memorial donations are to be made in Chet's name to

**Hospice Foundation,
374 Violet Ave,
Poughkeepsie NY**

Dennis O'Hara Founder, Facilitator Emeritus
M2M Poughkeepsie
ed

FAREWELL REFLECTIONS

"Come to the edge," he said. They said: "We can't; we are afraid." Come to the edge," he said. They said' We can't, we'll fall off." He said finally, "Come to the edge." They came. He pushed them and they flew.
Guillaume Apollinaire (1880-1918)

Mike Kulla co facilitator M2M Poughkeepsie

Rising PSA Saga #9.

A typo error in last months issue should have been #8. My PSA is 0.43 up a bit from last months 0.41. I have been a bit lax with my diet (to many PB&J sandwiches and sweets. Also missed quite a few doses of AHCC/GCP too much partying. I will be a bit more strict this month, I hope) I will continue with the herbal supplements AHCC/GCP, diet, excercise and prayer.

ATTENTION•ATTENTION
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2012 M2M Meeting Dates

Jan 5	July 12
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March 1	Sept 6
“April?”	Oct 4
May 3 see below!	Nov 1
June 7	Dec 6

APRIL- DATE TO BE DETERMINED

MAY- Meeting DR. O, MT. SINAI
our guest speaker, Dr. O an Oncologist from
Mt. Sinai Hospital in NYC.

MERRY CHRISTMAS

HAPPY HANUKKAH

HAPPY KWANZA

A HAPPY & VERY HEALTHY NEW YEAR

A SPECIAL THANKS

We would like to wish you all a very Happy Holiday season and of course a Happy and especially Healthy New Year. In **July, 2012 M2M and SXS** will be in existence **19 years**, (actually in the planning stages in July 2012 first meeting in July Of 1993) **(YIKES)** What a journey we all have been on. Without your continued attendance and support at our meetings newly diagnosed men and their families would not have received the necessary information to make an informed educated decision how to best treat or not treat their PCa. Keep up the great work!!!!!! God Bless.

A special thanks to all the staff who help us out at the meetings (you know who you are); also to the staff at ACS Local Office and ACS Eastern Division for their continued Invaluable support these 19 (soon to be 20) yrs.

Merry Christmas & Happy New Year to all our facilitators.