



POUGHKEEPSIE MAN TO MAN



Prostate Cancer Education & Information Support Program since July 1993

Meetings to date : 228

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.

June 2 and July 7 , 2011

Issues 6 & 7

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, June 2 and July 7, at 6:30 PM. Meetings are usually held in the Central Hudson Auditorium off of the Academy Street Exit, off Rt 9, in Poughkeepsie.

In This Issue:

- Programs for June and July
- I IMPaCT Conference
- Circulating Tumor Cells (CTC)
- Newcomers & PCa 101
- Joke Du Jour-MRI Problems
- Meeting and speakers for 2011
- MRI Problems
- My Rising PSA, saga #7

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

June 2, 2011 M2M Program

IMPACT CONFERENCE TIDBITS

The IMPACT conference on prostate cancer was held in March 2011 at Orlando, Fla. Hundreds of papers were presented in a form to report on various aspects of prostate cancer (PCa.) research. Below are a few snippets.

VITAMIN E

The loss of tocopherols stimulates PCa growth. Vitamin E is made up of 4 tocopherols and 4 tocotrienols. A trial of 10000 men by Johns Hopkins, years ago showed that gamma tocopherol is the most potent form. It reduced inflammation, new tumor blood supplies and increased apoptosis (tumor cell suicide). Most supplements come in the form of alpha tocopherol which does not have the same anti-PC effect of gamma tocopherol. It is best to use not a single component Vit E but a mixture of some of the 8 constituents with the major source as gamma tocopherol. A very small number of companies make these.

RED YEAST RICE (RYR)

RYR, which is a natural product, has the same effect as a Statin drug. In other words it reduces cholesterol. Cholesterol is now known to produce side paths of androgen hormones which tend to drive PCa. RYR lowered proliferation by 40% in LNCAP cell lines of PCa. These trials were done with specially bred mice. The mice are bred to accept and proliferate human PCa cells and act like human cells when undergoing treatment.

PHYSICAL ACTIVITY

Physical activity inhibits PCa progression. It reduces inflammation, obesity and insulin resistance, all bad things. A study with 1275 men over 25 months showed a 57% lower progression of localized disease. The activity was walking. Not just any walking but walking at a 3 mph rate. This is not hectic but only 1 mile every 20 minutes. A walking rate under this showed no benefit

ABIRATERONE

This drug was hailed as one of the big breakthroughs of 2010. It was FDA approved in May. This is used instead of conventional chemo. It is a pill taken orally. When taken alone it prolonged life 4 months, but, taken with prednisone it extended life 22 months. This was astounding since all chemo drugs have only a few months effect. The main side effects are high blood pressure and fluid retention. These can be taken care of by your physician. It has to be monitored for liver effects and interaction with other drugs you are taking.

Jim Kiseda co Facilitator M2M Poughkeepsie

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Innovative Minds in Prostate Cancer Today (IMPACT)

March 9-12, 2011 Orlando, Florida

In March, 2011 PCR (PROSTATE CANCER RESEARCH PROGRAM)- funded investigators and consumer advocates from across the country will gather for 3 days of learning, discussions,

collaboration, and planning to forge new paths toward scientific discovery and translation in meeting the challenge of eliminating death and suffering from PCa.

Approximately 1,000 participants attended for this innovative, progressive meeting. The schedule included numerous scientific sessions ranging from large gatherings to smaller groups to foster partnerships, and collaborations, and mentoring. Planned sessions included: 6 plenary, 12 symposia, 5 "meet the expert," and 2 poster sessions. In addition, town hall type and trainee networking sessions were conducted. As IMPACT meeting co-Chair Dr. Theresa Miller notes. "There was optimism and excitement in bringing the best minds in prostate cancer together to identify what is needed to achieve our goal of conquering prostate cancer." This interactive meeting of consumers, scientists, and clinicians featured numerous speakers with varied expertise and approaches to finding a cure for cancer. The roster of speakers included leaders in the field such as Donald Tindall, Arul Chinnaiyan, James Mohler, Kenneth Pienta, Peter Nelson and Howard Scher, among others. Up-and-coming PCR-funded leaders in the field such as Marianne Sadar, Arun Sreekumar, and Scott Dehm also occupied the speaker podium while others led poster presentations and poster discussion sessions.

Critically important to these gatherings and the force behind all of the PCR's efforts are the consumer advocates. Over 150 consumer advocates participated in the meeting to listen, discuss, and collaborate with scientists and clinicians. Together, they will develop a clear understanding of where cancer care and treatment stand today, what is needed to alleviate death and suffering, and where we must focus our current efforts.

Dennis O'Hara

D. O'Hara & J. Kiseda M2M Poughkeepsie

MEDIA ADVISORY

For Immediate Release

NATION'S TOP SCIENTISTS UNVEIL DISCOVERIES IN PROSTATE CANCER – FUELING GROUNDBREAKING DISCUSSIONS ACROSS ALL FRONTS

Discoveries released for the first time at national press conference uncover new understanding of prostate cancer prevention, detection, diagnosis, treatment and quality of life.

ORLANDO, Fla. – (March 10, 2011)—Today, the nation's most prestigious minds in prostate cancer research unveiled the long-awaited findings of their groundbreaking studies at the Prostate Cancer Research Program's (PCRP's) Innovative Minds in Prostate Cancer Today (IMPACT) conference in Orlando, Fla.

Leading prostate cancer clinicians, researchers and consumer advocates (prostate cancer survivors) formed a unified front against the ravages of prostate cancer through their studies and stories at one of the nation's largest prostate cancer research conferences of its kind. These findings are key developments in translating laboratory research into treatments and therapies for men and their families affected by prostate cancer.

Featured press conference presenters include:

Dr. Lionel L. Bañez, Assistant Professor of Urology in the Division of Urologic Surgery, Department of Surgery at Duke University Medical Center and Director of the Duke Prostate Center Outcomes Database.

Joel Nowak, Prostate Cancer Consumer Advocate, Malecare.

Dr. Folakemi Odedina, Professor of Pharmaceutical Outcomes and Policy and Director of Community Outreach and Minority

Affairs at the University of Florida.

Dr. Brian Olson, Fellow at the University of Wisconsin, Madison whose research includes tumor immunology with a focus on vaccine development.

Dr. Howard I. Scher, Chief of the Genitourinary Oncology Service and Professor of Medicine, Memorial Sloan-Kettering Cancer Center.

In an exclusive press conference, scientists and clinicians spoke of the exciting developments in their work. Key studies included:

Prevention: The largest national clinical trial studying the effects of a vegetable-intense diet on the prevention and treatment of prostate cancer was showcased. The multi-centered study called Men's Eating and Living (MEAL) is examining the role of diet in the development and progression of prostate cancer.

In another study, researchers revealed that men who take a certain class of cholesterol-lowering medicine, otherwise known as statins, may be 60 percent less likely to be diagnosed with high-grade prostate cancer. This study involved more than 55,000 men and is offering an exciting understanding of prostate cancer prevention.

Early detection: Scientists discussed their recent findings that show a strong correlation between weight gain, obesity, and potentially life-threatening delay in the detection of prostate cancer. The study concluded that for every 10 pounds lost in body weight, prostate-specific antigen (PSA) levels significantly decreased. ????? These levels are crucial in the detection of prostate cancer and present a startling finding that directly impacts the health of American men.

Treatments: New research is moving ever closer to a cancer vaccine and is offering hope to men suffering from prostate cancer. Top scientists offered their preliminary findings for the development and use of a new immunothera-

peutic vaccine to treat patients with prostate cancer.

Scientists are also expanding our understanding of the cancer migration process by examining specific molecules and how they stimulate the migration of prostate cancer cells. This increased knowledge is paving the way for the next steps toward effective therapeutic treatments for prostate cancer patients.

Quality of Life: Results from a study on erectile dysfunction (ED) provide a scientific basis for the emerging clinical interest in preventing or 'curing' ED after men undergo radical prostatectomy.

Clinical trials: To address the critical need for new drugs for prostate cancer, top researchers and clinicians showcased the successes and developments coming from the Prostate Cancer Clinical Trials Consortium (PCCTC). It's the work of 13 leading academic institutions specializing in cutting-edge prostate cancer research. The largest-ever effort of its kind, PCCTC members have worked together on a single mission: to design, implement and complete hypothesis-driven phase I and phase II trials in prostate cancer—translating scientific discoveries to improve standards of patient care. The consortium has enrolled more than 2,532 patients, opened 84 clinical trials, and helped advance eight therapeutic candidates to phase III studies.

Health disparity issues: One of the most comprehensive population-based health disparity studies ever conducted on prostate cancer in the U.S. called the North Carolina-Louisiana Prostate Cancer Project (PCaP) addressed differences in such factors as levels of physician trust and access to care between Caucasian and African American men.

Other researchers revealed an alarming disparity in prostate cancer knowledge among African American men, a population suffering from the highest incidence rate for prostate cancer among all racial and ethnic groups. Researchers are fol-

lowing newly diagnosed African American and Caucasian men on their journey to assess the information gap that appears to exist. In another study, modifiable prostate cancer risk reduction and early detection behaviors among African American men were discussed.

For more information, please visit www.IMPACTmediakit.com and <http://cdmrp.army.mil/pcrp/default.shtml>.

About the PCRP and IMPaCT Conference

The Department of Defense Prostate Cancer Research Program (PCRP) is the second-largest funder of prostate cancer research in the U.S. The program brings together prestigious prostate cancer researchers, survivors, and policy makers to tackle research challenges and offer hope to the millions of people affected directly and indirectly by prostate cancer. The IMPaCT conference represents an unparalleled collaboration between the research community and prostate cancer survivors and advocates—making PCRP successful in identifying innovative research that tackles prostate cancer's most critical issues.

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Newcomers and PCa June 2, 2011

1) He is 77 years young! His PSA had risen from 3 to 5. He underwent a biopsy in early 2011, which showed one core out of 12 positive for PCa. He does not remember his GG. His doctor has recommended watchful waiting.

2) He is 72. His PSA was 7. He underwent a biopsy (1 of 24 cores), was positive for PCa. Bone Scan and Chest X-ray were done. He is waiting for the results of these diagnostic tests. His doctor has recommended a robotic prostatectomy (RRP)

Herb Ilker, PCa 101, M2M Poughkeepsie

July 7, 2011 M2M Program

Circulating Tumor Cell (CTC) Measurement

Dr. Julia Schaefer-Cutler, a medical oncologist and hematologist from Hudson Valley Hematology Oncology, presented a description of the CTC measurement technique which is FDA approved for late stage breast, colon and prostate cancer. In stage four cancer there is metastasis of cancer cells to the patient's blood stream. By treating a small amount of blood (7 ml.) with an antibody and a ferrofluidic iron compound the tumor cells can be tagged, magnetically separated and counted. If the CTC measurement is made before and during treatment, there is a predictive measure of whether the treatment is effective or not. There is then the opportunity to switch to an alternative treatment if the therapy is ineffective. The CTC measurement is faster than the PSA in evaluating therapy effectiveness, but would typically be used in conjunction with PSA and other measurements.

Patients whose CTCs remain above the cutoff level or rise above the cutoff level have an unfavorable prognosis. Those patients whose CTCs remain below the cutoff or drop below the cutoff have a favorable prognosis.

The Veridex CellSearch CTC Test was developed by a subsidiary of the Johnson and Johnson Co.. It was honored with the Prix Galien USA 2009 Award for Best Medical Technology and ranked as the top medical innovation for 2009 by Cleveland Clinic. It is offered by Hudson Valley Hematology Oncology throughout its practice as a changing way of approaching cancer care.

Dr. Schaefer-Cuttillo, a native of the Hudson Valley, earned her MD at SUNY Downstate, did residency in Internal Medicine at Yale-New Haven, and then practiced in a fellowship in hematology and oncology at Strong Memorial Hospital at U. of Rochester. Among her honors and awards are Phi Beta Kappa and Alpha

Omega Alpha membership. She is an active researcher and participant in the American Cancer Society.

Paul Totta, co. Facilitator M2M Poughkeepsie

Newcomers and PCa July 7, 2011

1) His age is 80. His PSA had reached 14. A biopsy was performed and was positive for PCa. with a gleason score of 7. His doctor has suggested EBRT. He is presently on HT injections monthly prior to the RT. Several men informed him how well they have done on HT alone without any other TX. Upon hearing these testimonials, He has decided to recheck his PSA and make a determination whether to forgo EBRT and stick with HT.

(smart move at his age)

Dennis O'Hara M2M Poughkeepsie

Joke du Jour

MRI PROBLEMS. SEE LAST PAGE!

Attendance Information

June 2, & July 7.

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 June 2 and July 7 in the Central Hudson Electric Company Auditorium-6, Rt.9, Poughkeepsie, NY. There were 29 in June. including 3 new M2M member and 13 SXSs. The July meeting had 30, including 1 new M2M members and 9 SXS.

ATTENTION•ATTENTION **•ATTENTION**

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

<http://www.boodrow.com>

Thanks the editor!

2011 M2M Meeting Dates

- August - *no meeting !*
- September - 8
- October - 6
- November - 3
- December - 1

<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

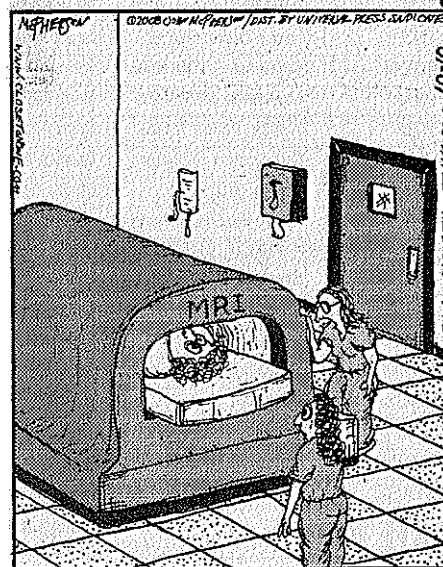
**MAN TO MAN POUGHKEEPSIE ANNUAL
CELEBRATION OF LIFE DINNER
TO BE HELD AT THE WAPPINGER BUFFET
LOCATED IN WAPPINGERS FALLS, IN THE
HANNIFORDS PLAZA RT 9. SEPT 15, 6:PM.
PAY AT THE DOOR. BACK ROOM
RESERVED. HUGE SELECTION OF FOOD
AND DESERTS.**

YUMMY!!!!

ALL ARE WELCOME!

**NEED INFO CALL THE RESTAURANT
845-297-1488**

by John McPherson



"Everything is going to be fine, Mrs. Witzer!
An orderly is getting a can of Crisco™ and a
winch, and we'll have you out of there soon!"

Joke du jour

Rising PSA Saga #7

My PSA has been rising for several years BUT for the past three months has stabilized, PTL. My most frequent PSA FOR July was 0.41, down a bit from 0.44 done at Labs in N.Y. I will continue with my protocol of AHCC /3 grams per day along with GCP/ 3 grams per day, and the other daily supplements. I exercise several times a week with walking and bicycle rides. This is good news as it shows my choice of treatment, a conservative one is working. Now the challenge is, how long will it continue to be a positive one. This disease we deal with is such a challenge to us all. Our choices of treatment vary widely, among so many of us. I have seen and know men who have had recurrence after having PSA undetectable for 5-10-15-20 plus years, who have done everything right, but it returns with a vengeance. So the lesson here is to be vigilant, learn all you can about prostate cancer, attend the M2M and US-Too meetings as often as you can. Have a very positive attitude.

BE INFORMED!

**HANG IN THERE, THE CURE IS JUST
AROUND THE CORNER**

**Dennis O'Hara founder facilitator emeritus.
Poughkeepsie M2M**