

## **CHAPTER 8—Dr. Chas E. Myers' Weekly Videos**

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**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.

### **Using New PCa Drugs**

Posted June 5, 2013

A Big Picture tour of the new agents (Firmagon, Xtandia, Zytega, Radium 223 (Alpharadan), Sprycel. "A whole new ballgame". Combinations and timing options depend on pathways and drug interactions. Firmagon is a muscular replacement for Lupron, with the downsides of pain at injection site and frequency (monthly). Xtandi is a "super Casodex". Christine Rogers in AIDP clinic office is skilled at presenting the case to the insurer.

### **Preventing Cardiovascular Deaths**

Posted May 29, 2013

The most important indicator of cardiovascular risk is size of LDL particle. Numbers under 1000 are low risk. Numbers over 2000 are increasing risk. The risk mechanism is speculated as fat-soluble LDL particles lodging in the space between endothelial cells. The high risk LDL particles are typically associated with metabolic syndrome and carbohydrate imbalance. A better balance of protein, fat and carbs is recommended.