The first meeting with the new team of members on the Us TOO board of directors met in Des Plaines, IL, on March 7th and 8th. The board meeting agenda items included discussing plans to recognize the 25th anniversary of Us TOO in 2015, redesigning and updating the Us TOO website, fundraising campaigns, and the 10th anniversary of the SEA Blue Prostate Cancer Walk & Run, which is scheduled for Sunday, September 14, 2014, at Lincoln Park in downtown Chicago. There are four new members on the board and two open board positions to fill. Please help to spread the word or let us know if you are interested in applying by contacting Tom Kirk @ tomk@ustoo.org.

The issue of PSA and early detection continues. As you may recall, the U.S. Preventive Services Task Force (USPSTF) recommended against the use of the PSA test as a screening tool to help detect early stage prostate cancer in otherwise healthy men in 2012. During that time, Us TOO encouraged your support for a petition and sought your feedback to effectively advocate and provide commentary about PSA guideline changes. We are pleased to see Theragenics’ 2013 PSA awareness research, which was conducted in response to the USPSTF and other controversial PSA guidelines. A brief video on www.PSAdebate.com features Dr. Mark Scholz citing results from the survey of 1,539 men. Among other findings, 80 percent of respondents were unaware that the USPSTF has recommended against screening for prostate cancer in healthy men. Also noteworthy on the education front is the recently announced PCRI Conference September 5-7 in Los Angeles. More information on page 10.

Take action and get connected!
We are pleased to announce
Us TOO has a new location!

New Address:

Us TOO International
Prostate Cancer Education & Support Network
2720 South River Road, Suite 112
Des Plaines, IL 60018-4106
630-795-1002 or 800-808-7866
www.ustoo.org

We have been busy settling into our new Us TOO corporate offices, following the planning process and location search that began in 2013. Slightly smaller and more economical than our former space, we are now in close proximity to O’Hare Airport and major expressways.

Please stop in to visit us the next time you’re in the area!

Bottom photos of Us TOO staff left to right:

President & CEO Tom Kirk
Director of Marketing & Communications Chuck Strand
Chapter/Support Group Services Program Manager Terri Gibbons Likowski (Mt. Holly, NC)
Office Manager Jackie Konieczka
Director of Development & Fundraising John Lupton
Whether you knew Russ personally or knew of his work in the prostate cancer community, you can appreciate the scope of the positive impact that he had on educating thousands of people on the importance of taking charge of managing their disease with an effective action plan for treatment.

Russ was diagnosed with prostate cancer in 1997 and had been managing his advanced prostate cancer since 1999. He was highly regarded as a knowledgeable and reliable resource for information about prostate cancer diagnosis, treatment options, side effects and their impact on quality of life.

Russ was one of the founding members of the SEA Blue Walk & Run, along with Myrna Porter and Shirley Grey, who each lost her husband to prostate cancer. He freely shared his information and insight as a prostate cancer specialist with Wellness Place, as a patient advocate with the National Institute of Health Scientific Programs of Research Excellence (NIH SPORE), as an Us TOO International chapter leader and lecturer, and as a past vice chairman of the Us TOO Board of Directors.

He served on the search committee that brought me here to Us TOO in late 2004. I admired his passion and commitment from the start and I knew that Us TOO was a special organization because of people like him. I learned so very much from him, as did so many others. I was very pleased that we were able to honor Russ several times as an Edward C. Kaps “Hope Award” winner in 2009, and most recently earlier this month for “Outstanding Lifetime Service.” Although Russ was not able to attend to accept the award, his son and daughter, their spouses, and a good number of members from the Chicago-land chapters and support groups joined us in recognizing his profound contributions.

Russ infused genuine hope through his expertise that he freely shared through his personalized and caring approach. He was never too busy to respond to anyone who needed his help. Russ was a friend to many and a friend of mine. He will be greatly missed. ~ Tom Kirk

Russell J. Gould, Sr.

We are deeply saddened by the news that Russ Gould passed away from prostate cancer on Saturday, December 21, 2013.

Us TOO presented Russ with the “Outstanding Lifetime Service Award” at the Dec. 6, Annual Meeting. Russ was not able to attend but we were thrilled that his family was there to accept the award in his honor. Pictured left to right: Scott & Paula Gould, Tom Kirk, and Russ’s daughter, Nancy, with her husband John O’Brien.

Nancy shares, Whether being there for his family, a friend or those with cancer, he was a man who put his heart and soul into everything he did. I am proud to say that Russ Gould is my father. He was a very important part of my life. Not a day goes by that I don’t think of him.”

We will never forget you, and all the things you taught us about living life! Russ and the Bill Blair Chapter Team at the SEA Blue Walk in 2012 had a life-size poster made of Bill Blair so he could be there with them on event day! The Chapter has renamed the group the Bill Blair/Russ Gould Chapter in honor of Russ.
It's a New Year. Time to Get a (Bigger) Life!

Chronic conditions bring all kinds of challenges to your life. And some of those challenges include limitations. Not being able to do something you used to be able to do, or at least not to the same extent, and setting limits to take help take care of yourself, preserve your physical and emotional energy for what’s most important to you. But I sometimes think that by focusing on all those limits and limitations we begin to view life in terms of “can’t do’s,” with the road ahead becoming narrower and narrower.

Let’s take a step back. How about thinking bigger? Starting the New Year by taking a look at what’s possible instead of what’s not so possible. Ready? Here’s how to get started:

Make a new friend. Bring someone into your life to spend time with, to have some fun, to talk about what’s going on in each other lives. Don’t forget you are surrounded by lots of potential friends right here!

Improve a relationship. Is there a friend or family member that you have gotten out of touch with, that you have a few differences with? Maybe it’s time to reconnect! Along with burying a hatchet or two, how about making the first move?

Join a cause. Giving to others helps to make the world a better place. It’s also a great way to take your mind off your own challenges. And helping others can be gratifying and energizing. So this might be the year to get involved in doing some volunteering. Or just looking at where you can spread some joy in your corner of the world.

Let go of a bad habit... We’ve all got a few bad habits. Maybe this is the year to pick one of them and usher it out of your life. Take a look at what you consume, how you spend your time and your money, how you relate to others. Any habits that you can let go of to make your life a little better? Or a lot better?

And pick up a new one. A lost habit can leave a gap behind, so fill that gap with something positive. A hobby, a relaxation technique, music, spiritual or religious practices, a class... expand in a new direction. Think body, mind and spirit. Open a window and let in some fresh air!

Switch up a routine. Step back and take a look at your daily routines. Is it time to add some variety in your daily life? For example, is it time to move around that evening routine with one or two less TV nights replaced by a book, or another activity you enjoy, or some quality time with people? Little changes here and there can be energizing! Give yourself a little push out of that rut, one baby step at a time.

Start a discussion, or two! Got a question? Celebrating? Need some support? An idea to share? Make this the year to reach out by posting more discussions. And responding to a few more while you’re at it. We’re here 24/7. We’re all in this together. Stay connected!

Recommit to taking the best possible care of yourself. Take a look at your self-care routine. Compare what’s ideal with how you’re working your plan day-to-day. Any areas of your life in which you might be letting yourself down? If you haven’t talked about your self-care with your healthcare professionals, it might be time to have that conversation to see where you can tweak your plan here and there.

It’s a new year! So what’s new with you? Make this the year to get a bigger life!
Us TOO Cat Island, Bahamas Brings Holiday Cheer!

Us TOO Cat Island, Bahamas, held its first Christmas tree lighting on Saturday, December 7th. Under the theme “Love Lights a Star,” this event brought residents from across the island together. Family and friends of cancer survivors were invited to light stars in honor of their loved ones.

In the true spirit of Christmas, Us TOO Cat Island also showed their generosity by distributing gifts to all children who attended the event. Chapter Leader Daniel Romer encouraged the gathering to continue to support prostate cancer awareness activities such as this one. He also reminded them of the importance of screening and early detection. The event was attended by over two hundred persons including local government officials, various schools, civic and religious leaders.

Daniel Romer from the Us TOO Cat Island Bahamas chapter had a special awareness event in December and they wanted to have a special shirt for the occasion! These t-shirts were created and we can have them made for your group too. Our costs are approx. $6.00 per shirt for a minimum of 25 shirts. You can request sizes.

2XL and 3XL sizes available for $7.00 each.

Contact terril@ustoo.org for more information.

Let’s expand our SEA of Blue by ordering t-shirts with Us TOO!
When Patrick Fisher, the chapter leader of Us TOO Rochester NY learned a local hospital won second place in the national 'Pink Glove Dance' competition focused on women surviving breast cancer, his Internet research also revealed there had never been a single 'Blue Glove Dance' advocating for men with prostate cancer. So, as Prostate Cancer Awareness Month approached, he declared Saturday September 7, 2013, as "Prostate Cancer Awareness Day" to local media and started planning the day-long activities.

He collaborated with a local events planner to create a community 'buzz' for a men's health fair focused on prostate cancer awareness. A central shopping mall became the venue of choice and permissions were granted to invite a dozen health-based agencies to locate their information tables throughout the center mall.

Entertainment provided throughout the day included 'blue 'surgical gloves used in fun ways for interactive participation, church groups singing the 'blues', and a 'blue' ice sculpture was donated by a local ice-carver. They even designed a T-shirt they knew would grab the attention of news media to help pitch the event. The T-shirt helped to reinforce the importance of early detection and the need for men to know their PSA status.

The chapter leader selected the song "Be Ok" as the theme song and gained gratis permission from singer and songwriter Ingrid Michaelson to use and record her song in this manner. The Blue Glove Dance for Prostate Cancer was choreographed by a local performing artist.

The chapter also engaged a professional video production company DeBergerac Productions Inc. 2013" donated most of the costs to record events for use in future marketing efforts.

At 3:00 pm, the music started and the cameras rolled as attendees donned their blue surgical gloves donated by a local urologist. Crowds gathered to watch as the choreographer led the group through a few easy dance moves and before long the footage was captured.

Several agencies took part in the men's health fair, and several hundred shoppers took part in the day's events that included taking a 'Quiz' about prostate cancer to become eligible for prizes. Participants had to find answers to the quiz questions located at each of the agency's information tables.

It was a fun day and the resulting video can be seen on YouTube at:  
'http://www.YouTube.com/watch?v=PuR22XtNzME'

Now, there exists at least one video titled "Blue Glove Dance for Prostate Cancer" found by Internet search engines the world over.

Members of Us TOO Rochester NY challenge other chapters to continue doing all they can to increase awareness in ways that work with current trends and to always leverage social networking to their best advantage!
On August 19th, historic Pittypat’s Porch Restaurant in Atlanta was the site of the Pours for Prostates wine sampling and auction to benefit Us TOO International. More than 100 friends and supporters showed up for a fun evening of wine sampling, great southern food and a silent auction of some special sports memorabilia. The Pours event was a follow-up to the very successful Atlanta Town Hall Meeting held earlier in the spring.

One especially nice part of the evening was the presentation of a framed letter of appreciation to members of the Men’s Grill at Ansley Golf Club in memory of their good friend, Art Benton, who has recently succumbed to prostate cancer. Art’s Son, Hadley, was on hand to receive the memorial on behalf of the Benton family.

Another result of the Atlanta Town Hall Meeting will be the possibility of the first regional Us TOO Education and Awareness Seminar, held in conjunction with the Clark/Atlanta University Cancer Research Center. The seminar will be patient-focused, bringing in several key medical and professional prostate cancer experts to discuss the latest changes and happenings in fighting the disease.

Hadley Benton (left) is most appreciative after a framed letter of appreciation is presented to him by the members of the Men’s Grill at Ansley Golf Club in memory of his dad who had recently passed away from prostate cancer.

Hadley and Karen Benton were all smiles after winning the beach house trip to Fripp Island that was graciously donated by Guy Thomson for the Us TOO silent auction!
Pours for Prostates “Southern Style”
Let's do it for our Boys!

Last spring, Us TOO received a call from Howard Waage with the Us TOO Santa Cruz, California support group. He told us that his daughter, Kirsten Cannon, was on a mission to bring awareness about prostate cancer to kids at the junior high and high school level. Howard connected us with his daughter and the brainstorming began!

Kirsten and Chapter Services Program Manager Terri Likowski had one thing very much in common; they were both the mother of sons. Kirsten has four and Terri has six.

When Terri asked Kirsten why she was so passionate about taking on this project she said, “I wanted to do this because for years I have been watching the impact of breast cancer awareness through football programs all over the nation from youth football, high school, college and professional. My family has been affected by prostate cancer and I know the importance of early detection. I have four sons involved in football and they all attend Palma School, which is an all-boys school. “I felt a strong obligation to help educate all these young men. I would like to continue to use football as an outlet to educate young men and their fathers and uncles about the importance of early detection.”

The Us TOO staff began working on an age-appropriate piece that could be easily handed out at schools or events. We contacted others for input who had kids or grandkids and spoke to some teens for their advice!

“Get Educated on the Facts about Prostate Cancer” was created for the event with hopes that it could lead to a bigger campaign throughout the country.

Kirsten Cannon and her boys from right to left: Brenden, Marques, Kirsten, Anthony and Kasey. All four boys attend Palma School, a Catholic prep school for boys 7th thru 12th grade. Kirsten shares, “I would like to thank Hartnell College, Palma School and MBYFL for helping me with this cause.”

Us TOO currently has copies available for print!
We also handed the flyer out to all the students and asked them to bring it home to their parents and grandparents. We told them to put it on the refrigerator!”

Howard continues, “One of the more interesting dynamics was when Joe asked the boys how many of them knew what test was used for the screening of breast cancer, almost all boys knew about mammograms. He then asked what was the test used to screen for prostate cancer and only a couple of students had heard about the PSA blood test. Then we asked each class to stand up if breast cancer had impacted any of their family members and many of the boys stood up. The same question was asked about prostate cancer, and very few of them stood. It certainly highlighted the fact that prostate cancer is typically not discussed when it affects a family member.”

Later in the afternoon, we set up a table with our banners, literature, the city of Salinas and Monterey County proclamations at the new football stadium in Salinas. It was great high school football action with Palma vs Palo Alto football and the Palma JV and varsity teams winning both games! Our information table was located right next to the stadium food concession area, which gave us a lot of exposure. Throughout both games the announcer asked men in the stadium to discuss screening with their physicians and get their PSA test. All the Palma players had blue ribbon stickers on their helmets and wore blue shoe laces.

At the same time, the varsity game was broadcast on KION-AM radio with their announcer and sports commentator also recommending that men talk to their physicians about getting screened and to know their PSA score. That message was repeated about every 20 minutes.

On Saturday the same information was available at the Hartnell College football game, also held at the new Salinas stadium.

Howard continues to share, “Doing this opened the door for us to involve the local schools in getting the word out to our younger generation.

I have to give all the credit to my oldest daughter, Kirsten, for making the contacts and arrangements to obtain the proclamations and arranging the details with the schools and the local radio station. Let’s hope that we can get more of the support groups involved in reaching out to our schools regarding prostate cancer awareness as the breast cancer advocates have done.
Letter to a Good and Great Man – Willie Cotton Jr.
Written by former Sierra Vista AZ Chapter Leader George Mirich

Dear Willie:

I attended your memorial service and the room was packed with so many people not an empty seat nor a dry eye anywhere. The service was led by your daughter, son and grand daughters, Pastor Shaun gave the eulogy which was terrific with many “amens.”

Willie you were memorialized with love-big time. Listening to people get up and speak I thought about you, what I have believed for a long time – you were an extraordinary man, the kind of man God had in mind when he created people every where. For me it was easy to see Him in your face.

I realized you lived for a purpose far beyond anything that would benefit you personally. It didn’t matter to you what the economic status, language, creed or color of the many people whose lives you touched. You were there in their lives caring, encouraging, loving some briefly, others for a long time. When you meet Him he’ll tell you all about it. Far better than I could.

You understood that greater happiness in life lies in helping others, not helping yourself. It was amazing to see you step out of your shoes and into others and identify with their hurts, fears, worries, frustrations as well as their joys.

You didn’t stand still while the world passed by. You continually pushed yourself to became a person who faced challenges, adversity with great dignity and courage you were an example of a well developed, honorable life. You were a leader, the kind that people wanted to follow, but you could also follow when necessary. How fortunate we all were when God blessed us with the gift your life among us. Please know, Willie, the mission of Us TOO that you so diligently embraced and worked for these many years in Cochise County will be carried on.

Willie, no one ever passes away as long as they are remembered. You will remain in our hearts and minds until we see you again, and your family will always see you in each others faces.

BRAVO dear friend! You made Him proud and all of us so privileged to be your friend.

With love, admiration and respect, George.

Willie was born 6/2/1924 and passed away on 8/12/13. He embraced his mission to spread awareness about prostate cancer to everyone he met. Willie was an amazing man!

Willie with Terri Likowski and Tom Kirk after he received the Edward C. Kaps Hope Award at the Us TOO Annual Meeting in Chicago in 2011.

Terri shares, “He was so excited to fly to Chicago for the Awards Dinner! He had not flown in years and was thrilled to be able to make the trip. I was so happy to see him when he arrived safely to the hotel that afternoon. He looked so handsome that night and brought us all to tears with his heartfelt acceptance speech. It was an honor to have known him and he will always have a special place in our hearts.”
Join our “SEA of Blue” for our 10th Anniversary..website is now open!
Us TOO International is pleased to announce its renewed partnership with the Howdy Honda Cap 2k Open Water Race & Pledge Swim to be held on Saturday, May 3rd, in Lady Bird Lake, Austin, Texas. We invite you to join our partners in getting pledges to help raise awareness and fight prostate cancer.

The only downhill swimming race in Texas, the Howdy Honda Cap 2k has been rated as one of Austin’s Top 10 Recreational Events, one of the Top 50 Open Water Races in the U.S., one of the Top 100 Open Water Races in the world, and is Austin’s signature swimming event. This uniquely-Austin event promotes health and fitness. Swimmers, including prostate cancer survivors, physicians, and fundraisers, all benefit from a morning swim in the lake while raising awareness of prostate cancer. Some swimmers race and swim for pledges while others swim leisurely for pledges in “the only downhill swimming race in Texas.” (the lake flows downhill)

One hundred percent of all donations are tax deductible and will go to Us TOO International and directly benefit the Us TOO Chapter of Austin for prostate cancer support, education, awareness and advocacy. Donate $50 or more and post a tribute to a loved one on the Cap 2k’s "Wall of Honor."

To donate, join our fundraising team, or honor a loved one go to: www.ustoo.org/cap2k
To "like" the Howdy Honda Cap 2k on Facebook go to: www.facebook.com/cap2k
To learn more, sign up to swim, or pledge a donation visit: www.cap2k.com

Providing collaboration and support for the PCRI Conference since it began in 1999, Us TOO continues the legacy this year at the 2014 event with Us TOO board members and support group leaders playing an active role. If you are interested in leading an Us TOO support group lunch session this year, please contact terril@ustoo.org.

Us TOO Chapter/Support Group Leaders if you are interested in receiving hard copies of the 2014 PCRI conference flyer to hand out at your group meetings, please contact Joe Martin from BDI events @ 323.692.0802 or joe@bdi-events.com and mention your affiliation with Us TOO. Joe will get them to you asap!
Taking Action and Getting Connected

Us TOO held town hall meetings last year in Atlanta, Austin, and Rochester, NY. The planning is in process for more meetings to take place this year. If you feel your city should be considered for a meeting, please tell us why and send your comments to: terril@ustoo.org.
September was National Prostate Cancer Awareness Month. On Monday Sept. 9th the Greenville Chapter of Us TOO International Prostate Cancer Education and Support Group celebrated its 20th anniversary. The local group is led by Johnny Payne.

According the South Carolina Cancer Alliance, black men in South Carolina are three times more likely to be diagnosed and die from this disease as white men.

For the past 20 years the Greenville Us TOO Chapter has met the needs of new prostate cancer patients and survivors by holding monthly meetings and bringing in community medical speakers to keep everyone informed of the latest treatment technologies.

Along with the support group activities, members of the support group have created a tremendous community outreach program where they support local health fairs and give presentations to senior centers, churches, local businesses, fraternities, colleges and military organizations. They have partnered with local hospitals and health agencies providing support during prostate health screenings and other awareness activities.

Over the years the outreach program has spread out to the adjoining counties including Spartanburg, Cherokee, Union, Laurens, Greenwood and Oconee.

The Greenville Us TOO Chapter has representation in the National Alliance of State Prostate Cancer Coalitions and the SCCA (South Carolina Cancer Alliance) prostate cancer workgroup.

The keynote speaker for the occasion was Tom Kirk, president and CEO of Us TOO International, headquartered in Des Plaines, Ill. The local group received a South Carolina State Proclamation presented by State Senator Karl Allen.

**Educating Women about Prostate Cancer is Vital!**

On March 15 a community forum was held at Spartanburg Regional Gibbs Cancer Center & Research Institute. Thirty-eight African American women, older men, and younger/middle-age men gathered together to provide input into the content of a prostate cancer education program.

The program covers topics such as overcoming barriers to discussing prostate cancer and making informed decisions about prostate cancer screening.

Over the past three years 100 plus individuals in upstate South Carolina have received this pilot education program that is a collaboration between the University of South Carolina, Gibbs Cancer Center & Research Institute, and Us TOO Greenville and Spartanburg Chapters.

This program is one of very few initiatives that involves African American female family members in prostate cancer education.

All feedback provided at the community forum will be incorporated into the updated program that will be delivered via a video conference on May 17, 2014. Current work of this team is being funded by the South Carolina Cancer Alliance.
What Makes the Mediterranean Diet Perform Like a Statin Drug in Many Diseases?

~ by Kenneth Pendleton

I must mention my training and experience. I am not a doctor but I have experience in research and manufacturing of chemicals and drugs. I have no training as a doctor or in the administration of drugs. The information in this paper is technical and not meant to be used for administering treatment of drugs, although a doctor might find this information useful in the development of the treatment.

The question asked in the title is being asked by a lot of people. Much work has been done to answer this question, and to no avail. The answer is in this paper, and I am excited by being able to share it. I have known since before fitting the pieces together, but I too did not know why. (PSSS, the answer is not what is in the diet, but what the olive oil is substituting for.) In fact I have been certain about the good qualities of the Mediterranean diet but like others, I did not know why it works. To make sure that this diet is as good as I thought, I Googled: “Mediterranean diet linked with lower risk of developing dementia.” This search brought me more articles then I have time to count. In the references are listed a couple that sounded good because they included Alzheimer’s and heart disease with the dementia.(1,2)

First, it is necessary to discuss how, and why, statin drugs perform very well in many chronic diseases. Statin drugs are marketed to lower the LDL cholesterol in order to lower the chances of heart attacks. In order to do this, statin drugs were designed to reduce cholesterol by inhibiting HMG CoA reductase, the rate-limiting enzyme in cholesterol synthesis from LDL. But statins also reduce omega-6 by reducing release of arachidonic acid from low-density lipoprotein, the “bad cholesterol,” which is thought to contribute most directly to atherosclerosis. Furthermore, statin drugs inhibit the conversion of omega-6 essential fatty acids, specifically arachidonic acid, into isoprenoids, reduplicated derivatives that can cause especially aggressive inflammation in the body.(5)

That said, I will continue to present what I have learned in the last couple of years. My earlier work was published and can be found when you Google the title: “My Escape from the Prostate Snatchers” and “How to Let the Body Stop Cancer.” These were both based on personal experience supported by a literature search. This current article is an extension of the same technology, both from a study of additional papers, and person-to-person discussions at the 10th Annual World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease in Los Angeles, California in November, 2012, and at the Alzheimer’s Association International Conference in Boston in July, 2013.

One of my best sources came from a recent PhD graduate summarizing a presentation by a previous graduate of NYU. Dr. Jonathan Galland attached a side article to his article summarizing a lecture at NYU Medical School, May 6, 2012 by Dr. David Perlmutter. His father, Dr. Leo Galland, had published a paper on his pilladvased website (4) referring to the Dr. A P Simopoulos paper “The Importance of the omega-6/omega-3 Fatty Acid Ratio in the Cardiovascular Disease and Other Chronic Diseases.” (3) This was my first introduction to this fantastically well defined work by Dr. Artemis P. Simopoulos. In her paper, Dr. Simopoulos has defined many diseases and the omega ratio at which each disease would be stopped by the body (and not stopped at slightly above that ratio). The ratio is created by omega-6/omega-3, often expressed as n6:n3. In other words, it is the concentration of omega-6 fatty acids divided by the concentration of omega-3 fatty acids in the blood. Her work was so complete and well done that it could be used directly as a “road map” to solve most of the problems related to cancer and to the chronic inflammatory diseases of the immune system.

Since the ratio has omega-3 in the denominator, this information explains why in a test group there can be varying results when the same amount of omega-3 fats are used without addressing the level of omega-6 fatty acids, the balancing quantity. For example, many studies in recent years have used omega-3 fatty acids to stop the various chronic diseases. When I look at a study and see that the results are quite variable, I look to see what the omega ratio is after treatment. Where such unsatisfactory results have been reported, I have not found a reference to the omega ratio, or to the omega-6 concentration. It is obvious to me that the researcher is not aware of the “The Importance of the Omega-6/Omega-3 Ratio...” (3) Failing to observe the omega ratio may result in nearly useless research data.

Thus, this new balance of components in the body becomes extremely significant. It only includes two families of fatty acids, but these control many body functions. The balance must be maintained for favorable results. These two families of fatty acids are called essential fatty acids because they are essential to our existence and are not made by our bodies.
The inflammatory character of the omega-6 is required to defeat invaders and the quieting ability of the omega-3 is necessary to stop the damages that result from unneeded extended inflammation due to high omega-6 fatty acids.

In the evolution of man, he was not able to migrate from his lake side home in Africa until he could have both omega-6 and omega-3 to ingest daily. His genes were set on a level for each. Since his genes were set at a range of levels, he could only live within that range. In parts of that range, he could live better, and at other levels, life became more difficult and sometimes shortened. As humans continued to evolve, the genes did not keep up. Some adjustments took place with the gene changes which allowed for better adaptation to some conditions and possibly losing some adaptability for the current environment. (e.g. People with sickle cell anemia are resistant to malaria but do not do as well where malaria is not a concern.)

Dietary changes have been significant as people have learned to live in various conditions around the world. Since the body cannot synthesize these essential fatty acids, they must be taken from the diet regularly. Sources of these fats need to be maintained. Since there is no system for eliminating excess quantities of these fatty acids, excess quantities of omega-6 must not be ingested. For the good of our population, we need to develop ways to balance the omega-6/omega-3 ratio.

In the US and Europe, the best estimates of the ratio is between 20:1 and 30:1. These numbers have gone up significantly with the changes in the available food supply. Processed foods have become a major source of omega-6 fats. Additionally, animals and fish are being fed corn and other high omega-6 foods instead of grazing in the fields where they would consume plant omega-3 fats. Fish raised in fish farms are often being fed corn and other omega-6 food which substitutes for the high omega-3 foods in the sea. Therefore, the meat and fish that we consume does not have as much omega-3 as it did a few decades ago. In addition, man is eating increasing amounts of high omega-6 foods, due to using omega-6 fats for cooking and for formulating foods. Corn oil, for example, is 63% omega-6 fatty acid, and even oil used in bread-making is high in omega-6 fatty acids and far too low in omega-3 to achieve the 4:1 Ratio that Dr. Simopoulos found necessary to stop these chronic diseases! (3)

The diseases for which controlling the omega ratio is expected to give very favorable results include cancers and diseases where immune system’s inflammation (swelling) is the cause of the problems. With cancers, the immune system inflammation seems to protect imbedded cancer cells from apoptosis (the process by which the immune system causes unfit cells to be destroyed). When the omega ratio meets the "balance," the swelling subsides and the immune system identifies the cancer and initiates the apoptosis, which causes the cancer cell to be destroyed naturally and efficiently. This step is a normal immune process with cells that exhibit certain substandard requirements. When needed, the immune system can destroy massive quantities of these cells and the body can reclaim the nutrients in the cells.

Of interest with other diseases is how inflammation can create extreme problems, and how balancing the omega ratio can solve most of those problems. With the heart (and some other organs), inflammation puts extra stress on the organ. That strain can cause heart attacks. The brain has a different problem. It uses lots of energy. Inflammation likely blocks the necessary nourishment needed to be able to function. Several diseases like Parkinson’s, Alzheimer’s dementia and strokes are likely to be examples of what can happen when the needed nourishment does not reach the brain cells. At the Alzheimer’s Association International Conference 2013 in Boston, I spoke with many well educated attendees, including some of the association’s leaders. My expressions of these thoughts brought almost complete agreement that stopping inflammation would likely cure the disease. Since the conference, I have received additional information agreeing that inflammation may be a probable cause of these diseases. The omega ratio would appear to be out of balance and the cause of these diseases.

This ‘out of balance’ is too great to be cured with omega-3 alone. The quantity of omega-6 fats must also be reduced to achieve the necessary balance and the ultimate cure. I was disappointed not to find any researchers working on the problem from this direction. I expected to see a lot of research on restrictions in brain nourishment. I did see work on getting the drugs across the blood/brain barrier. My minimal contacts with the Alzheimer’s Association technical people suggested that this would be a good approach to stop brain damage. In all honesty, I was uncertain whether the people with whom I spoke understood the nature of the omega ratio, or were they afraid that recognizing this ratio would eliminate the need for too many current physicians.

So, what does this have to do with statins? Statins neutralize or reduce the concentrations of inflammatory fatty acids. This makes it possible to balance the smaller quantity of omega-6 fats with less omega-3. This effectively reduces the inflammation caused by the immune system.
Eating less omega-6 may work as well as stopping this natural process with pills. Diet may be more difficult for people to accomplish, but it is also more natural. Under doctor’s care and proper communications with the patient about the “Importance of the Omega-6/Omega-3 Ratio…”, this plan should be better than taking pills.

This leads us directly to what is in the Mediterranean diet which causes it to stop the many diseases that we have mentioned, and many more. It is **not** what is in the diet, it is **what is not in the diet**. The diet has a very low amount of omega-6 fatty acid because the diet has substituted olive oil (a monounsaturated fat) for the omega-6 which is in almost every other American and European diet. This diet has enough omega-6 to meet the needs of the body, but not so much that the omega-6 cannot be balanced by the normally ingested omega-3. Nuts in this diet have both omega-6 and omega-3 essential poly unsaturated fats. Most nuts have omega ratios from 5 to 8. Non-processed foods have some omega-3 fats. Additionally, the fish encouraged in the Mediterranean diet will further balance the remaining omega-6. Thus, the Mediterranean diet is doing naturally exactly what the satins are designed to do. Out of all the Mediterranean diets the traditional diet of Greece, as shown by the diet of Crete in the Seven Country Study had the most balanced omega-6/omega-3 ratio of 2:1. The people of Crete had the lowest rate of heart disease rate of heart disease and cancer and lived the longest, followed by the Japanese.(7)

In summary, many chronic diseases are the result of the body’s attempt to protect itself from outside invaders. The diet in the area where life evolved had certain conditions of dietary support. Our genes were originally set to respond to the conditions of that time. As populations grew, the available food supply has increased. The dietary fat intake has not been in direct proportions to what it had been. Rather, in the last 70 years, the food supply has met volume needs based on costs and ability to supply. Corn and other omega-6 containing foods are easily grown, processed, and delivered to the population. They also taste good and are easily digested.

Unfortunately, our body’s genes are tuned to the old diet. The body’s immune system is not easily adjusted. Our bodies ingest all the omega-6 and omega-3 essential fatty acids that they receive, but cannot make these needed essential acids. As we have evolved, there was a need for both of these oils, but within certain limits. Originally, supply met the needs and there was no need for the body to discard significant quantities of these fats. No system within our bodies has developed to meet an oversupply problem by discarding the excess omega-6 fats. Now, with an oversupply of omega-6 fats, our bodies cannot adjust favorably by themselves to the oversupply of the omega-6 fats and we must do it with drugs or diet.

Some of the omega-6 derivatives are docile and can be in the body without creating inflammation. The immune system diseases, some of which are addressed in this article, prove that we cannot rely on omega-6 to convert to “docile” derivatives, instead of inflammatory derivatives, to avoid the imbalance that is found in the omega ratio throughout our population.

The Mediterranean diet is very popular in some parts of the world. It takes an alternate approach. It avoids ingesting excess quantities of omega-6 fatty acids by substituting olive oil for uses where omega-6 oil is used in the US. With this diet, man remains on the side of the balance that has been historically successful. Taking some omega-6 fat out of the diet is far more important than the other good things that olive oil might do. The reduction of omega-6 by replacing it with olive oil, plus the higher level of omega-3 from the extra fish, is how the Mediterranean diet reestablishes the important balance for which the human genes are tuned. Identifying this simple fact is one of the purposes of this whole article. This information may bring a better understanding to what we should eat and how we may be better able to meet our dietary needs.

Our current status is different. With our current health problems, it is imperative that we get professional help to maintain an intake of a complete diet that recognizes the words of Dr. Simopoulos “The Importance of the Omaga-6/Omega-3 Ratio in Cardiovascular Disease and Other Chronic Diseases.”(3) This paper offers us the guidance that will give us and our friends many more quality years. If doctors would become educated on this subject, how many lives would be saved?

**PS:** Do not try this on your own or without medical assistance because there may be a variety of problems. One has been suggested by Noble Prize Winner, Dr. James Dewey Watson. He mentioned the high level of antioxidants that we often have in our bodies. Since the immune system may normally use the free radicals that the antioxidants remove, the immune system may not have the free radicals needed to initiate the necessary apoptosis to stop cancer cells. Another problem is that inadequate controls can give cancers a head start and the resulting disaster of uncontrolled cancer.
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I would like to express my gratitude to two researchers who have helped to focus my ideas clearly. One is Dr. Harold T. Pretorius, MD, PhD, who has worked with these fats to improve our lives. The second is Dr. Artemis P. Simopoulos who did most of the work of developing an understanding of how the omega ratio controls of the immune system’s inflammation either to protect humans or to create terrible diseases when it is not used correctly. ~ Kenneth Pendleton, Cincinnati, Ohio.

Humor Helps...

Bob Lang, Sr. the owner/publisher of Editorial Services, an editorial cartoon contract service in Churubusco, Indiana, was diagnosed with prostate cancer last year. When we asked Bob if “humor helped” him deal with his diagnosis, he replied, “Yes, of course it helps! After I had received the diagnosis and realized this was possibly the worst thing that had ever happened to me, I was searching for some way to deal with it and that is when it hit me… I had the power right at my fingertips. The rest, as they say, is history.

I draw one to two cartoons a week, keeping in mind that maybe these cartoons will help others with a little humor, as they do for me”.

~ Bob
Editor’s Corner:

It has been a difficult winter for many of us due to horrible weather throughout the country causing all kinds of obstacles, inconveniences and depression for some. I personally have been struggling to accept the loss of my dear friend, Russ Gould, who passed away in December. One thing that I keep reminding myself is that Russ would never want me to be sad. He would tell me to cherish each day and remind me how precious live is. He would tell me how fortunate we are to have Us TOO and all of the amazing things that being part of this organization has brought to our lives. He would remind me that the network we have gives us the opportunity to be connected to cutting edge technology, treatment and cures that are coming down the pipeline, not only in the prostate cancer world, but for all cancers. He would tell me how amazing this world is that we are all part of. He would tell me these things with such passion and conviction. Russ was always full of hope. Most of all, he would tell me that I should be proud of myself for the work that I am doing, that I really do make a difference in people’s lives. He would tell me that I am an amazing human being. When I think of those words, I take a deep breath, and I smile. So should each and every one of you, because it’s people like you that make up this wonderful unique organization we are part of! Us TOO’s 25th Anniversary is right around the corner. That is something to smile about! ~terri

Be sure to check out the Inspire prostate cancer support community at www.inspire.com.

Log on, join the prostate cancer group, and share your stories about managing the disease as you learn from others about a wide range of topics from a variety of perspectives:

- Early Screening & Detection
- Newly Diagnosed, Active Surveillance
- Recurrence/Advanced Disease
- Treatment Options, Side Effects
- Clinical Trials, Advocacy
- Exercise & Nutrition
- Caregivers - Spouses/Partners, Friends & Family
- Chapter & Support Group Leaders

www.inspire.com
Us TOO Prostate Cancer Support Community

As we continue to make progress behind the scenes with the redesign of the Us TOO website, we’re also posting updated content on the existing site.

Check out the latest brochure, Empower Yourself with Knowledge, which is a supplement to the Advanced Prostate Cancer Kit.

Plus, there’s an updated edition of the Bone Health in Focus brochure, which serves as a resource for much of the information that Tom Kirk presented in January during a New York satellite media tour about bone health that was broadcast on more than 20 TV and radio stations across the country.

Check out our online resource center @ www.ustoo.org/freematerials

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