



POUGHKEEPSIE MAN TO MAN



Prostate Cancer Education & Information Support Program since July, 1993

June 2, 2005-Issue 6 (Meetings to date # 157)

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Our web sites <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.

PROGRAM FOR JUNE 2, 2005

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A joint meeting 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 June 2, 2005 in the Central Hudson Electric Company Auditorium-6, in Poughkeepsie, NY. There were 62 attending.

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

go to

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

Ralph Buttyan: Ph.D, Columbia Presbyterian Hospital, New York City.
“Promising Experimental Developments.”

Dr. Ralph Buttyan was the main speaker for our June meeting. Dr. Buttyan is chief of Urology Research at Columbia Presbyterian in New York City. This is just a brief summary of his talk and in no way goes into the intricacies of his presentation. That will have to wait until we can get a copy of his notes which will then be published in a future newsletter.

The research was looking for the reason that some PCa cells become hormone independent and resistant to therapy. A lot of PCa research is looking at this from different standpoints in an effort to overcome this obstacle to achieving complete cancer cell death.

Dr. Buttyan was able to use the LNCAP cancer cell line and mice to show actual percentages of resistant cells with special assay techniques. He found a PCa gene called Protocadherin that embeds into the nucleus. Through new gene technology, from the human genome project, he was able to inject a gene killer called SiRNA. This killer was able to wipe out 50% of the cancer cells and again he proved this with pictures from the assay.

He fully expects that 100% can be obtained when they fine tune the gene which is missing a segment from one of the DNA spirals.

This is exciting news. Finally we have the possibility to pinpoint wayward genes and then go after them. Dr Buttyan will keep us updated on the latest developments.

JIM KISEDA Poughkeepsie M2M

Newcomers & PCa. 101
There were no newbies this month.

SUGAR AND CANCER, Part 2

Thanks to the obesity epidemic and the low-carb craze, a growing number of people are trying to cut calories and eat more low-calorie sugar substitutes. All low calorie sweeteners however are not Equal. Take Splenda (AKA Sucralose). Nutrition Action (May 2004) says that there is "no reason to suspect that it causes any harm." First made available in 1999, it is the number one branded sweetener in the US. It has found its way in 20% of consumer homes. Nutrition Action says that it passed all safety tests in animal studies. Dr. Joseph Mercola however says the exact opposite, namely, that Splenda can cause many health problems. Read his article on his website (www.mercola.com) for more information: Splenda Celebrates Fifth Anniversary (October 9, 2004).

Saccharin (AKA Sweet N' Low). In 1977 when Saccharin was the only high-potency sweetener, the FDA tried to ban it because it caused cancer in animals. Due to pressure from the diet-food industry and some dieters, Congress kept it on the market, but with a warning notice on the label. In 2003, the National Cancer Institute found "some evidence of an increased risk of bladder cancer" in humans who use heavy amounts of Saccharin. Despite being banned in

many countries years ago, Saccharin is still widely found in restaurants, cafes, coffee shops and supermarkets in the US.

Aspartame (AKA Equal, NutraSweet, NatraTaste). Nutrition Action puts it in the "probably safe" category. Mercola disagrees saying it has been "linked to a wide variety of ailments including birth defects, diabetes, emotional disorders, epilepsy/seizures and migraines."

Stevia (AKA Sweet Loaf, Honey Loaf). Nutrition Action is noncommittal on it. Mercola, on the other hand, is very positive about Stevia, an extract from a shrub that grows in Brazil and Paraguay. Mercola (Stevia: Nature's Calorie-Free Sugar Alternative!, October 12, 2004) believes that this herb has been the subject of an aggressive campaign by the FDA to keep it from American consumers. Consequently, Stevia can't be used as an ingredient in food, but it can be sold as a supplement which has less stringent rules. Mercola refers to Stevia as a natural dietary supplement offering a bounty of health benefits and extensively used World-Wide. In Japan it has 41% of the sweetener market, including sugar. It is used in China, Germany, Malaysia, Israel, etc., and in South America for hundreds of years where it was originally discovered "with no reports of toxicity" from any of the countries.

Estimates are that Americans and Europeans consume 120 to 140 grams of sugar a day. Using Stevia instead of sugar, divide the daily intake by 300 because Stevia is 300 times stronger than sugar, resulting in a very minimal amount needed compared to sugar. Mercola says that numerous studies have been administered on laboratory animals using extremely high doses with no toxicity reported so far. He cites another study with humans that shows lower blood sugar levels from using Stevia. Since it contains no calories and it reduces cravings for sweet and fatty foods, it is a powerful aid in weight loss and management.

Stevia inhibits the growth of some bacteria and other infections, says Mercola, including the bacteria that causes tooth decay and gum disease. Unlike Aspartame, Saccharin and other synthetic sweeteners, Stevia is stable at high temperatures and can be used in hot dishes. You may have noticed that the taste of artificial sweeteners change over time after being added to hot coffee or tea.

Nutrition Action asks us to keep the concept of risk in perspective. Even an unsafe sweetener like Saccharin poses a tiny risk. The potential problem arises when tens of millions of people consume the sweetener for years. Of course the same applies to sugar.

Three additional references: Nancy Appleton, Ph.D. (nancyappleton.com) author of several books on sugar and Life Extension magazine "What You Don't Know About Blood Sugar" (January 2004). For recipes for cooking with Stevia The Stevia Cookbook by Ray Sahelian, MD. and Donna Gates is recommended.

Mike Kulla Poughkeepsie M2M

PCRI announces conference in Washington for 2005 SAVE THE DATE!

**National Conference on Prostate Cancer
June 16-19, 2005**

**Omni Shoreham Hotel – Washington, DC
Moderator – Dr. Charles “Snuffy” Myers
Over 20 PC Experts will be Speakers**

IMPROVED NONINVASIVE CANCER DIAGNOSIS

Woody Allen says in his movie, Deconstructing Harry, that the three most beautiful words in the English language are not "I love you" but "It is benign." At this point, the most beautiful words for many of us must be "We caught it in time."

FDA-cleared technology developed in the Weizmann Institute of Science in Israel by Professor Hadassa Degani, two common cancers, prostate and breast, are now detectable in their earliest stages when the chances for treatment are optimal. The new technology eliminates an invasive biopsy in PCa and the mammography in breast cancer.

Both mammography and biopsy are not accurate. With the former, if the breast tissue is dense, as is the case for younger women, mammography can miss malignant tumors. It also can't always differentiate between malignant and benign tumors. Too often pieces of a tumor must be removed for further testing. According to Prof. Degani, in 65% to 80% of cases these biopsies are unnecessary because the tumors are benign.

Known as 3TP (Three Time Point), noninvasive MRI is used to give a three dimensional image at high resolution. The MRI also provides high contrast in soft tissue, generating clear and detailed images. A doctor can use a computer to manipulate the MRI image and look at "slices" of tissue from any angle or direction so as to pinpoint a tumor. An MRI also gives information about the location of blood vessels, blood flow and density of tissue cells.

To test for cancer, a patient is injected with a safe contrast solution that circulates in the blood and shows up on an MRI image in the tumor location. The computer records the information, analyzes it and then color-codes the image for easier interpretation. If tissue is found with densely packed cells and a lot of leaky blood vessels, cancer is indicated.

Plans are under way to adapt 3TP to other cancers and diseases, ultimately improving and extending countless lives. For more information log on to www.weizmann-usa.org.

Mike Kulla Poughkeepsie M2M

***** Prayer and Spirituality in Health: Ancient Practices, Modern Science *****

People have used prayer and other spiritual practices for their own and others' health concerns for thousands of years. Scientific investigation of these practices has begun quite recently, however, to better understand whether they work; if so, how; and for what diseases/conditions and populations. The National Center for Complementary and Alternative Medicine (NCCAM) is supporting research in this arena..

Many Americans are using prayer and other spiritual practices. This was confirmed by findings from the largest and most comprehensive survey to date on Americans' use of complementary and alternative medicine. This survey of more than 31,000 adults, released in May 2004 by the National Center for Health Statistics and NCCAM, found that 36 percent had used complementary and alternative medicine (CAM), when prayer was not included in the definition of CAM; when prayer was included in the definition of CAM, 62 percent had used CAM (all figures refer to use in the preceding 12 months).

Among the respondents:

45 percent had used prayer for health reasons.

43 percent had prayed for their own health.

Almost 25 percent had had others pray for them.

Almost 10 percent had participated in a prayer group for their health.

Several NCCAM-supported researchers in New York City are exploring the impact of spirituality on the immune system and its role in emotional well-being among cancer patients. Barry Rosenfeld, Ph.D., and graduate student Colleen McClain, M.A., of Fordham University, and William Breitbart, M.D., of Memorial Sloan-Kettering Cancer Center, published results in 2003 of an NCCAM-funded study on the effect of

spiritual well-being on end-of-life despair in terminally ill cancer patients. They concluded that spiritual well-being offers some protection--a buffer effect--against end-of-life despair in patients for whom death is imminent. These researchers are now studying spirituality-based interventions to establish methods that can help engender a sense of peace and meaning.

"When people despair, they feel nothing they've done has had any meaning. We help them remember things they've forgotten during the throes of their illness so they can realistically place themselves in the world," Dr. Rosenfeld said. The approach is spiritually based, he said, but "we have tried to not have it linked to any particular religious framework, keeping it open to as many individuals who are interested."

To determine whether immune function is a link between spirituality and emotional well-being, the three researchers are also now collaborating, under another NCCAM grant, to measure spirituality and interleukin-6 (IL-6) levels in the blood among terminally ill cancer patients. "There is a small, but growing, body of literature linking immune function to mood, and IL-6 is the immune marker most highly correlated with mood states," Dr. Rosenfeld said. IL-6 is a protein that acts on other cells to regulate immune system function. It is one of several markers of inflammation, an important process in a variety of diseases like heart disease, diabetes, and stroke, and is associated with increased stress and depression.

**For the full article, please go to
http://nccam.nih.gov/news/newsletter/2005_winter/prayer.htm.**

POMEGRANATE JUICE FOR PCa

In men with recurrent prostate cancer, drinking 8 ounces of pomegranate juice per day significantly increased the doubling time for PSA rise. This was reported at the annual meeting of the American Urological Association in San Antonio on May 23, 2005.

Before the men in the study began drinking the juice their average doubling time was 15 months. After starting the juice regimen the doubling time was 37 months. This is more than a doubling and is very impressive. The 48 men in the study had failed surgery or radiation. The juice was well tolerated and no adverse effects were noted.

Due to the success of the study, a Phase III randomized study is now in the works.

Pomegranate juice contains powerful ellagic acids that may be the source of effectiveness. Raspberries and grapes contain ellagic acid but not in the abundance in pomegranates.

Jim Kiseda Poughkeepsie M2M

Joke Du Jour

At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall.

"Big breaths," I instructed. "Yes, they used to be," remorsefully replied the patient.

Taken from the Information Highway

ARNOLDS HEALTH FOODS

Purity Perfect Multi Vitamin are available along with many other supplements at Arnold's. He also offers a 20% discount (mention M2M) on all his Vitamins etc. **Call him at 845-462-6511 or visit Arnolds RT #376, New Hackensack Plaza Poughkeepsie NY. 12603.**

Attention: M2M Meeting cancellations

In the future we will base our decisions whether to cancel a M2M & Side by Side meeting 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 297-7737 and listen to message.

TO ALL RECIPIENTS OF OUR NEWSLETTER.

If you are experiencing any problems with receiving the newsletter, possibly your name, address or zip code are wrong. If you are receiving duplicate or triplicate issues or if you know of any other members who are experiencing mailing problems, contact Peter & Teresa Hardin, phone: 845-897-9667, e-mail: <hardin.pt@verizon.net>, or regular ground mail: Peter Hardin, 12 Penn Street, Fishkill, NY 12524

ATTENTION

There will NOT be a newsletter for July or August, due to the fact that our editor will be changing residence. Local members will receive a letter with meeting times and places. The newsletter will resume in September

ed.

Volunteer needed for the newsletter.

OK folks, once again we are in desperate need to have a person, or persons to come forward to volunteer to do our newsletter. There has to be someone out there who is capable of doing what has been done for the past 12 plus years; someone who has extra time once a month to devote to putting together and editing the newsletter.

We can provide ongoing support etc. while you become proficient at doing the work.

The benefits are fantastic.

Contact either Jim Kiseda, Paul Totta or Dennis O'Hara. Contact information is on the front page.

Many thanks. ed

We are moving!

As most of you in our local area know, we have sold our home and will be moving, not too far away, only 9 miles. That's far enough that we have to change our phone number & address.

Our new ACS hotline phone and fax number after June 22 is:

845-473-9827

**Those of you who need to know
where we will be!**

**182 North Grand Avenue
Poughkeepsie, NY 12603**

**E-mail remains the same for now
IGGY41@AOL.COM**

MEETINGS AND SPEAKERS FOR 2005

•July 7-Regular meeting.

•August 4-Regular meeting.

•September 1- Dr. Gerald Sonnenfeld, V.P. Research. Professor of Biological Sciences, Binghamton Univ. "Our Immune System"

•October 6-Maarten Bosland, PhD. "The Soy Controversy & Pca."

•November 3-Dr. Matthew Milowsky, Cornell Weill "Clinical Trials with Monoclonal Antibodies."

•December 8-TBA-- Note Change of Date also.

Attention:

**We always meet the first THURSDAY OF
THE MONTH UNLESS OTHERWISE SPECI-
FIED**

Next meeting Thurs,
July 7, 2005 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 recep-
tionist

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 someones life. Contact our local ACS office at 452-2932 press #3 and then #10. Mention M2M. Side by Sider's are welcome to volunteer.