YOU CAN MAKE THE DIFFERENCE!
Us Too! launches expanded grassroots advocacy program
Why it is important for you to be a prostate cancer advocate

By Lew Musgrove and Jim Williams Advocacy Co-Chairs

Us Too! Board of Directors

As the old military recruitment signs said “We want you.” You play a most important role in the fight to cure prostate cancer. The recent national election revealed once again the power of one vote. Each of us speaking to an issue(s) to our legislative representatives and their staff has tremendous influence in obtaining the support we need to overcome this disease. Many of us fought in WW II, Korea and/or Vietnam to defend democracy for us and other nations. Now, we ask that you exercise the rights you fought for by becoming a prostate cancer advocate.

Non-veterans also fought for their rights on the home front by being good citizens and participating in the democratic process in their communities. They also need to now step forward and join the prostate cancer advocacy movement.

Look at what our sisters have done in the breast cancer community. We need to emulate their impact on making this country aware of breast cancer and the need to support breast cancer research.

Us Too! International, Inc., (Us Too!) the world’s premier and largest prostate cancer (PCa) support network is well positioned to expand its previous programs and move into a more viable grassroots political action program (PAP). Expanding PAP is necessary to influence and gain support from decision-makers in state and federal legislative delegations concerning increased funding.

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The heart of the Us Too! organization is at the support group chapter level. This is where most of the patient help and survivor interaction occurs. A multimedia resource approach will be most effective. Accordingly, our plan is to provide the chapter leaders with a wide variety of relevant, easily understandable and sometimes technical information pieces. The purpose is to either educate the leader, or to provide training and/or take home materials for the survivor. Our monthly meeting content should go beyond just announcements, new member introduction, and presentations by a doctor.

We plan to develop these resources only after extensive input from the chapter leaders and/or survivors from all interested Us Too! Chapters.

(continued on back page)
Published by a FREE daily e-mail based news service which provides updates on the latest prostate cancer related news.

News items contained in Us Too! publications are obtained from various news sources and edited for inclusion. Where available, a point-of-contact is provided.

All references to persons, companies, products or services are provided for information only, and are not endorsements. Readers should conduct their own research into any person, company, product or service, and consult with their loved ones and personal physician before deciding upon any course of action.

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**Prostate Treatment Might Increase Alzheimer’s Risk**

*Lexington Herald-Leader*

May 15, 2001 (Us Too! May 15)

The standard treatment for prostate cancer drugs to lower testosterone might double the risk of Alzheimer’s disease, according to Dr. Sam Gandy, a professor of psychiatry and cell biology at New York University School of Medicine and lead author of a letter published in the May 2 Journal of the American Medical Association.

G3139 (Genasense/TEM) in combination with docetaxel (Taxotere®) shows promise in advanced prostate cancer May 15, 2001 (Us Too! May 15)

The use of the investigational bcl-2 antisense compound G3139 (Genasense(TM) combined with the taxane docetaxel (Taxotere®) appears to be effective and well-tolerated in men with hormone-refractory prostate cancer (HRPC), according to preliminary data reported at the 37th Annual Meeting of the American Society of Clinical Oncology (ASCO). The phase I study was conducted at the Cancer Therapy & Research Center, the University of Texas Health Science Center at San Antonio, and Brooke Army Medical Center - also located in San Antonio. The results showed that the use of G3139 in combination with docetaxel every three weeks reduced bcl-2 levels. Treatment also produced sustained decreases in the prostate specific antigen (PSA) levels in four of eight patients who had not been previously treated with a taxane, including a 50-fold reduction in PSA and major objective responses in the liver and viscera (internal organs of the body).

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**Boron Seems to Cut PCA Risk**

*HealthScout* - May 16 (Us Too! 5/18)

Researchers at UCLA recently discovered that men who consume the lowest amounts of boron in their diets have the highest rates of prostate cancer.

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**No ‘Safe’ Levels for Chemical Hormones**

*HealthScout* - May 16 (Us Too! 5/18)

Chemicals that mimic male and female hormones may not be safe even at levels the government now labels safe, a government panel suggests. The chemicals are called endocrine disruptors, and studies show that some of these hormone-like substances may be harming the reproductive systems of the unborn in animals at levels well below the “no effect” ones defined by previous testing.

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**Men Fear Impotence More Than Cancer**

*Boston NewsLetter* - May 18 (Us Too! 5/21)

Men fear impotence more than cancer, AIDS or even death, according to a published survey. Only heart disease scares the nation’s male population more than sexual inability, a poll of 5,000 men in the UK found. Asked about their greatest health fear, 23 per cent said it was heart disease, 18 per cent cited impotence, 10 per cent said AIDS and nine per cent claimed death.

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**Immunotherapy May Prove Potent Weapon vs. Advanced PCA**

*Associated Press* - May 21 (Us Too! 5/22)

Researchers at UCLA’s Jonsson Cancer Center have shown for the first time that immunotherapy delivered via gene therapy may prove to be a potent weapon in the fight against locally advanced prostate cancer, according to an article published in Human Gene Therapy. Lead author Dr. Arie Beldegrun, chief of urologic oncology at the Jonsson Cancer Center, said his early phase study suggests that intra-tumoral immunotherapy, in combination with surgery to remove the prostate, represents a new option for treating men with cancer that has spread beyond the boundaries of the prostate.

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**Drug Benefits Generous for Veterans**

*Cox News Service* - May 21 (Us Too! 5/22)

Amid the skyrocketing costs of medicines and Medicare HMOs cutting drug benefits, the U.S. Department of Veterans Affairs has become a financial savior to millions of seniors desperate for a way to afford prescription drugs. All veterans who were honorably discharged are eligible for health benefits through the VA. Vets who were prisoners-of-war and those with at least 50 percent service-connected disabilities can qualify for free prescription drugs. Vets who make less than $12,000 can have the co-payments waived.

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**Novantrone Could Benefit PCA Patients Naive To Hormone Therapy**

*DataMonitor Healthcare Newswire* - May 21 - (Us Too! 5/22)

“I am encouraged by the improvement of PSA scores that Novantrone(R) (mitoxantrone for injection concentrate) has elicited in these patients,” said Dr. E. David Crawford, Professor of Surgery and Radiation Oncology, University of Colorado, Denver, Colorado. “The results of this study support the need for further evaluation of this new approach to the treatment of hormone naive prostate cancer patients.”

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**Testosterone Level Drops After Low-Fat Meal**

*WebMDNews* - May 17 (Us Too! 5/23)

Watching how much and what kind of fat you eat may have an unexpected benefit, according to a report in the May issue of Metabolism. Meals low in fat may actually decrease levels of testosterone, a male sex hormone that may increase risk of prostate cancer.

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**Plant Offers Cancer Cure?**

*Averige Newswire* - May 23 (Us Too! 5/24)

KUCHING, MALAYSIA - A wild plant in Borneo in the interior of the Mulu Division has been discovered to have the potential to cure prostate cancer. The Sarawak
Biodiversity Center (SBC) and an Australian pharmaceutical company are conducting further research on the plant’s properties. The plant, previously unknown outside Ba Kelalan, was discovered by a team of scientists from SBC recently.

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**PCA: SCREENING AND EARLY DETECTION**

Dr. Michael S. Cookson of Vanderbilt University School of Medicine, reports that the cost of screening appears to be acceptable. Currently, the best evidence is derived from population-based studies that appear to show a benefit to prostate cancer screening.

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**HOPELESSNESS LINKED TO HIGH MORTALITY**

HealthCentral.com May 30 (Us Too! 6/1)

A lack of hope for the future is associated with a higher death rate among older men and women, a team of researchers report. “Our findings confirm and extend the results of previous studies suggesting that, in a US sample comprising older women and men of Mexican and European origin, hopelessness is associated with increased risk of mortality,” according to Dr. Stephen L. Stern, a psychiatrist at the Univ of TX Health Science Center in San Antonio.

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**PITT RESEARCHERS USE STEM CELLS TO TREAT INCONTINENCE IN ANIMALS**

PR Newswire June 1 (Us Too! 6/1)

Univ of Pittsburgh researchers have successfully used stem cell tissue engineering to restore deficient urethral sphincter muscles in animal models. Researchers successfully regenerated viable muscle using muscle derived stem cells (MDSC).

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**GROUP SUES HMOs TO FORCE COVERAGE OF PROTON BEAM FOR PCA**

LA Times May 31 (Us Too! 6/1)

PacifiCare HealthSystems Inc. and Health Net Inc. are among five health maintenance organizations named in a lawsuit claiming the insurers are unlawfully denying coverage for proton beam radiation therapy to treat prostate cancer. Cancer Victims for Quality Healthcare, a nonprofit group, filed the suit in Los Angeles County Superior Court to force the insurers to cover the therapy.

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**Eating Oily Fish To Fight PCA**

Associated Press May 31 (Us Too! 6/1)

Eating even moderate amounts of oily fish such as mackerel, salmon and sardines might cut the risk of prostate cancer in half, new research suggests. Omega-3 fatty acids, plentiful in dark, oily fish, are known to fight heart disease. They also have shown promise in protecting against cancers of the colon, rectum and ovary. Previous studies have shown fatty fish oils can impede the growth of prostate cancer cells in laboratory dishes and in animals. In another study, prostate cancer was found less frequently in men who had high levels of fatty acids in their blood.

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**EMBARRASSMENT IN YOUNG MEN FATAL?**

Belfast News Letter May 31 (Us Too! 6/1)

One in three young men put off seeing a doctor because they are embarrassed to talk about personal medical problems, according to a recently published survey. Campaygners warned that men were risking their health by refusing to see their GPs about potentially serious ailments. The survey by Men’s Health Magazine for the Institute of Cancer Research found that 31 per cent of men under 25 cited embarrassment as a reason for not going to see a doctor when they had health problems.

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**CANCER HOSPITALS ARE REFUSING PATIENTS SEEKING SECOND OPINIONS**

Wall Street Journal May 31 (Us Too! 6/1)

The second opinion from a specialist for patients with advanced cancer may be quietly going the way of the house call. It’s a wrenching and controversial change. The practice of a patient diagnosed with terminal cancer securing a second — or, as is often the case, a third, fourth or even fifth — opinion from a prestigious cancer center is a time-honored American tradition. But some of the top centers are instituting systems to limit the ability of such patients to have their cases reviewed. It’s partly a matter of dollars and cents. The patients in question may have few available treatment options and for many medical centers, reviewing massive amounts of charts, X-rays, pathology slides and CAT scans for a patient with a complex and long medical history has become economically unfeasible.

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**PROSTATE CANCER TREATMENT FOUND?**

Sacramento Bee - June 03 (Us Too! 6/6)

Studies by UC Davis Cancer Center researchers have found that genistein, a chemical found in soy, slowed prostate cancer in mice and caused prostate cancer cells to die in tissue cultures. Ralph de Vere White, UC Davis Cancer Center director and a prostate cancer specialist, presented the results of the studies at the annual meeting of the AUA.

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**CANCER VACCINES LIKE FINDING A NEEDLE IN A HAYSTACK**

The State Journal-Register Springfield, IL June 01 (Us Too! 6/6)

The idea of revving up the immune system to attack cancers long has tantalized cancer researchers and clinicians. While scientists report some encouraging research results, the dream appears as yet unfulfilled. In a laboratory at Duke Medical School, for example, researchers are trying to use one of the main pillars of the immune system - dendritic cells - to heighten immune response against prostate cancer. Univ of Iowa cancer researchers are taking a different tack, injecting gene-carrying viruses directly into prostate tumors in an effort to switch on production of an important immune system protein.

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**CANCER DRUG CAUSES OSTEOPOROSIS**

UPI June 04 (Us Too! 6/5)

One of the most common drugs used to treat PCA appears to cause accelerated osteoporosis. A study of prostate cancer patients taking gonadotropin-releasing hormone agonists (GnRH-a), found that many men lost as much as a decade’s worth of bone mass in the first year of treatment, resulting in a rapid-onset osteoporosis and increased risk of accidental fracture, according to lead author Dr. Susan Greenpan and other researchers at the University of Pittsburgh Medical Center and Beth Israel Deaconess Medical Center in Boston.

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**RADIATION THERAPY IMPROVES PROSTATE CANCER SURVIVAL RATES**

Health Media Ltd - June 04 (Us Too! 6/5)

Dr John Libertino and colleagues from the Lahey Clinic in Massachusetts followed the progress of men, 66 of whom were given early radiation therapy following a radical prostatectomy. The other patients received either hormonal treatment or late radiation therapy if the cancer was found to have returned. The researchers found a significant difference in the rates of recurrence between the two groups. Those who received early radiation therapy had a recurrence rate of 12 per cent, compared to 38 per cent among patients who received alternative treatment. This represents an effect size reduction of two-thirds.

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**SURVIVAL GAP NARROWS BETWEEN BLACK, WHITE MEN FOLLOWING PROSTATECTOMY**

FoxWatch Inc. June 04 (Us Too! 6/6)

New data revealed that the previously reported gap between black males and white males with regard to disease-free survival following radical prostatectomy may be narrowing.

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**RADIONUCLIDE SEEDS CAN MIGRATE**

UPI - June 6 (Us Too! 6/7)

Radioactive seeds used in prostate cancer procedures apparently can migrate from the groin to all parts of the body, including the lungs. Dozens of the tiny metal pellets are implanted in and around the prostate gland in a process known as brachytherapy, with the radiation emitted by the pellets expected to destroy cancerous cells. “Sometimes, however these seeds can erode through the blood vessel wall and are dispersed into other areas of the body,” said Dr. Murali Ankem, a resident in urology at the Robert Wood Johnson Medical Center of the University of New Jersey Medical and Dental School, New Brunswick.

(continued on Page 6)
The following prostate cancer related articles have appeared in well-known scientific journals. Abstracts only have been posted at the Us Too! website (www.ustoo.org). Us Too! cannot provide copies of the complete article.

**American Journal of Clinical Oncology**


**American Journal of Surgical Pathology**


**American Journal of Epidemiology**


**British Journal of Cancer**


**British Journal of Urology**


**Cancer**


**Cancer Epidemiology, Biomarkers & Prevention**


**Cancer Nursing**


**Cancer Research**


**Cancer Treatment Review**


**Endocrinology**


**Health Expectations**


**Human Gene Therapy**


**International Journal of Cancer**


- Oliver SE, May MT, Gunnell D, Interna-

International Journal of Pharmacology

International Journal of Radiation Oncology Biology Physics

International Journal of Urology

Journal of Clinical Oncology

Journal of Clinical Epidemiology

The Journal of Clinical Endocrinology and Metabolism

Journal of General Internal Medicine

Journal of Urology

Lancet

Mayo Clinic Proceedings

Molecular Cell Endocrinology

New Jersey Medicine

Pathology International

Prostate
- Dorai T, Cao YC, Dorai B, Buttyan R, Katz AE. Therapeutic potential of curcumin in human prostate cancer. III. Curcumin inhibits proliferation, induces apoptosis, and (continued on page 6)
**Prostate Cancer Patient Support 1-800-80-US Too!**

**Us Too! International**

**Journal Citations**

(continued from P. 5)


- Romanov VI, Durand DB, Petrenko VA. Phage display selection of peptides that affect prostate carcinoma cells attachment and invasion. Prostate. 2001 Jun 1;47(4):239-51. PMID: 11398171


- Xing N, Qian J, Bostwick D, Bergstralh E, Young CY. Neuroendocrine cells in human prostate over-express the anti-apoptosis protein survivin. Prostate. 2001 Jun 1;47(4):397. PMID: 11391878


- Radiotherapy

- **Seminars in Cancer Biology**

- **Urology**

**PCA News You Can Use**

(continued from P. 3)

**Drug Keeps PCA At Bay**

UPI June 06 (Us Too! 6/67)

An oral drug that stymies a prostate tumor’s ability to tap male hormones reduced by 42 percent the risk of disease progression, the largest prostate-cancer study to date has found. Bicalutamide tablets, marketed as Casodex, interfere with the ability of prostate cancer cells to use male hormones to grow. The hormone-like medication blocks the action of androgens, testosterone among them, at the cellular level.

**High-Tech Detection of PCA**

Ivanhoe News June 08 (Us Too! 6/11)

Researchers from Thomas Jefferson University in Philadelphia used color Doppler ultrasonography to detect prostate cancer and compared its efficacy with that of a conventional ultrasonography. 24 out of 84 patients had prostate cancer. Researchers detected the cancer in 23 of the 24 patients using the color Doppler targeted biopsy. The cancer was only detected in 17 of the 24 patients with the conventional ultrasonography-guided biopsy. Therefore, researchers say the color Doppler has a better detection rate than that of the conventional ultrasonography. Researchers also say the results of their study show the color Doppler is cost effective. This is because it allows for a targeted biopsy approach that will reduce the number of biopsy cores.

**New Leukemia Drug May Fight PCa**

The Fort Worth Star-Telegram - June 11 (Us Too! June 12)

Gleevec, the promising new cancer drug already approved for treating some leukemia patients, has researchers cautiously optimistic that it might help fight prostate cancer. Studies have found that Gleevec, also known as STI571, inhibits tumor growth and preserves bone structure in the tibia of mice implanted with human prostate cancer cells.

**Fast Track Approach to PCA Surgery**

CosmiVerse.com June 11 (Us Too! 6/12)

Researchers from the University of Michigan Comprehensive Cancer Center are examining a new ‘fast track’ approach to prostate cancer surgery that combines existing techniques to

(continued on Page 7)
and support for critically needed PCa research, awareness, screening, treatment and palliative care as outlined in Us Too!’s strategic plan. PAP is also necessary to address a number of other PCa-related issues on the state and federal levels. For example, the promotion and establishment of state cancer advisory councils, the allocation of funds to enhance local PCa education/awareness programs and legislation to guarantee insurance coverage for PCa screening and testing.

Several organizations (e.g. American Cancer Society (ACS) and National Prostate Cancer Coalition (NPCC)) have offices in Washington, DC. These offices are actively monitoring and “working the hill” concerning federal legislation which supports increased funding for the National Institutes of Health (NIH), National Cancer Institute (NCI), Center for Disease Control and Prevention (CDC) and Department of Defense (DOD) research funding programs. These efforts are necessary and will continue to be supported by Us Too!. However, Us Too! can also better influence national and state legislative matters through its extensive network at the grassroots level. Our limited resources dictate that we maximize our efforts through its extensive network at the local level.

Us Too! members enjoy a unique opportunity and challenge in educating and working with local legislative offices to influence funding and legislation. These local units have the opportunity to expand relationships and open new communication channels on a personal, one-to-one level that many times is not available in Washington, DC. Congressional members are more readily available in Washington, DC.

The goal is for each Us Too! Chapter to have one chapter advocacy coordinator. This person will serve as the key point of contact within the support group and the larger community on federal and state legislation and other policy matters. He/she will:

- Attend local/national training e.g., “Train the Trainer” program
- Be given regular information updates on local and national issues affecting prostate cancer
- Establish voice and email “trees” within the chapter to expedite communications and alert the membership of pending legislative matters
- Be asked to provide regular advocacy updates at chapter meetings
- Identify other chapter members interested in participating in advocacy
- Manage letter writing and phone campaigns on a local basis
- Host elected officials at chapter meetings
- Raise awareness via speeches/press releases/special events

The Board also approved the immediate implementation of the revised Us Too! Advocacy Program. The overall goal of this program is to identify, enlist and support a national team of prostate cancer advocates comprised of Us Too! chapter members, their families and others with an interest in increasing awareness of and advocacy for prostate cancer. The program will:

- Identify individuals willing to take on the role of Advocacy Coordinator
- Provide local and national training
- Give regular information updates
- Enhance an already powerful resource network of individuals that are able to effect change in public policy

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Last but not least the Us Too! Board approved the recruitment of a full-time paid National Director of Advocacy to coordinate and assist the grassroots members who want to get involved in advocacy.

Now is the time to step forward. You can make the difference. Join Us Too!’s Advocacy Program today. Contact your chapter leader / facilitator and /or John Page, CEO Us Too! International, Inc at (630) 795-1002 (outside Chicago area call 1-800-80-UsToo), or e-mail jpage@ustoo.com

US TOO!(PCa) Research Campaign.

The Daily Telegraph London June 25 (Us Too! 6/26)

The finding comes from a study comparing a fast track prostate surgery pathway with a standard approach that keeps patients admitted to the hospital for up to three days. The study is the first of its kind. The 24-hour approach by UM stood up well to the prospective competition, coming through with high patient satisfaction rates and low complication rates nearly identical to those seen with standard care, according to senior author Martin Sunda, M.D.

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PROSTATE WILL BE THE MOST COMMON TYPE OF CANCER IN 2020

The Daily Telegraph London June 25

(Us Too! 6/26)

PROSTATE cancer is expected to become the most common form of the disease in the next 20 years, overtaking lung, breast and bowel cancers. By 2020 prostate cancer in men will top the league table in the Western world, followed by breast cancer in women, according to an analysis by the Cancer Research Campaign.

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For a daily e-mail on the latest PCa news subscribe to the free “Us Too! Prostate Cancer News You Can Use” Visit:

www.ustoo.org

for more information

PCa News You Can Use

(continued from P. 6)
Editor's Note: Late last year Stan approached me about planning a Walk to raise both awareness of PCa and money for PCa research. At that time it was clear that his determination would see this project get off the ground and onto the Boston Common. As he reported his progress you could sense the excitement - here was one man MAKING A DIFFERENCE BECAUSE HE TRIED!!!

Joe Piper, Us Too! Regional Director for the Houston, TX area - and a veteran “Dad’s Day 5K” organizer - consulted with Stan and shared in his excitement at seeing his project come to life. I know I speak for everyone at Us Too! and for the millions of men who will benefit from what was done in Boston when I say:

CONGRATULATIONS TO STAN, HIS ENTIRE COMMITTEE AND THE 1,200 PARTICIPANTS FOR MAKING THIS A REALITY!!!!

Us Too! INTERNATIONAL is a charitable volunteer driven organization funded by donations from individuals, memorial gifts, and grants from agencies, medical professionals, pharmaceutical and other companies. Contribute today!

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