



1. **Call to Order** by Man To Man Facilitator, Paul Zatz
2. **Welcome** and introductions of first time attendees
3. **Mission Statement:** The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.
4. **Meeting Minutes:**

Speaker: Dr. Charles Myers, graduate of the University of Pennsylvania Medical School, a medical oncologist, a prostate cancer survivor, a key player in the creating of AZT treatment for HIV, former Cancer Director of the University of Virginia, researcher for many cancer drugs, and established in 2002 the American Institute for Diseases of the Prostate in Charlottesville, Virginia.

Advanced Prostate Cancer Disease: Keeping people alive while maintaining the best quality of life.

- Men who have had metastatic disease and Taxotere who have now failed, median survival, is half the patients are dead in twelve months. Carboxy Taxol was just approved as a chemotherapy drug because it gave 15 months average survival. In those patients we also add a hormonal therapy program. Even after Taxotere fails, testosterone is still driving the cancer. Prostate cancer is always testosterone responsive. Median survival is 40 months. In 29% of the patients, the PSA was undetectable, there were no deaths for five years. They were not cured, but their cancer was controlled.
- Patients who have failed chemotherapy, but the cancer that remains is still limited enough (five or fewer metastatic lesions) that a portion of those patients can be put into a complete remission with radiation.
- Genes dictate response to most chemotherapy drugs. A diagnostic lab will take a patient's sample and test it, get a gene profile of that cancer, and send back a list of chemotherapy drugs that the cancer should be sensitive to based on its genetics. 80% of the patients Dr. Myers has sent, have had a report come back that has caused a response.
- Key elements in advanced disease: Most patients with advanced disease die because they give up. The most important thing is to find ways for you as a

patient to want to stay alive (a purpose). Support groups are important. They provide a social network of fellow travelers in this business. The support of your wife and children are important. Keep a personal inventory of what it is that make you want to stay alive and try and emphasize that. Second is not getting to cancer treatment due to other medical problems. Shingles—get your vaccine. Control your blood pressure and cholesterol. Diet is important. Mediterranean heart healthy diet is good. Get your flu vaccine, three times more men die of the flu every year that die of prostate cancer. The third vaccine is the Pneumovax, the pneumonia vaccine. Get a colonoscopy. If you are contemplating radiation therapy, have the colonoscopy before you start radiation therapy.

- Using hormonal therapy in patients where the oncologists feel they are hormone refractory and are on chemotherapy. Prostate cancer gets more efficient at using testosterone. The best way to eliminate testosterone stimulation is a combination of three drugs, ketoconazole (hormonal therapy), Lucien (a hormone that stimulates the immune system), estrogen skin patches (eliminates hot flashes, bone density increases, and fosters healing). These drugs are used in connection with radiation therapy and gene testing.
- Supplements recommended by Dr. Myers: **Vitamin D**-take somewhere between 5 and 10,000 units a day. (Reminder: not all vitamins or supplements are created equal. Be sure to use a high quality product). **Pomegranate extract capsules**, not the juice. The capsules are portable, one capsule is equivalent to 12 ounces of juice. The juice has a lot of sugar in it, can be hard on heartburn and has a harsh taste. **Resveratrol**, the active ingredient in red wine. It has improved bone pain and arrested disease progression in a sizable number of people with end-stage disease. **Cacumen**, the yellow pigment in the spice turmeric.
- Recommends a breakfast with equal portions of protein, carbohydrate, and fat. You should have at least 20 grams of protein. Examples include: whey protein, salmon, egg beaters, egg whites, sardines. An egg is about 7 grams of protein. For the fat source you could have eight almonds or a tablespoon of other nuts, such as pistachio nuts.

5. Adjournment