
Taking Control of Your Destiny . . .

Douglas P. Menelly

Just a regular guy . . .



Agenda

- Prostate Cancer Statistics
- PC Treatment Options
- PC Treatment Side Effects
- Dad's Story
- Alternative Treatments
- PC Mountain Climb Pictures
- Questions?

Prostate Cancer Statistics

- This year 200,000 men will be told they have PC
- Every 90 seconds another man is diagnosed with the disease
- PC is the most common cancer in men
- 40,000 men will die from PC this year
- 1 of 8 men will be diagnosed in their lifetime
- Conventional treatments are not the final answer
- Early detection saves lives

Statistics (continued)

- Recurrence after removal or radiation is almost 60%
- 30% of all men have undiagnosed PC by age 60
- 1 of 5 men diagnosed will be under 60
- Relatives of men diagnosed under age 50 have a 16 fold increase in risk

PC Treatment Options

- Radical Surgery to remove Prostate
- Brachytherapy (Radiation Seed Implants)
- Watchful Waiting (Aggressive Monitoring)
- Cryosurgery
- External Beam Radiation (3D, IMRT, etc.)
- Hormonal Treatments (CHT, IHT)
- Herbal Remedies
- Chemotherapy

Treatment Side Effects

- Impotence, Incontinence
- Loss of Libido
- Osteoporosis
- Hot Flashes
- Muscle Weakness
- Fatigue
- Others (Radiation-Oriented)

Dad's background – “Average Guy”

- Diagnosed at age 43
- Married for almost 30 Years, with 3 Children
- Generally Active - Racquetball, biking, etc.
- Annual Medical Exams
- Average diet (not horrible or great)
- 40 Lbs. overweight
- Vasectomy 7 years prior to diagnosis

Dad's Diagnosis

- Detected at Annual Physical in Sept. 1996
- PSA = 100 (average is under 3)
- All Six Biopsy Samples Were Cancerous
- Ploidy Analysis – Aneuploid tumor (the worst kind)
- Tumors Evident On Seminal Vesicles
- Abdominal Lymph nodes Cancerous - Both Sides
- Bone Scans - Negative

Dad's Prognosis

- Got Five Opinions
- Most Agreed That Cancer Was Incurable
- 3 Year Survival Was Best Case Scenario
(Because he asked)
- All Agreed That Combination Hormone
Treatments Should be Started

Dad's Research – PROACTIVE !

- Read Many Books On The Disease
- Spent Hours On The Internet
- Went To Some Support Group Meetings
- Subscribed To Newsletters
- Joined Internet Mailing List

What We learned

- Cat Scans Are Almost Useless
- Endorectal MRI's Are Good - Spectroscopic MRI's Are Better
- Biopsy May Actually Cause Spread
- "Real" Cure Rates For Surgery/Radiation Are Not That Good
- Chemotherapy - Not An Option at The Time
- Surgery And Radiation Have Side Effects
- Federal Research Funding Is Pitifully Low !
- Prostate Cancer Patients Are A Quiet Bunch !

What We Learned (Continued)

- Free PSA, DRE, PAP, AP, etc.
- There Are Too Many Choices - Even The Doctors and Researchers Are Confused
- He Got Overwhelmed At Least Once a Day
- He Learned About The World Of Alternative Cancer Treatments
- What Did He Do ???

What We Chose To Do

- Decided To Give Alternatives A Try
- Why?
- Emanuel Rivici, MD – 100 years old, world famous doctor with an unconventional approach

What We Chose To Do (cont'd)

- Started a Journal from Day One
- Initial Protocol
 - Fresh Organic Vegetable Juice Each Day
 - Only Organic Vegetables, Grains, and Fruit
 - No Red Meats, No Sugar, No Caffeine
 - No Dairy, No White Flour, No Alcohol
 - Daily Coffee Enemas
 - Pancreatic Enzymes, Selenium Injections
 - Dessicated Liver Supplements
 - Vitamin C IV Drips
 - Essiac Tea and Aloe Vera Juice
 - Lipids

Short Term Results

- His PSA Remained Stable For About 4 Months (In The Mid 90's)
- He lost 45 Lbs. In 3 Months
- He Felt About The Same (Urinary Symptoms)
- PSA Started Rising In February 1997 (6 months after diagnosis)
- PSA Peaked at 122

Continued to Research and Revise Protocol

- Learned About PC-SPES and Began Taking It
- What Is PC-SPES?
 - Dietary Supplement
 - Proprietary Combination of 8 Herbs
 - 7 Chinese + Saw Palmetto
 - Relatively expensive (\$300 per month and not covered by insurance)

Long Term Results

- Felt Great for 6.5 Years
- Tried CLT in January 2003 (experimental light therapy in Ireland)
- Continued to Meet with and Exchange Information with Doctors
- Unexpected Bone Metastases in May 2003

Long Term Results (continued)

- Continued alternative treatments, and consulted several doctors including Dr. Snuffy Myers, Dr. Roy Berger, Dr. Robert Sunshine
- He added Chemotherapy, Radiation, and Triple Hormone treatments
- He gracefully passed away on June 18, 2004

Summary

- Be Proactive with your Health
- Research and Communication are Vital
- Make your OWN Health Decisions, in Coordination with Your Doctor









Information and Donations

- ▼ Prostate Awareness Foundation

www.prostateawarenessfoundation.org

Ken Malik, Director

Phone: 415-675-5661

Questions ??????

□ Thank You For The Opportunity To Share My Story With You

□ Douglas Menelly

E-Mail: dmenelly@hotmail.com