



# POUGHKEEPSIE MAN TO MAN



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

**December 8, 2005 Issues 12- Meetings to date # 163**

Dennis P. O'Hara, Founder & Facilitator Emeritus. Local ACS # 845-452-2932 e-mail:  
<iggy41@aol.com>

Co-Facilitators: Jim Kiseda 845-223-5007 and Paul Totta 845-297-7992



**Our web sites** [http://www .geocities.com/charl2ep/Cancer/](http://www.geocities.com/charl2ep/Cancer/) or <http://www .boodrow.com>

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.

## In This Issue:

- Programs for Dec. 8, 2005
- Newcomers & PCa 101
- World Health Organization Speaks
- Joke Du Jour
- Research Squibs
- Meetings and speakers for 2005

## PROGRAM December 8, 2006

Our guest speaker for the December 8 meeting was Maarten C. Bosland, DVSc, PhD, he is Professor of Environmental Medicine and Urology at New York University School of Medicine (New York, NY). Over the past 25 years, his research has been devoted to elucidating the causes of prostate cancer and finding ways to prevent this disease. He developed animal models to conduct this research and has widely published about this part of his work. In the past 7 years he has moved a significant portion of his research to clinical trials in men with prostate cancer. One of his major recent areas of research is the possible preventive effects of soy and soy components against prostate cancer and recurrence of prostate after surgery.

**Due to technical difficulties beyond our control, we will have more information on this topic along with Maarten Boslands presentation, in the next issue of our newsletter.**

**stay tuned**

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, was held on Dec. 8, 2005 in the Central Hudson Electric Company Auditorium-6, Rt.9, Poughkeepsie, NY. There were 36 in attendance, including 5 new M2M members and 6 SXSs.

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

<http://www.geocities.com/charl2ep/Cancer/>  
or <http://www.boodrow.com>

**Newcomers & PCa. 101**  
**December 8, 2006**

There were 5 newbies who attended this meeting. We did not get the information that we usually obtain due to the fact that Herb, our 101 person was absent from the meeting.

Among the five were two brothers who were at the meeting to obtain information for their brother who is 55 years old. He was diagnosed with PCa and is scheduled for a RP in mid Dec.

**PCa 101 M2M Poughkeepsie**

---

**WORLD HEALTH ORGANIZATION SPEAKS**

I read a World Health Organization (WHO) communique issued October 2005 about mortality. The numbers it shared were staggering. My purpose in writing this is not to shock and awe you, but to give the big picture in order to increase understanding and perhaps greater compassion. We have to die of something, but why not with dignity and a minimum of complications?

The focus of WHO's message is that chronic illness is the leading cause of death in the world - - far beyond that of infectious diseases -- and its impact is growing. Chronic illnesses, which are preventable, are identified as cardiovascular disease, diabetes, respiratory disease and some cancers. Some examples of infectious diseases are HIV-AIDS and malaria.

The WHO report estimates that of the 58 million deaths worldwide from all causes projected for this year, 35 million will be from chronic disorders. The strain of these diseases is borne primarily by poorer countries with 80% of the chronic conditions occurring in low and middle income nations where most of the world's population lives.

The sun does peak through the clouds though.

As WHO reports, "If we get serious, we can save 36 million lives" by 2015 with a global strategy stressing that national governments working with industry and citizens move forward with prevention programs to stem the tide of chronic disease.

Canada, who has had some success, could be a model to other countries. In the last 30 years the rate of cardiovascular deaths decreased by more than half between 1970 and 2000 in that country! Also, more than half of Canadian adults smoked in the mid-1960s. Today, less than 20% light up regularly. Thus, getting Canadians to "butt out" has been a success story.

The Lancet, which has published a series of papers coinciding with the WHO report, cautions "without concerted and coordinated political action, the gains achieved in reducing the burden of the disease will be washed away as a new wave of preventable illness engulfs those least able to protect themselves."

Needless to say, one of M2M missions, in its own small way, is to reduce the burden of disease.

**Mike Kulla Poughkeepsie M2M**

---

**Passed Away**

Peter Mitchell, member M2M for several years. Our condolences go out to his family.

---

**ARNOLDS HEALTH FOODS**

Purity Perfect Multi Vitamin and Green Teas are available along with many other supplements at Arnold's. He also offers a 20% discount (mention M2M) on all his Vitamins etc. Arnold is a one man band, his store has been around for a long time. He will give you personalized attention in choosing your supplements **Call him at 845-462-6511 or visit Arnolds RT #376, New Hackensack Plaza Poughkeepsie NY. 12603.**

### **Gentle Reminder**

Remember to have a complete medical checkup every year. Do not just zero in on your PCa. Perhaps your BP needs checking or your heart and don't forget the colonoscopy.

---

### **Joke Du Jour**

There are so many prescriptions and OTC pharmaceuticals, I have trouble keeping them sorted out in my mind. There's Celebrex, Casodex, and Soladex. Before I can take my daily medicine, I have to look it up in my Roladex!

### **Herm London Poughkeepsie M2M**

---

## **RESEARCH SQUIBS**

### **GREEN TEA**

On July 14th, at the International Research Conference on Food Nutrition and Cancer in Washington, DC, Dr Gasiewicz presented evidence that a component in green tea may short circuit the cancer process in a striking new way that scientists had not foreseen.

In past studies of diet in Asian countries, where green tea is consumed in abundance, there is a connection that shows much lower risk for many diverse cancers. This is driven by a substance in green tea called EGCG (Epigallocatechingallate). EGCG targets one protein that is very common in the human body and does so with a precision that cancer drugs can't match.

The protein in question is called HSP90 and is present in high amounts in cancer cells. HSP90 helps to trigger a cascade of events that lead to cancer. This explains why EGCG affects so many different cancers. This protein is present in many cells and tissue. EGCG binds to HSP90

and shuts off the potentially harmful genes that get turned on in the cancer process. We already knew, from past studies, that green tea had important properties that fought cancer. These properties were: anti-angiogenesis, anti-inflammation and promotion of apoptosis (cancer cell suicide). Now, we know of this powerful addition to the benefits of green tea.

According to surveys, 95% of Japanese drink green tea as opposed to only 1% of Americans. The therapeutic daily consumption is 3 to 4 cups. Less than that is not considered effective. For those not liking to drink that much, there are liquid extracts where 1 drop is equivalent to many cups of tea. Thus, one cup of hot water plus a drop is all that is needed for a full ration. Black tea does have some polyphenol activity too, but not as powerful a belt as EGCG in green tea. All together, there were six scientific papers on green tea and cancer that were delivered at the conference. More information is available at the web site [www.aicr.org](http://www.aicr.org).

### **SEED ADVANCEMENTS**

Three innovations may enable physicians to plan treatment in real time and to enable implanting seeds more accurately and efficiently. Directional radioactive seeds, a super fast planning method and a device for placing the seeds are in this trio developed by Professor Douglas Henderson and professor Bruce Thomadsen at the University of Wisconsin.

Conventional seeds are small cylinders just under 1 mm long and emit radiation in all directions. This becomes a problem when seeds must be placed close to a boundary of healthy cells. There tends to be burning. So, the professors postulated that if they could develop a seed that emitted only along one side, then they could place seeds very close to boundaries and be confident of killing all cancer cells in the area. They were told it would be impossible to do this with so small a seed. But, they borrowed techniques from the nuclear material handling indus-

try and were successful in developing a shield for the seed. Prototypes were developed and they are now working with a Brachetherapy therapy products company to develop a commercial version. It is important that once the seeds are implanted that they not rotate. A wedge shaped anchor will be incorporated to hold the seed in place for three days at which time tissue will take over and stake the seeds in place.

Implanting seeds requires a grid template and real time ultrasound imaging to ensure location and depth of seed placement. Due to the grid and ultrasound limitations the seeds may be placed slightly off target. To combat this, the researchers developed a robot to place the seeds more accurately than a physician. The additional advantage of the robot is that a shielded seed, which must be oriented, would be very difficult for physician placement. The robot eliminates the problem.

To plan seed placement, a grid is computed using the ultrasound view of the prostate. Several sets are calculated then viewed and recalculated until an optimal set is accepted. This is called an iterative process and can take up to forty minutes. The research team were inspired by a reactor physics technique called "backward" transport. They were able to reduce the planning step from 40 minutes to a few seconds.

The patient would benefit tremendously from this because he would not have to come in days early for a pre-scan. They could just come in for the procedure in live time.

## **FLAVONOIDS**

Dr Sanjay Gupta of the Case School of Medicine Department of Urology, thinks that a diet high in fruits and vegetables could be a good defense against cancer. He bases this on the flavonoids found in these items. Flavonoids have been found to have antiviral, anti-allergenic, anti-inflammatory, antioxidant and anti tumor activity. One of these flavonoids is called Apigenin. It has

been shown to lower inflammation and oxidative stress and exerts inhibitory effect on tumors. In mice studies. Apigenin was used both before and after cancer cells were injected. This mimicked both the preventive aspect and the therapeutic aspect. In both cases the Apigenin slowed tumor growth and had no side effects. Apigenin decreased IGF-1 (insulin-like growth factor), which is associated with prostate cancer. It also increased IGFBP-3 (insulin-like growth factor binding protein) which decreases cancer risk by triggering apoptosis. The findings here suggest that Apigenin may be useful in blocking other molecular pathways and this will be studied.

## **ADVANCED PROSTATE CANCER**

Researchers are looking at a new type of therapy that may keep cancer from coming back. They call it "blockade". It uses four different therapies. This therapy has been used for years with other cancers but has never been tested with prostate cancer for effectiveness. The therapy takes two years. If the patient shows rising PSA, then they are given Gleevec for six months. For the remaining year and a half they take hormonal blockade and the bone strengthener, Zometa. Dr Oleksowicz is the lead researcher.

## **Jim Kiseda Poughkeepsie M2M**

---

### **Attention: M2M Meeting cancellations**

In the future we will base our decisions whether to cancel a M2M & Side by Side meetings dependent on what the school systems in our area do. When the schools either delay or close the schools in our area, we will probably cancel. Call the local ACS at 845-452-2932, press 3, then 10 to reach the operator or answering machine. Listen to the local radio stations; they will also announce cancellations of M2M meetings. You can also call our own hot line 473-9827 and listen to message.

**Dear M2M & SXS Members,**

It has been my great pleasure to work for the ACS and with you for the last 4 years. Your friendship, support and inspiration can never be matched. Although I will be leaving on Jan. 3, please know you will always be in my thoughts & prayers. Thank you for all you do!

**Sincerely**

**Jennifer Ringwood**

**Director of Patient and Family Services**

**American Cancer Society**

**95 Schwenk Drive**

**Kingston, New York 12401**

**Excutive Committee of M2M Poughkeepsie**

We would like to express our sincere thanks to Jen Ringwood, ACS Patient Services, for the invaluable service and support she provided to our M2M & SXS programs. We wish her the best of luck. Dennis O'Hara

***Meetings and speakers for 2006***

- Jan,- Dr. Charles "Snuffy" Meyers will talk about " PC 101 - Diagnosis&Staging of PCa." a video recording of his presentation at the PCRI National meeting in June 2005.
- Feb, 2- General Meeting/Group Discussion
- March, 2- Nutrition, Dr. Stan Kacherski. Stan Kacherski, DDS, He also has a Masters of Science degree in Human Nutrition from Columbia University Medical School. His talk topic will be Supplements That Support the Prostate. His approach is novel.
- April,6- Change of meeting place to VBMC. Our annual Pizza Party.
- May, 4- Discussion, Dr. Hugh Fisher Urological-Oncologist
- June, 1- Dr M. Milkowsky- Monoclonal Antibodies
- July, 6 -Continuation of Tape series
- August,3 General Meeting
- September, 6 ,TBA
- October, 5-TBA
- November 2,-General Meeting View Tapes
- December,14 -General Meeting, View Tapes

We would like to wish you all a very Happy Holiday season and of course a Happy and especially Healthy New Year. This **July 2006 M2M and SXS** will be in existence **14 years (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 and especially to **Lynne Beach and Gail** and the staff at **ACS Syracuse**, Lynne & Gail send out the newsletters for us. To **Jen Ringwood** patient services person ACS Kingston and to ACS Eastern Division, for their continued Invaluable support these 14 yrs.

**There are too many of you for the facilitators to send cards to so heres a card to you all!**

**MERRY CHRISTMAS  
HAPPY HANUKKAH  
HAPPY KWANZAA  
HAPPY NEW YEAR**

**Yikes it's 2006**

Dennis & Jackie O'Hara  
Paul & Maryann Totta  
Jim & Virginia Kiseda  
Mike Kulla  
Frank Hildenbrand  
George Nikolsky  
Herm London

Save the Date Our Annual Survivors Day Event Sunday June 11, 2006 12PM to 4PM Vassar Bros. Medical Center Speakers, free food, games for the kids, raffles entertainment STAY TUNED For Details

Attention:

**We always meet the first THURS - DAY OF THE MONTH UNLESS OTHERWISE SPECIFIED**

Next meeting Thurs,  
Jan 5, 2006 at 6:30pm held at  
Central Hudson Auditorium Rt 9  
in Poughkeepsie--

**SXS Joins US** For Directions Call  
452-2932 press 3 and then 10 to reach  
local receptionist

Celebrate the New Year  
**IN STYLE**



Peace  
FOR  
Earth



**Volunteer drivers** are always needed by the American Cancer Society to transport patients for treatment. This is a good cause. As little as an hour a week will make a huge difference in someone's life. Contact our local ACS office at **452-2932** press #3 and then #10 mention M2M. Side by Sider's are welcome to volunteer.

Happy  
**Hanukkah**

