

Prostate Forum PUZZLE POINTS (Page 1)

PROSTATE FORUM....12/7

At AIDP we've found the combination of Leukine, Ketoconazole, and estrogen to be highly effective after chemotherapy fails and currently have a median survival out beyond 30 months.

Smoking, even at low temperatures, coats all meat with cancer-causing chemicals, but they are different than those caused by directly cooking red meat at high temperatures.

I can find no evidence for an adverse interaction between curcumin and the widely used NSAIDs, but it may well be that people have just not looked.

Resveratrol is a powerful drug and should be handled carefully. It can dramatically lower blood pressure in hypertensives and blood sugar in diabetics: this can complicate the management of these two diseases if you are not careful.

At AIDP we have found the combination of Leukine, ketoconazole and estrogen to be highly effective after chemotherapy fails and currently have a median survival out beyond 30 months in that setting.

I do not think serum estradiol plays a major role in the development of prostate cancer and even if it did, Arimidex is not likely to cause changes sufficient to warrant its use.

PROSTATE FORUM....12/8

Many physicians and patients are uncomfortable talking about what hormonal therapy does to your sex life, but its a topic worth discussing before you begin therapy because of the often dramatic side effects.

One clinical trial showed that seven days on a diet rich in avocados reduced LDL or bad cholesterol by 22% and triglycerides by 11%.

I tell my patients that I would like them to get one third of their calories from heart healthy fats like olive oil, fatty fish, avocados, and nuts.

It is a good idea to have your omega 6/omega 3 fatty acid ratio measured; at AIDP we have arranged to measure this balance in our patients via a deal we have with Labcorp.

Clinical trials have now PROVEN that DHT is involved in the progression of prostate cancer—how else would Proscar and Avodart reduce the incidence of prostate cancer?

The benefit of Provenge is in survival, not in the rise and fall of the PSA.

PROSTATE FORUM...12/9

About 20% of men experience urethral blockage after radical prostatectomy.

We specifically do not recommend pecans or walnuts because they are rich in the same alpha linolenic acid that makes flaxseed oil so questionable.

pH therapy (a.k.a. Cesium Chloride Protocol) has been around for many years and no one has presented any clinical data to suggest it is effective.

DES (diethylstilbestrol) is clearly active against prostate cancer. The major problem is that it can cause serious cardiovascular complications even at low doses.

If you follow the Mediterranean heart healthy diet as I recommend, you should not need a multivitamin unless you have some special medical problem.

While I am not impressed with the data associating B12 intake and prostate cancer, it is also long been true that many patients and physicians over-use this vitamin.

PROSTATE FORUM...12/10

Combined use of daily or thrice weekly PDES inhibitors with early use of the vacuum erection device would seem a reasonable and probably effective approach to preserving sexual function after surgery. A pattern of progressive erectile dysfunction years after radiation is quite common.

Long before you are sick, you need to make sure you have a social support network for dealing with this disease.

With prostate cancer recurrent after radical prostatectomy, the single most important factor is PSA doubling time.

PROSTATE FORUM...12/11

We place most active surveillance patients on pomegranate, vitamin D, resveratrol, and curcumin. On page 6 you'll find out recommended dosages as well as a discussion of why we favor pomegranate capsules over the juice.

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The patient I discuss in the beginning of this issue illustrates how AIDP's comprehensive approach to active surveillance can be associated with unexpected benefits.

Flomax is very effective in aiding urine flow after radiation treatment.

AIDP sends all pT3b patients for adjuvant radiation after surgery.

The new high-resolution MRI scans using small iron particles are detecting cancer down to 2 mm, but are not yet widely available.

In the best hands, robotic prostatectomy is a major advance over open prostatectomy. I have been most satisfied with the care given by Dr. Tewari at Cornell-Weil in New York City.

PROSTATE FORUM....12/12

Getting your selenium levels tested through LabCorp

Dupuytren's Contracture & prostate cancer

Penile Shortening & radiation to the lymph nodes

Velatam Plus, a combination of Avodart and Flomax

Levita & vision problems

Mayo Clinic & laser enucleation

How long Trental can be useful after radiation

Updates on soy brands

Link between ADT & colorectal cancer

Dr. Steve Bravo at Sand Lake Imaging & staging PCa

Curcumin

Penis Enlargement pills

Prolonged hormonal therapy

Supplements for bone health

The Vegan diet and oil

Pomgerantate extract brands

PROSTATE FORUM....13/1

When to switch from Proscar to Avodart

Commercial food products & vegetable oils

Sugar versus sugar alcohols

Change in baby aspirin recommendation

Combining ADT with other treatments

Olive oil & excess body fat

Egg whites from chickens fed corn

Newly diagnosed prostate cancer & Provenge

A plan for post radical prostatectomy & radiation

Testosterone & night sweats

Dr. Oz & vitamin E

Olive & avocado purees
Recurring health problems among PCa patients
Kaiser-Permanente & continuous ADT

PROSTATE FORUM....13/2

Ionized water, alkalization & prostate cancer
Modified Citrus Pectin (MCP)
Fish oil brands & dosages
High PSA, proton beam therapy & transfer factor male pro
High fish consumption & aggressive prostate cancer
Cabozantinib (XL184)
Combining green tea & curcumin
Prostatectomy in an 86-year-old patient?
Icariin, ADT & bone loss
Estrogen, ADT & bone loss

PROSTATE FORUM....13/3

LibidoStim
Bisphosphonates & Bone Metastases
Leukine
Salvage Radiation
Options Post Lupron/Eligard
The Budwig Diet
PSA Doubling Times
Berberine
Zytiga Versus Provenge Versus Taxotere?
Hormone Resistance & Metastatic Disease
Continuous Hormonal Therapy & Heart Disease

PROSTATE FORUM....13/4

USPIO Feraheme Versus Combidex Scan
Avodart/Proscar & "False" PSAs
Treating Radiation-induced Rectal Ulceration
ProstaScint Scan & Recurrent PSA After RP?
Radiating Bone Lesions
Pulmonary Metastases

PROSTATE FORUM....13/5

Length of Time on Avodart
Kaiser Oncologists
Early Stage Hormone Resistant PCa
When Your Sons Should Start PSA Screening

Is Prostate Cancer Curable?
Micro-rna 34a 5
Prostate Cancer Recurrent After Surgery

PROSTATE FORUM....13/6

Male hypogonadism, testosterone & ADT
Hormonal therapy side effects
PCa relapse 12 years post-treatment
Bone metastases & cancer cure
Jayln as a replacement for Avodart & Flomax
Laboratory tests post-RP and during ADT
HDR brachytherapy & radiation exposure
Radiation versus surgery

PROSTATE FORUM....13/7

Gas, Cramping & Diarrhea After Radiation
Avodart & The Taste of Food
ADT + Radiation Or Just Radiation?
B17
Jevtana
PSA Flare Post IMRT
Prostate Cancer & Sugar
Casodex
RP & Erectile Dysfunction
Estradiol & PCa
Bone Scans, CT Scans, & MRI
Testosterone Recovery After ADT
Supplement Dosages

PROSTATE FORUM....13/8

NIH Consensus Conference on Active Surveillance
Prostatic Epithelial Neoplasia (Dr. Jonathan Oppenheimer)
ADT for T3 Prostate Cancer
Continuous Versus Intermittent Hormonal Therapy
Prostate Cancer, Lung Metastasis & ADT
When Someone Dies of PCa
Protein Supplementation
Double Hormone Blockade with Casodex & Proscar
Nutritional Quality of Eggbeaters
DART For Gleason 6

PROSTATE FORUM....13/9

Determining If Bone Metastases Have Developed
Alternative Therapies & Gleason 8
Surgery & Gleason 6 Cancers
Adding Leukine Or Estrogen To Zytiga?
Foods To Avoid & Foods To Seek Out
Zyflamend Versus Celebrex
Penile Shrinkage & Lupron, Casodex, & IMCA 12
Robotic Prostatectomy Versus IMRT
Blood In Urine?
Casodex, Ketoconazole, Taxotere, & Zytiga?
Timing of PSA Testing After Cancer Recurs
HiFu
C-11 Choline PET/CT scan.
Gynecomastia & Breast Cancer Risk
Radiation & Urinary Flow Problems

PROSTATE FORUM....13/10

Phone & Email Consultations
Can Flomax Cause An Elevated PSA?
DHEA Supplementation
Endorectal MRI & Color Doppler Ultrasound
Slowly Increasing PSA 5 Years Post Surgery
Lung Nodules, Bone Mets & Lymph Mets
Doubling Time Via PSA Versus Ultrasensitive PSA
Active Surveillance For Gleason 6s
Bone metastases & Hormonal Therapy
Optimum Testosterone Range
Testosterone Replacement?
Gardasil Vaccine
Whey Protein & PCa
Avoiding Corn
Distrusting Biopsies?

PROSTATE FORUM....13/11

Balancing Protein, Carbohydrate & Fat In Diet
Beneficial Oils For Prostate Cancer
Coq10
Can You Have A Zero PSA?
The 2010 Resveratrol Conference In Denmark
OGX-427
Traditional Surgery Versus Robotic Surgery
Testosterone Supplementation

Halftime For Pca
Radiation Oncologist Versus Medical Oncologist
Unconventional Pca Treatments
C-11 Choline PET/CT Scan
Is Soy Safe?
ADT & Over 85?
Flomax + Trental Post Radiation

PROSTATE FORUM....13/12

Progression of Gleason Grade
Cardiovascular Disease & ADT
Radiation Cystitis of the Bladder Post Salvage EBRT
PSA Threshold & Sand Lake Imaging
Curcumin's Effect on Warfarin
AS For Gleason 6
Osteoporosis & ADT
Dattoli & Lymph Node Involvement
Endorectal MRI in Australia
PET for Post-RP Salvage Radiation Therapy Prep
Back Surgery Post External Beam & Seeds Radiation
MRI-S (Spectroscopy)
Weight Gain & ADT
Blood Serum Levels During Estradiol Treatment
Blood Clot Risk During Blood Transfusions

PROSTATE FORUM....14/1

Seek & Destroy Versus Growth Arrest Verus IHT
Intensity of ADT?
HDR Brachytherapy
Active Surveillance For Younger Men?
Salvestrol Versus Resveratrol?
Whey Protein Concentrate From Grass-fed Cows
L-Arginine
Growth Arrest Program During "Off" Phase of IHT
Brachytherapy, Prostatitis & Gleason 6 Cancers
IGF-1
Genetic Testing For Guiding Treatment Decisions
Brachytherapy For Gleason 6
Testosterone & DHEA As Treatment For BPH

PROSTATE FORUM....14/2

Chin Numbness & The Trigeminal Cranial Nerve

PSA of <3 & Triple Hormonal Therapy
Lymph Node Metastatic Disease
Hormonal Therapy After Radiation
Radiation Versus Surgery
Milk Thistle
Surgery For A 56-year-old Man With A
Gleason 6 PCa?
London's Prostate Centre
Muscadine Plus Clinical Trial
Multifocal Low Risk Disease
Noscapine

PROSTATE FORUM....14/3

PSA Screening & Aggressive PCa
IP-6
Pain in Hand Finger Aductors & ADT
XL-184
XGEVA
PSA & Advanced PCa
Provenge
Shingles Vaccine
Graviola
Da Vinci Robotic Surgery & Incontinence
Estrogen patch + Finisteride + Casodex.
30-30-40% Balance of Fats, Protein, and Carbs
Indications of Cancer Spread

PROSTATE FORUM....14/4

Sprycel for Bone Metastases
Ultra-sensitive PSA Tests
Dairy & Sugar
Provenge
The Metabolic Plan & DHEA
Metformin
Leg Lymphedema & RT
testosterone supplements & ED
Zometa & Breast Cancer
Calcium Channel Blockers

PROSTATE FORUM....14/5

Xtandi
Drug Naming Conventions

Acetylcholine & Brain Function
Are Omega 3s Still Safe?
PCa Tissue Remaining After Surgery?
Scanning Options in Australia
Surgery For Young Men With PCa
After Taxotere Fails

PROSTATE FORUM....14/6

Bone Mets & PSA <10 ng/ml
Intermittent & Continuous ADT
Maha Hussain's Recent Findings
RT Via IMRT & Bowel Problems?
RT & Supplements
Egg Whites Versus Whole Eggs
Depo-Lupron & Diabetes
IBS Drugs & Brain Function
Peanut Butter
3 T MRI
PSA-only Recurrence After RT
Irradiating Lymph Nodes
Testosterone Replacement & AS
IP6

PROSTATE FORUM....14/7

Resveratrol
Creatine
PSA Flare After Radiation
Clonazepam
PCa Recurrence Post Surgery
Cyberknife
Egg Yolks
Pelvic Salvage Radiation
Active Surveillance Post-HIFU?

PROSTATE FORUM....14/8

PSA-Only PCa Recurrent After Surgery
Clinically Significant Lung Metastases
BPH & PCa
Pattern 5, PSA Over 100 & PCa Spread?
Gleason 8 Downgraded To Gleason 6
Supplements + Aggressive PCa?
Androcur

Incongruous Drop In PSA?
Dexamethasone