

CHAPTER 8—Dr. Chas E. Myers' Weekly Videos **Index: Recent Snuffy Videos....25apr12**

Access To Videos: Google "Prostate Forum Myers". Click "Ask Dr. Myers Blog". First time: Register for Free Videos to your Inbox. Note the button at bottom left for "Older Entries" when you reach the bottom of the current roster; repeat for each roster.

Optimism & PCa

Posted April 25, 2012

Dr. Myers gives a "pep talk" to patients dispirited by "the sky is falling" tone of the lection campaign. In particular, shale oil and gas provides lower cost energy, greatly benefiting steel, fertilizer, chemical feed stocks, equipment producers; thus profit, jobs, and rebirth of American business. And cancer treatment is poised for breakthrough cures and quality-of-life.

What's Killing PCa Patients?

Posted April 18, 2012

Cardiovascular disease is killing his patients faster than PCa. A third of his new patients are diabetic or pre-diabetic, due to a terrible, all-sugar breakfast of juice, cereal, banana. This leads to blood-sugar rush and mid-morning crash. Adding whey or soy to the cereal, and ten almonds brings protein and good fat for balance. The proper diet is a balance of good fat, carbs and protein at every meal. Go to the Internet for details.

Future of Hormonal Therapy

Posted April 11, 2012

MDV3100 and Zytega are perfectly balanced to replace Lupron and Casodex as effective testosterone management tools. He discusses the details of hormone effects.

Personalized Care For PCa

Posted April 4, 2012

Genome science now enables in a complete transformation of medicine and disease management. Each person has a distinct and different genome profile. Careful selection of medicines will reduce side effects and enhance effectiveness. This is called pharmacogenomics. A related science is nutrigenomics, with carbs in the cross-hairs. The first AIDP paper in mar12 issue of *Case Reports in Oncology*. #154 **Successful Treatment of Advanced Metastatic Prostate Cancer following Chemotherapy Based on Molecular Profiling**