

# Prostate Self Help

## From the Director's Desk

I hope this issue finds you using a proactive approach to taking care of yourself. If you're like me, I have my prostate monitored regularly with the best available tools and tests from conventional medicine. I also take lots of supplements, exercise regularly and eat a strict, non-dairy, low fat, meatless diet.

It's been almost 11 years since I was diagnosed with early stage prostate cancer. I'm happy to report that although I have had no conventional treatment, I have been able to retard disease progression by treating my prostate cancer as a chronic problem rather than a life threatening disease. Just like all of us with prostate cancer, I remain vigilant and get checked regularly. My PSA is higher than conventional medicine would like. However, I don't stress out over my abnormally high reading. My PSA has been over 10 for 5 years now but has not doubled in the 10+ years since my diagnosis. My latest color Doppler ultrasound indicates no new blood supply has formed which is necessary for new tumor growth.

One of the questions I am regularly asked by men with prostate cancer is what do I think is the most important part of my protocol? Although I keep on top of the latest research on supplements and take many of them myself, my answer is an easy one: my strict diet and regular exercise. These are the two cornerstones of my successful "aggressive watchful waiting" strategy.

Two recent studies seem to support my logic. The first is by Dean Ornish, MD at UCSF Medical Center in San Francisco. This study shows that men with early stage prostate cancer who ate a low fat diet with no meat or dairy products were able to decrease their PSA numbers by 4%. Correspondingly, those men in the control group had an average increase of 6%.

The second study from Edward Giovannucci, MD and researchers at Harvard School of Public Health looked at prostate cancer and exercise. They found that in older men, those engaging in at least three hours of vigorous physical activity per week were 67% less likely to be diagnosed with advanced prostate cancer than inactive men. The study also found that for fatal cases of prostate cancer, the risk reduction was even more pronounced at 74%.

**What are you doing about exercise and diet?** Even moderate exercise can reduce the risk of diabetes, heart attack, osteoporosis while at the same time making you feel better. As for diet, if you can't make a complete change, why not try a gradual switch to a prostate healthy diet!

Wishing you a healthy and happy prostate.

**Ken Malik**, Executive Director

## Cancer Climb for Prostate Cancer Awareness: The El Misti Expedition

*By Ken Malik*

We huddled in the mess tent at 15,000'. The temperature had dropped forty degrees in the hour since the sun went down. We were sharing an early evening meal at 5pm. We would bed down by 7pm for a few hours of sleep before rising at midnight for our final ascent of El Misti. With all the brave talk and encouragement we were passing back and forth between each other over dinner, all of us were nervous and apprehensive about the next eighteen hours.

Our goal was to reach the summit of 19,101' El Misti, a semi-active volcano in the southern Andes of Peru. Seven of our ten climbers had been on prior Cancer Climbs for Prostate Awareness. So we knew what we could expect from each other in the way of team work and this would give us an advantage when the going got tough. It always does when you're climbing at high altitude. But we also knew from past experience that the odds of us all reaching the summit were not good. Mother Nature can play some interesting tricks at high elevations.

### Adjusting to High Altitude

We had arrived the week before in the high Andes to acclimatize. We needed to spend as much time as possible at higher altitude to allow our bodies to adjust to the thin air. At 19,000' the body gets only half the amount of oxygen it is used to getting at sea level and we weren't using supplemental oxygen! I once read that if a person flew by plane from sea level to the top of 19,431' Mt Kilimanjaro and was left with no artificial oxygen supply they would be dead in ten minutes.

So we had spent the prior week hiking around 14,000' Lake Titicaca getting used to dealing with lower oxygen levels while building team spirit and unity. Since our arrival in Latin America, we had already experienced our share of adversity. Within a day of landing in La Paz, Bolivia, which boasts the highest international airport in the world, we all had head colds which we picked up while traveling. I've always felt that the easiest places to get sick are in airports and hospitals. Fortu-

nately our upper respiratory problems were minor and began to dissipate. Most of us were also experiencing normal early stage altitude sickness with headaches, dizziness and light headedness.

### Sports Medicine Doctors to the Rescue

We were fortunate to have as part of our team three health professionals. Tom Hyde and Greg Doerr are chiropractors specializing in sports medicine and Penny Steiner is a highly qualified physical therapist. Tom and Greg teach what's known as the Graston Technique for soft tissue problems. This is cutting edge sports medicine. They also have expertise in the latest in special bandaging techniques for sports injuries. We needed them almost immediately.

Rick Mohovich is a long term prostate cancer veteran who underwent a radical prostatectomy the year before. Rick suffered a severe ankle sprain early in the expedition. None of us wanted to say so, but we all felt Rick wouldn't be able to continue. Thanks to our medical team and Rick's positive attitude, he made it to the summit, the highest altitude he had ever achieved.

### A Grueling But Gratifying Final 4000'

We began our final ascent at midnight. Freezing temperatures at night make it easier to climb in scree (loose gravel and dirt). Daytime temperatures warm up the scree to the point that for each two steps up you slide one step back! We had 4,000' of elevation to climb to reach the top. So we set off with our headlamps and two way radios in the pitch black of a moonless night. We ran into extremely steep terrain immediately. We climbed for an hour at a time with a ten minute break to drink water and eat trail food. One needs to drink double the normal intake of water to keep from getting dehydrated. We all could hear Penny coughing as we climbed and her cold seemed to be getting worse. On our first break it was decided that for her sake and the safety of the team she needed to go down. . We were all proud of [continued on page 2]

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### DISCLAIMER

The information contained in this newsletter should not be considered medical advice. We do not prescribe. We offer you what we have learned over the years, as fellow prostate cancer veterans, with confidence that you can make your own choices.

## El Misti Cancer Climb

[continued from page 1]

her accomplishment, Penny had never been at high altitude before and she made it to over 16,000'. Her positive attitude and wit had kept us all laughing when we needed it most. She was there with us in spirit when we reached the top.

### Teamwork And Perseverance Help Bring Us To The Summit

The temperature had now dropped to around zero but fortunately there was no wind. On our next break, Tom radioed me that Garry Murray was having problems. Garry our Irish climber had suffered from a head-cold and fatigue almost from the beginning, and now his feet were beginning to freeze. Garry is one tough customer and he was determined to continue. It was agreed we would watch him closely and send him down if he was in danger. He did make it to the summit, but Tom and Greg had to pretty much carry him the last 500' and Garry was hospitalized with severe dehydration after the climb.

During our 3am break we were sitting at a very steep and precarious angle. Ralph Lake leaned over to me and said "I'm glad it's dark with no moon so I can't see how far down it is!" Ralph has been on a number of these climbs but doesn't relish heights. A retired senior engineer with Applied Materials, Ralph's dad died of cancer and his uncle is a prostate cancer veteran.

By sunrise we were really starting to tire. I looked over at Doug Menelly. He had a look of fierce determination on his face. Doug, one of our youngest climbers had a special incentive

in reaching the top of El Misti. He was climbing in memory of his father Mario who had died of prostate cancer the year before after a long battle with the disease. Mario was a great guy, a vocal advocate of integrative medicine and friend and guiding light to many prostate cancer patients around the country. Doug had done most of his training indoors at gyms in NYC, using a Stairmaster with weights in his backpack. His determination inspired us all.

We needed all the positive energy we could muster for the last 1000'. Brad Neal is one of those kind of guys that always has a smile on his face and a quick one liner. He had kept us in stitches from the beginning and continued to do so when we needed him most. Brad conducts the Bone Invitational Golf Tournament each year in Austin to raise funds for the Prostate Awareness Foundation. He was as determined as any of us to reach the summit and honor his father and brother who both have prostate cancer. Brad wound up with frostbitten toes but retained his smile when he stood at the top of El Misti.

I'll never forget the look of elation on Steve Swindell's face as we gazed into the volcano. Steve's father Murray, a prostate cancer veteran, had participated in the Hap Weyman Memorial Prostate Cancer Climb to Mt Aconcagua in Argentina in 2001. Steve was not only representing Murray but also his father-in-law Jack who is also a prostate cancer veteran.

### Tribute and Celebration

We held a jubilant and emotional celebration at the 19,101' summit where we paid tribute to all men both living and who have passed away with prostate cancer.

As for me, I'm a prostate cancer veteran of 11 years. I was honored to be on my fourth climb and proud to be in this group of committed individuals. We're dedicated to playing our part to help eradicate this physical and emotional plague that has affected so many men and their families. I hope I have inspired you to at least get a PSA test. Early detection is saving lives. You can visit our website at [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) where you can learn more about prostate health issues. Why not consider joining our 2006 climb of Mt Elbert in the Colorado Rockies?

*A special word of thanks to all of you around the country that contributed to our fundraising efforts. With your generous contributions we were able to collectively raise almost \$50,000 for prostate cancer outreach and education programs. Also a special word of thanks to the companies that supplied us with equipment and supplies (Jansport, Patagonia, EcoNugenics, Douglas Labs and BioFreeze)*

## ALTERNATIVE SIDE

### HP-8 and Zyflamend – Promising Supplements for Prostate Cancer

By Ken Malik

I'm always on the lookout for innovative, science based cancer fighting formulas to add to my supplement regimen. Prostate cancer seems to somehow have an innate intelligence of it's own. I've learned to rotate my supplements every few months on a regular basis with the hope of keeping my cancer at bay and off guard. I've been fortunate to be able to learn about some of the better products available and been successful with this rationale so far.

I've had continued success and good results with Healthy Prostate & Ovary Formula, Peenuts, Artemisinin Plus and Men's Longevity Formula to name a few. Information about these formulas can be found on our website [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) I generally look for prostate cancer formulas that have a minimum of side effects and have some science and research to support their usage. I first look for clinical studies done on patients rather than in the laboratory but this data is generally difficult to find. I've learned from experience that for various reasons, money is rarely spent on clinical trials for nutraceuticals, herbs or supplements. Two formulas that have received recent good press and have some scientific support for their efficacy and usage are Zyflamend and HP-8.

### Zyflamend: An Herbal Formula That Shows Promise

Zyflamend is a combination of herbs composed of tumeric (curcumin), ginger, rosemary, holy basil, barberry, oregano, rosemary, green tea, scutellaria baicalensis and the Chinese herbs hu zhang and goldthread. Recent reports from Columbia Presbyterian Hospital in New York show that Zyflamend acts as an anti-inflammatory and COX-2 inhibitor. Zyflamend was shown to reduce the growth of prostate cancer cell proliferation by as much as 78% and induced programmed cell death known as apoptosis, with no apparent side effects. Aaron Katz, MD, the director of the Center for Holistic Urology at Columbia Presbyterian and his fellow researcher Dr Debra Bemis report that laboratory results show great promise for this formula. Human clinical trials are now underway. Prostate cancer cells make a substance called COX-2. Aspirin, ibuprofen, Celebrex and Vioxx are COX-2 inhibitors. It turns out that the herbs in Zyflamend are either COX 2 inhibitors or act as anti-inflammatory agents with no dangerous side effects.

## HP-8 Standardized Herbal Product From Australia

The second compound, HP-8 also shows great promise. Developed by a team of Australian researchers after the PC-Spes fiasco, HP-8 is manufactured to stringent pharmaceutical industry standards. This insures batch to batch standardization and consistent effectiveness. The product contains saw palmetto, bromelain, licorice root, willow herb leaf, grape complex seed and skins, wild rosella calyx, passionfruit seed and selenium. Studies on HP-8 from the University of Southern Cross in Australia indicate cell apoptosis with none of the disturbing estrogenic side effects common to PC Spes and similar products. (I personally took low doses of PC Spes over five years ago and still exhibit some of the side effects including body hair loss and breast enlargement).

Both Zyflamend and HP-8 are available here in the United States. I plan to take HP-8 myself for the next six months. I'll report on my personal results later this year.

## CONVENTIONAL SIDE

### Zinc and Prostate Health

By Ken Malik

Zinc helps strengthen the immune system, increases the speed of wound healing, and aids in tissue repair. The latest scientific studies indicate that too little zinc can lead to a decrease in infection fighting white blood cells. In the last couple of years zinc has also received lots of positive publicity in regard to alleviating symptoms associated with the common cold and flu. Many over the counter cold remedies and supplements provide about 30mg of supplemental zinc. The latest information from the National Eye Institute recommends 80mg of zinc for anyone in a high-risk group for age related macular degeneration. The normal recommended daily requirement for healthy individuals is between 10-14mg and most of us can get this from the foods we eat. The foods with the highest levels of zinc are pumpkin and sunflower seeds, brewer's yeast, onions, lentils and oysters.

### Zinc and the Prostate

But what about the effects of zinc supplementation on prostate health. Is zinc good or bad for men with prostate health concerns? Scientists and doctors agree that zinc plays a role in prostate function and health. Zinc is found in high concentrations in sperm and seminal fluid. Excessive sexual activity can lead to a depletion of zinc in the body. It has

been noted that in most cases of prostatitis, zinc levels were only 10% of normal (Fair & Heston, 1978). Zinc deficiency can also lead to enlargement of the prostate. Many men with BPH (benign prostatic hypertrophy) report symptom relief and a reduction in the size of their prostate when taking 50 to 80mg of zinc as a supplement. In a study of over 5,000 men from the Chicago Medical School, Dr Irving Bush confirms that adequate levels of zinc prevents prostate enlargement.

### How Much Zinc Is Too Much?

But how much zinc do we really need? The latest report about zinc is from the National Cancer Institute. They studied over 50,000 men for fourteen years and found a chronic oversupply of zinc may raise the risk of prostate cancer. They also found an increased incidence of anemia and heart problems. According to this study, men who took 100mg or more per day for more than ten years had a three times higher risk of prostate cancer.

But the reality is that very few of us take this high a dose of supplemental zinc. The average multi-vitamin for example generally provides well under 50mg of zinc. Like most supplements, taking mega-doses does not equate to added benefit and in fact can actually be detrimental. Getting your zinc by eating the proper foods may be the safest way to get the zinc you need for prostate health. Even if you are suffering from BPH, do not take more than 80mg of supplemental zinc daily.

A final word of caution - zinc can create a copper deficiency. A good multi-vitamin that supplies 1-2mg of copper will offset this depletion.

## We Need Your Help

This newsletter is free! It reaches men and their families all over the country with patient driven, honest and understandable information about prostate health issues. PAF is a 501(c)(3) not for profit educational service that served over 6,000 men and their families last year. PAF is not supported by government grants or major corporate funding. We are able to sustain and expand our services because of generous tax deductible contributions from people like you.

*For us to continue our work we need your support.  
Thank you for your generosity*

## CHEF'S CORNER

### Quick & Healthy Recipes



### LENTIL CASSEROLE

from Tanja Tamguney

This is an especially good season of the year to try this extremely tasty and healthy casserole from an old German recipe. It's easy to prepare. Try and find organic ingredients if you can.

- 1 cup lentils
- 2½ cups vegetable broth
- 1 large clove of garlic – diced
- 2 green onions – diced
- 1 cup white onions – diced
- 1 teaspoon olive oil
- ½ cup chopped carrots
- 1 cup zucchini squash - chopped
- ¼ teaspoon dried parsley
- ¼ teaspoon dried thyme
- 1 cracked bay leaf
- 1 teaspoon mustard

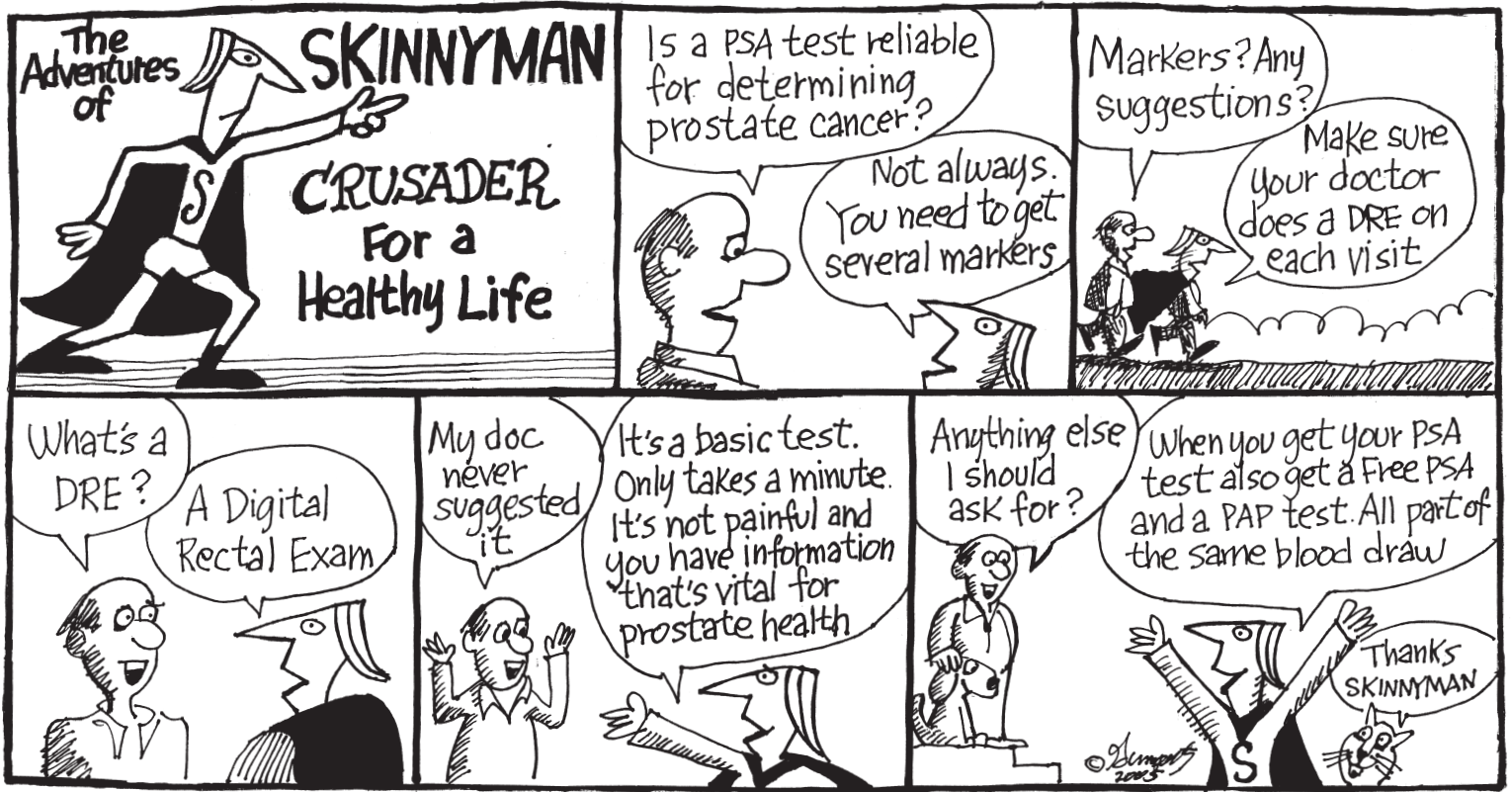
### Preparation:

- Combine the lentils and vegetable broth in a pot and bring to a boil. Reduce heat to a simmer.
- Combine the garlic and onions and simmer in a teaspoon of olive oil until tender. Drain off the olive oil and add the onions and garlic to the lentils.
- Add the chopped carrots, zucchini and seasonings
- Simmer at a low boil until the vegetable broth is no longer watery and begins to thicken. About 1 hour.

Makes about four servings

Serve with a healthy salad and whole grain bread for a well balanced winter meal.





Robert Gumpertz

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