



# POUGHKEEPSIE MAN TO MAN



*Prostate Cancer Education & Information Support Program since July 1993*

**Meetings to date 206**

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.

July 16 and September 3, 2009

Issues 7 & 9

## •DVD Series Continued•

### **GUEST SPEAKER - AUTHOR VICTORIA HALLERMAN**

**Joint meetings of the Man to Man/Side by Side, the prostate cancer support and education programs sponsored by the American Cancer Society, was held Thursday, July 16 & September 3, 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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#### July 16 M2M Program

M2M met on July 16th in the Central Hudson Auditorium. There was no formal lecture for the evening but a 30 minute DVD was shown. First, a general meeting took place. The floor was open to any discussion concerning prostate cancer, personal experiences and health related topics. The men enjoyed the open forum which we will use again in the future when we have cancellation of lectures.

#### **Any Questions? We're here!**

Dennis P. O'Hara, Founder & Facilitator Emeritus.  
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#### **Co-Facilitators:**

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Local ACS # 845-452-2932

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

The DVD presented a lecture by Dr. Snuffy Myers on supplementation and diet. The main theme was that there is plenty of evidence that diet can play a large role in preventing and in fighting cancer. But, with the thousands of diet programs out there what should we do?

Dr Myers contention is that the diet should have evidence of working and yet not be so strict that it would be hard to follow. Vegetarianism requires strict monitoring to assure the correct amino

acids are obtained without meat. Also, B-12 and Zinc are hard to get without meat. The Macro Biotic diet is highly restrictive on the type of food intake and takes many hours a day to prepare if following the exact rules. The Mediterranean diet, on the other hand, has a delicious assortment of foods, is not expensive and can be obtained when eating out. The diet consists of fruits, vegetables, meat other than red and red wine in moderation. He showed studies that confirmed the benefits for cancer and heart disease. This diet was responsible for the long lived people in several countries and examples were shown.

In addition slides showed the benefits of pomegranate which increased the doubling time of PSA in PCa. to a large degree; of Lycopene from tomatoes, which reduced tumor volume and PSA; of eliminating red meat; and of not burning our meat when barbecuing which avoids carcinogenic compound formation.

There was a lot learned in the short 30 minutes. We need these meaty lectures and more will be forthcoming as we review the latest DVD's to bring them to you.

**Jim Kiseda Co-Facilitator Poughkeepsie M2M.**

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### **Newcomers and PCa July 16, 2009**

1). He is 53 years old. His PSA climbed from 3 to 7 in a short period. His biopsy was positive for PCa. His stage and Gleason Score were not available. He is investigating protocols at the present time.

**Jim Kiseda, PCa 101, Poughkeepsie M2M**

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### **SEPTEMBER 3, M2M Program**

**Victoria Hallerman**

**“How We Survived Prostate Cancer: What we did and what we should have done”**

**Newmarket Press, February 2009**

Victoria Hallerman is a poet, teacher, and health activist. As a result of her husband's cancer, she became a member of Man to Man, the national prostate cancer support network and a co-founder of What About Me?, a support group for partners of cancer patients and survivors. "How We Survived Prostate Cancer..." began as a journal of her experience of prostate cancer from the partner's perspective. She and her husband Dean — a full partner in the book whose voice appears throughout — have been married since 1969. Dean has been cancer free for seven years. They live in Staten Island, one of the five boroughs of New York City.

She kept a journal on Deans journey, and attended Poughkeepsie SXS meetings several years ago.

Dean was terrified writing the book with his wife. He did all things wrong regarding his PCa. He let the doctors make all his medical decisions. The book is about his stupidity. He thanked our group for allowing him to use SXS and M2M. Dean encouraged Victoria to write the book. Writing the book actually saved their marriage and made him a better person.

Victoria spent 5 years researching the book. It was extremely difficult interviewing her husband. During the interview Dean took the tape recorder from her and spoke about the month of October. It changed the way the book was written. It opened up the lines of communication between them.

Victoria read from the book “The Month of October.” Cancer caused a lot of fear for the both of them. She mostly regrets not speaking up and getting involved in his treatment. Dean did not tell her he had PCa until several weeks after the biopsy.

During the Q&A period one member talked

about his experience with Dr Fred Lee (very positive) and the color doppler.

Another member stated the mistakes he made with his PCa. He received hormonal therapy for 3 months to give him time to make a decision. After the 3 months he decided on RP. He states this was a bad decision. He has multiple side effects from RP. He is totally incontinent and has asked for info on the Artificial Sphincter.

Victoria stated "you must interview your doctors before any treatment is decided. Find one that has an open mind and will describe all treatment protocols.

Dean stated "he now addresses all his doctors by their first names, it makes them more real to him."

Victoria asked a question of the audience. Did PCa bring you closer in your marriage or relationship?

The answers from the audience were 50/50. One member stated that his wife loved him so much she was diagnosed with BCa.

editor.

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### **Newcomers and PCa September 3, 2009**

**1).** He is 69 years old. His PSA increased from 2.3 to 4+ in a short time. He is experiencing urination problems. His Dr. informed him that he has an enlarged prostate. There is no cancer in his family. He has a healthy diet. He is waiting for results of a biopsy. He is here for more information on PCa. It was suggested that he collect additional information on the internet, RE Partin Tables, Free PSA, HIFU, Cryoablation.

**Herb Ilker, PCa 101, Poughkeepsie M2M**

### **Joke du Jour 9 Months Later**

Jack decided to go skiing with his buddy, Joe. So they loaded up Jack's van and headed north. After driving a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbors will talk if I let you stay in my house."

"Don't worry," Jack said. "We'll be happy to sleep in the barn, and if the weather breaks, we'll be gone at first light." The lady agreed, and the two men found their way to the barn and settled in for the night. Come morning the weather had cleared and they went on their way. They enjoyed a great weekend of skiing. But nine months later Jack got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he'd met on the ski weekend.

He dropped in on his friend Joe and asked, "Joe, do you remember that good-looking widow from the farm we stayed at on our ski holiday about nine months ago?" "Sure," said Joe. "Did you, er, happen to get up in the middle of the night and pay her a visit?" "Well, um, yes," Joe said, a little embarrassed about being found out, "I have to admit that I did." "And did you happen to give her my name instead of telling her your name?" Joe's face turned beet red. "Yeah, look, I'm sorry, buddy. I'm afraid I did. Why do you ask?"

**"She just died and left me everything."**

You thought the ending would be different, didn't you?...you know you smiled...now keep that smile for the rest of the day.

**Mike Kulla, Co-Facilitator Poughkeepsie M2M**

## Attendance Information

Joint meetings of Man to Man (M2M) and Side by Side (SXS), the prostate cancer (PCa) support and education groups sponsored by the American Cancer Society, were held on July 16 and September 3, 2009. There were 21 attendees in July including 1 new M2M member and 3 SXS. The September meeting had 43 including 1 new M2M member and 14 SXS.

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## BETTER BIOPSIES

Men have been told for years that a routine prostate biopsy is safe and the only way, together with a digital exam, to diagnose prostate cancer (PCa). But why should biopsies be preferentially performed when the number one reason PSA rises is prostatitis (a non-bacterial inflammatory disease), not cancer? Furthermore, many times small cancers are missed on biopsy due to sampling error. Regardless of the rationale for a biopsy, men suffer the potential risk for bleeding, scarring or infection and resulting impotency and incontinence for some men.

Seldom discussed between doctor and patient is "needle tracking," the very real possibility of spreading cancer beyond the prostate. An extensive review of the literature confirms this. When the needle is withdrawn from the targeted area the chance of spreading cancer cells occurs, and every puncture of the prostate adds to the risk. "In a 2 billion dollar prostate biopsy industry... 'needle tracking' takes place 20 to 30% of the time."

This corresponds with the observation that 70 to 80% of biopsies are performed unnecessarily, while putting the patient at risk.

A solution to the problem of "needle tracking" may lie in improving diagnostic imaging as exemplified by research from the University of California in San Diego in the jour-

nal, Nature. Here they originated the 3.0 Tesla MRI-S Scan that predicts and confirms the presence of PCa almost three times more frequently than a randomized needle biopsy, making it the "most sensitive and specific diagnostic imaging modality for a prostate evaluation in the world." Tesla allows imaging of the entire prostate and pelvic region, creating a clear road map to guide targeted biopsies to the specific area of interest, thereby reducing the number of unnecessary, inaccurate needle punctures. Furthermore, 75% of enhanced imaging biopsies done yielded a cancer, allowing many men without cancer to avoid a biopsy altogether. This is a quantum leap from the "blind" biopsy approach yielding a cancer only 20 to 30% of the time. Tesla creates a potential savings of millions of dollars to the healthcare industry.

The suggestion is made that Tesla is better than the color-flow doppler (but could this depend on who is performing the the Doppler?) According to Ronald E. Wheeler, M.D., Medical Director, Diagnostic Center for Disease, his place is the "only imaging center in the world that is dedicated exclusively to the diagnosis and treatment of prostate disease." The Center is located in Sarasota (877) 766-8400 or (941)957-0007. Source for article: PAACT 6/08.

**Mike Kulla co facilitator Poughkeepsie M2M**

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## P53 Gene

**NaturalNews.com**

**<<http://www.naturalnews.com/index.html>>  
printable article**

**Originally published April 27 2009  
Natural Compound Restores Normal  
Function to Mutant Gene, Fights Cancer**

**by Sherry Baker, Health Sciences Editor**

**(NaturalNews)** A gene called p53 that is known to be important in controlling cell growth and death has the ability to suppress tumors. It works

as a kind of checkpoint to keep abnormal cells from growing and dividing unheeded and causing malignancies. But something --an environmental toxin, chemicals, radiation, no one knows for sure -- can mutate the gene. The result? It no longer protects the body against pre-cancerous cells, allowing them to progress into cancer. In fact, researchers have learned mutations in the p53 tumor suppressor gene play a role in about half of all human tumors

<http://www.naturalnews.com/tumors.html>.

The p53 mutation was just in the news when researchers from the Lombardi Comprehensive Cancer Center at Georgetown University Medical Center (GUMC) presented results of what is believed to be the largest p53 and breast cancer

[http://www.naturalnews.com/breast\\_cancer.html](http://www.naturalnews.com/breast_cancer.html) study in the US. At the Annual Meeting of the American Association for Cancer Research (AACR) in Denver, Colorado, the scientists said they've found that almost 26 percent of women studied who have breast cancer <http://www.naturalnews.com/cancer.html> were found to have mutations in this gene. What's more, the women with the gene mutation had poorer outcomes and significantly higher risk of dying from their cancer.

"The p53 gene is the guardian of the genome because it signals the cell to repair DNA damage when that occurs. If we can find genetic or environmental risk factors that lead to damage of p53 or stress on the gene, we may be able to help prevent development of breast & PCa cancers <http://www.naturalnews.com/cancers.html>," the study's lead investigator, Catalin Marian, MD, PhD, a research instructor of cancer genetics and epidemiology at the Lombardi Comprehensive Cancer Center at GUMC, said in a media statement.

Meanwhile, another research team at Lombardi Comprehensive Cancer Center at GUMC presented a remarkable discovery about how a mutant p53 gene might be "fixed". They've

observed that */\**a natural substance can restore the cancer-stopping function to p53 in a variety of human tumor cells [http://www.naturalnews.com/tumor\\_cells.html](http://www.naturalnews.com/tumor_cells.html) *>\*/*.

Specifically, the scientists have demonstrated that phenethyl isothiocyanate (PEITC), a natural compound found in cruciferous vegetables such as watercress, broccoli and cabbage, can selectively deplete mutant p53. And when this happens in human cancer cells, the researchers said there's a restoration of what they call the "wild type", i.e. normal, function of p53.

This research strongly suggests that PEITC restores the normal p53 checkpoint control pathways in mutant p53-expressing tumor cells. Bottom line: this novel finding could well mean PEITC and other natural compounds in the isothiocyanate family could play important roles in both cancer prevention and the treatment of human cancers linked to mutant p53 genes.

**For more information:**

<http://explore.georgetown.edu/news/?ID=41263&PageTemplateID=295>

<http://explore.georgetown.edu/news/?ID=41263&PageTemplateID=295>

[http://www.eurekalert.org/pub\\_releases/2009-04/gumc-cis041809.php](http://www.eurekalert.org/pub_releases/2009-04/gumc-cis041809.php)

**Submitted by Jim Kiseda co facilitator  
Poughkeepsie M2M**

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**TO ALL RECIPIENTS OF OUR  
NEWSLETTER.**

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

**<http://www.boodrow.com>**

**ATTENTION•ATTENTION  
•ATTENTION**

Due to rising cost of printing, distribution and the

ease of e-mailing our newsletter, be advised that as of the year 2010, hard copies, of the Poughkeepsie M2M newsletter will no longer be mailed. So please send us your e-mail address if you are not already receiving our "E" newsletter. For those of you who do not have access to the internet, you can go to your local library, or a relative, or a local "E" coffee shop, or a neighbor and access the newsletter and print it out.

**Send your e mail address to**  
**<IGGY41@AOL.COM>** and put in the subject box **e-news**. Lets get this done **ASAP, WE Will NOT EXTEND OUR DEADLINE!** We also have a web site that has all our back issues of M2M Poughkeepsie.

**Go To**  
**WWW.BOODROW.COM**

By the way, the person who maintains our web site is Nelson, why not send him a note to thank him for a great job that he does maintaining the site. His job is strictly volunteering and he absorb any cost incurred to maintain that site.

**Thanks the editor!**

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**Meeting Dates and Changes for 2009**

- October 1-Frank Hildenbrand-his walk with PCa.
- November 5-TBA
- December 10TBA-Dr. Evan Goldfischer,Hudson Valley Urology

**<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

**DRA IMAGING HAS NEW MRI**

**DRA Imaging Installs New Technology for Prostate MRI Imaging and Analysis DRA Imaging is proud to introduce MRI and VividLook CAD to Improve Prostate Cancer Diagnosis and Staging**

**Poughkeepsie, NY (July, 2009)** – DRA Imaging, Leaders in Diagnostic Imaging Champions in Patient Care, announces the installation of a new technology that uses MRI to diagnose prostate cancer. Until now, prostate cancer has primarily been evaluated by digital rectal examination (DRE) in combination with other clinical data including prostate-specific antigen (PSA) tests and pathologic information. Now, by combining magnetic resonance imaging (MRI) with the new VividLook™ Computer-Aided Detection (CAD) analysis solution from iCAD, Inc., DRA Imaging is able to offer Hudson Valley residents, referring physicians and radiation oncologists additional information to assist in differentiating malignancies from benign growths and to pinpoint tumor location and size.

The National Cancer Institute has estimated that in 2008 more than 185,000 men will be diagnosed with prostate cancer, 28,660 men will die of PCa, and 1 in 6 men will be affected by this disease over their lifetime. Commonly used diagnostic tests have been shown to have high false positive and false negative rates. In addition, biopsies are blind and random and they can miss at least 20 percent of cancer.

"Prostate MRI is a relatively new diagnostic tool. As with breast MRI for women, Prostate MRI can add more information to aid in the diagnosis of disease," said Joseph C. Antonio, MD, DABR radiologist at DRA Imaging. "By incorporating CAD into the MRI procedure, we can more accurately locate sites of cancer from within the complex vasculature of the prostate, and are better able to determine the extent of prostate cancer in ways that we previously couldn't using Ultrasound / CT or biopsy results alone. Armed with this knowledge, we can confidently map our plan of attack in fighting these cancers"

**For more information on Prostate MRI**  
**please contact DRA @**  
**Phone 1-888-XRAY-888**  
**Local # 845-454-4700**