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APCaP - Alliance for Prostate Cancer Prevention

The Laugh That Keeps on Going: An Interview with George Eberhardt

George Eberhardt will be 105 years old on September 29, 2009. He survived lymphoma in 2003 and prostate cancer in 2006, and lived through world events spanning a rapidly changing historical time. With a small group of Americans over 100 years old, few people have his perspective.

What is responsible for George's longevity? Not his genes, according to George and his wife of 68 years, Marie. He has no relatives that have lived beyond age 90.

Although nobody can definitively answer that question, George's life may reveal some clues about longevity. Some of the pillars in his 105 years include humor, a healthy diet, exercise, enjoyable work, service, community, and love.

"I have 7 doctors, and one of them says it is my sense of humor that keeps me ticking," said George. An hour-long conversation with George Eberhardt suggested just that. He chuckled at himself with delight and used many one liners.

"My sense of humor really began to develop in 1920 when I was 16. I saw a comical cartoon in a radio magazine," said George. Referring to this first cartoon and the pleasure he derived from it, George described a humor that combines seemingly unrelated scenes, images, and words into something that makes sense.

That appears to be exactly how George relates to life. He plays with words and reframes his relationship to experiences in the process. Explaining he had pneumonia twice in the last few years, he playfully referred to it as "an

old person's friend" referencing that some of his family members visited him to say goodbye. George proclaimed that he was discharged from the hospital quickly. "For me, it was old-pneumonia, not new-pneumonia," George explained. In his view, he played "goodminton" instead of badminton.

"You can make a humorous episode out of potentially everything," George said. "That viewpoint is particularly important when you are having a tough time. I've known for years that humor is a type of medicine."

His mind is quick and his diet healthy. Marie prepares her husband foods chosen through her medical knowledge that she learned from doctors in her family. For breakfast, he enjoys an orange, eight prunes, five-grain oatmeal, and green tea. Lunch is vegetable or black raspberry juice, and dinner usually features chicken. George eats no red meat, and very little sugar. He quit smoking and drinking alcohol in 1920 and 1930 respectively.

A lifelong tennis player, George finally quit the sport at age 94. He was athletic since age 16 and competed in pole vaulting and high jumping. George also had great passion for swimming, biking, and table tennis. Now he uses a stationary bicycle completing 100 rotations daily.

With tremendous zest and talent in his work, George trained in engineering and was employed by Bell Labs for 44 years.



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Reduce Your Risk from 1 in 6



APCaP promotes prostate cancer awareness, education, and advocacy. Special emphasis is directed toward prostate cancer prevention strategies for healthy men in their 40s and 50s. APCaP supports these strategies through a quarterly newsletter, a website, physician-led educational lectures, exhibits at national meetings, patient peer counseling, as well as fundraising events. In addition, APCaP's board members serve as representatives on local, regional, state, and national prostate cancer related boards, commissions, committees, and advisory boards.

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**8th Annual Ray Perkins Memorial Race
5K and 1 Mile Fun Walk/Run
A Benefit for APCaP**

Sunday, September 20, 2009

**Duke Island Park
Bridgewater Township, New Jersey**

**For more information, call 908-281-9290 x22
Register online at www.raceforum.com**

**Ray Perkins, a caring father of 6, died from
prostate cancer at age 69 in 1999.
Ray was a born activist and an inspiration.
His spirit and care touched many.**

Prevent Prostate Cancer by 2015

Green Tea & Prostate Cancer Progression

A concentrated green tea extract produced a reduction in the levels of several growth factors associated with prostate cancer progression, according to a study in the July 2009 *Cancer Prevention Research*.

Researchers gave 26 men with prostate cancer scheduled for prostate cancer surgery 800 milligrams of the green tea extract EGCG for an average of 34 days. The extract contained several polyphenols, and was equal to 12 cups of green tea daily.

The response varied among the men for reasons that researchers do not yet understand. Researchers also do not know if drinking 12 cups of green tea daily offers the same benefits as the dose and type of EGCG taken in the study. More research is needed.

PSA RECOMMENDATIONS:

As a reminder, healthy men over 50 should have an annual PSA blood test. However, African Americans and people with a family history of prostate cancer should begin testing between ages 35 and 40.

Cancer Prevention

Less Carbs Slows Prostate Cancer Growth

Carbohydrate restriction appears to slow prostate tumor growth in animals, according to a study in the May 2009 *Cancer Prevention Research*.

Results indicate that insulin and insulin-like growth factor contribute to the development and spread of prostate cancer, and that a diet very low in carbohydrates lowers blood insulin levels in mice, which slows tumor growth, according to Stephen Freedland, MD, a urologist in the Duke Prostate Center and lead investigator on the study.

Animals in the study were fed one of three diets—a very low fat and no carbohydrate diet, a low fat and high carbohydrate diet, or a high fat and moderate carbohydrate diet most similar to a Western diet, and then injected with prostate tumors. Mice that were fed a no-carbohydrate diet experienced a 40 to 50 percent prolonged survival over the other mice.

“Previous work here and elsewhere has shown that a diet light in carbohydrates could slow tumor growth, but the animals in those studies also lost weight, and because we know that weight loss can restrict the amount of energy feeding tumors, we weren't able to tell just how big an impact the pure carbohydrate restriction was having, until now,” said Dr. Freedland.

A clinical trial is underway at Duke and the University of California, Los Angeles, to evaluate the effects of carbohydrate restriction in men with prostate cancer.

Reducing Cancer Risk

Exercise

There is convincing evidence that physical activity is associated with a reduced risk of cancers of the colon and breast. Several studies also have reported links between physical activity and a reduced risk of cancers of the prostate, lung and lining of the uterus (endometrial cancer).

-National Cancer Institute

Despite these health benefits, recent studies have shown that more than 60 percent of Americans do not engage in enough regular physical activity.



Sleep

Healthy adults need between 7 and 8 hours of quality sleep nightly. Research suggest that at least 7 hours of sleep each night, combined with physical activity, may lower cancer risk. Studies indicate that sleep also alters hormones that influence cancer cells.

Stress

Studies have linked psychological distress such as ongoing depression and anxiety related symptoms with a higher risk of cancer incidence and poorer survival.

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Our goal in 2009 is to raise \$10,000 from *Male Call* reader donations. Thank you for your support!

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Prostate Cancer Symptoms Men Ignore

"Annual checkups and tests such as colonoscopies and PSA assays are important, but it's not a good idea to rely on tests alone to protect you from cancer. It's just as important to listen to your body and notice anything that's different, odd, or unexplainable. (You should also listen to those close to you, such as a wife or partner, because others sometimes notice things we're unaware of—or don't want to admit.) You don't want to join the ranks of cancer patients who realize too late that symptoms they'd noticed for a long time could have sounded the alarm earlier, when cancer was easier to cure."

-From "25 Cancer Symptoms Men Are Most Likely to Ignore" by Melanie Haiken at Caring.com

Included within the 25 symptoms in the Caring.com article, six in particular are associated with prostate cancer. Any of these symptoms are reason to schedule a doctor's appointment and have a prostate specific antigen (PSA) screening test.

1. Difficulty Urinating or Changes in Flow

The most common early sign of prostate cancer is a feeling of not being able to start urinating when there is the urge. A hard time stopping the flow of urine, a flow that starts and stops, or a stream weaker than normal are also symptoms.

2. Pain or Burning During Urination

This symptom is often combined with frequent urination and especially at night. It can indicate inflammation or infection in the prostate or benign prostatic hyperplasia, a condition with a blocked flow of urine due to a bigger prostate. These same symptoms may also be associated with a urinary tract infection or sexually transmitted disease.

3. Blood in Urine or Semen

Men are often warned about blood in the urine, but they may not realize that blood in semen is also a danger sign for prostate cancer. Blood in the urine or semen is not always

visible as blood. Urine may just be a pink, dark red, or smoky brown color, while blood in the semen may just look like a pinkish streak.

4. Erection Problems

As prostate cancer progresses, another very common sign is difficulty getting or sustaining an erection. It could also be a sign of sexual dysfunction due to another cause.

5. Pain, Aching, or Heaviness in the Groin, Hips, Thighs, or Abdomen

Frequent pain in the hips, upper thighs, or the lowest part of the back are signs of prostate cancer. Discomfort in the pelvis or swelling in the legs are associated with prostate cancer that has spread to the lymph nodes. Men with testicular cancer may have a heavy, aching feeling low in the belly or abdomen, or in the scrotum or testicles themselves. It can feel like a downward pulling or as a generalized ache throughout the groin area.

6. Unexplained Back Pain

Unexplained, persistent back pain can be an early symptom of cancer. Pain in the lower back and hips can be a sign of prostate cancer, while pain in the upper back may be associated with lung cancer. A pain in the upper abdomen and back is one of the few early signs of pancreatic cancer. Pulled muscles or disc problems can also cause back pain.

Other symptoms may be associated with prostate cancer. Ask your doctor for more information about potential symptoms and reducing prostate cancer risk.

You can read the entire article at Caring.com for information about other cancer symptoms men are likely to ignore.



Prostate cancer is the second most common form of cancer diagnosed among American men. This year, approximately 220,000 new cases of the disease are expected to be diagnosed, and about 27,000 men will die of the disease

Healthy Fatty Acids

Increased intake of omega-3 fatty acids may protect against advanced prostate cancer, according to research in the March 2009 *Clinical Cancer Research*.

Omega-3 fatty acids appear to modify a gene (a variant of the COX-2 gene) related to inflammation in the body. Many research studies have linked inflammation and cancer.

The study compared 466 men with aggressive prostate cancer and 478 healthy men, including their diet and some genes. The highest average intakes of omega-3 fatty acids were associated with a 63 percent reduction in the risk of aggressive prostate cancer, compared to men with the lowest amount of long chain omega-3 fatty acids.

Other studies have shown that omega-3 fatty acids block prostate cancer cell growth, while omega-6 fatty acids promote prostate cancer cell growth. In particular, one study suggested that higher intake of the omega-3 fatty acids DHA and EPA cut the risk of developing prostate cancer by 40 percent.

Omega-3 fatty acids are found in olive, hemp, walnut, coconut, and flaxseed oils, as well as fresh toxin free fish, nuts, and green leafy vegetables. Omega-3 fatty acids must be supplied through foods and supplements since the body cannot make it.

People in the United States consume much higher omega-6 fatty acids than omega-3 fatty acids. But it needs to be the other way around. People need twice the amount of omega-3s compared to omega-6s, or at a ratio of 2 to 1.

Food sources with omega-6 fatty acids include corn, soy, vegetable, peanut, sunflower, and safflower oils, beef, milk, cheese, pork, whole eggs, and poultry.

George Eberhardt *(Continued from Page 1)*

During World War II, he was drafted for military development and made significant contributions that impacted millions. He retired in 1966 from Bell Labs and then worked as Director of Audio Facilities at Drew University in Madison, New Jersey until age 100. He also volunteered time helping students with their projects. When an area of campus needed a name, students enthusiastically selected the suggestion of Eberhardt Hall.

Along with humor, pleasure for helping other people is another central thread in the tapestry of George's life. He stated that helping other people is really about helping himself, and simultaneously emphasized the satisfaction he experiences from a job well done.

Helping other people involves forming connections, and there is no better illustration of that than his family. George had two children with his first wife, and then five with Marie. With 13 grandchildren, 22 great grandchildren, and two great-great grandchildren, George said, "I never have a want for companionship."

About changes in his lifetime, George referred to the increasing number of problems that are solved today. He mentioned locally paved roads, and how change can be as simple as that. George reflected that it took him years of travel to move from trains to airplanes, and his experience of then seeing more of the world.

Marie ascribed her husband's longevity to the "grace of God." A phrenologist George met in a library predicted that he would live to 119. He may break more records, and yet his vast legacy will include much more.

George Eberhardt will be the starter for the 8th Annual Ray Perkins Memorial Race on September 20, 2009 at Duke Island Park in Bridgewater, New Jersey.

Prevention as the Primary Goal: Education is Power

For free information about prostate cancer prevention, please contact the Center for Advancement in Cancer Education at 888-551-2223 and www.beatcancer.org. Their publications include Prostate Cancer: The Diet Connection, Fight Cancer with Your Fork, other books, DVDs, and CDs. The Center has been providing free education about cancer prevention and survivorship for over 30 years.

The Downside of Fire: Inflammation & Cancer

What is inflammation?

Inflammation is a response to acute tissue damage whether resulting from physical injury, ischemic injury, infection, exposure to toxins, or other types of trauma.

What is the relationship between inflammation and cancer?

Research studies indicate that inflammatory levels appear to correlate with cancer.

- ♦ Controlling inflammation can reduce the risk of and decrease the aggressiveness of cancer.
- ♦ High inflammatory levels can be associated with advanced disease and poor prognosis.

What are inflammatory offenders?

- ♦ Smoking
- ♦ Alcohol
- ♦ Indoor and outdoor pollution
- ♦ Sleep deficit
- ♦ Extreme exercise
- ♦ Unhealthy dietary fats such as too much omega-6 and saturated and trans fats
- ♦ Unhealthy carbohydrates such as overconsumption of high-glycemic index foods
- ♦ Unhealthy cooking methods such as high-flame or high-heat methods, including charcoal grilling and deep frying
- ♦ Being overweight, especially with excess abdominal fat

What are anti-inflammatory agents?

Anti-inflammatory agents include drugs, supplements, and foods. Other anti-inflammatory strategies include healthy lifestyle modifications.

What are some natural anti-inflammatory agents?

The optimal anti-inflammatory strategies for each individual depend on the specific inflammatory molecules present at high levels. Lab tests can provide these measurements. Ask your doctor about tests such as C-reactive protein.

- ♦ Salicylate-rich foods: wintergreen, turmeric, tomatoes
- ♦ Flavonoid-rich vegetables and fruits: artichokes, broccoli, cucumbers, onions, parsley, spinach, sweet potatoes, tomatoes, zucchini, as well as apples, apricots, blackberries, blueberries, cantaloupe,

cherries, cranberries, prunes, raspberries, red grapes, strawberries, tart cherries

- ♦ Spices: basil, bay leaves, cayenne pepper, fresh gingerroot, mint, mustard, nutmeg, oregano, rosemary, sage, thyme, turmeric, curry
- ♦ Supplements: omega-3 fish oil, bromelain, vitamin C, garlic extract, stinging nettle leaf extract, resveratrol, luteolin, quercetin, curcumin, ginger extract, grape seed extract, boswellia, flower pollen extract, vitamin K1 or K2, alpha-lipoic acid, mixed tocopherols

What are the potential benefits of anti-inflammatory agents?

- ♦ Aids in cancer prevention, control, and survival
- ♦ Supports the prevention, control, and reversal of inflammatory conditions in the body such as arthritis
- ♦ Improves quality of life



Prostate Cancer in Health Care Reform

As the Obama Administration and Congress debate health care reform and consider varied programs to improve our nation's deeply troubled health care system, changes must reduce cost and improve the quality of care. Health insurance coverage will have to start paying for quality, not volume.

A July 7, 2009 *New York Times* article "In Health Reform, A Cancer Offers an Acid Test" by David Leonhardt profiles the complexities of prostate cancer for men who are diagnosed with the disease, the medical community that treats them, insurance companies, and the massive challenge for Washington to address multiple variables in health care reform. The article explains that men diagnosed with early stage, slow growing prostate cancer can choose from at least five different courses of treatments. The following lists treatments and average spending for two years.

\$2,436 Watchful Waiting
Active plan to postpone treatments with exams and tests

\$12,224 External Beam Radiation
Multiple doses of radiation over several weeks

\$22,921 Radical Prostatectomy
Complete surgical removal of the prostate gland

\$28,872 Brachytherapy
Implantation of radioactive seeds

\$51,069 Intensity-Modulation Radiation
Advanced radiation beam therapy targeted at the tumor

There is tremendous variability between costs and the experience of the treatments, including side effects. Research has not clearly demonstrated the best approach. Doctors and facilities have their preferences. Men are too often left wondering and confused, and must make decisions in a prostate cancer care system where overtreatment is rampant. The price of this dilemma impacts our bank accounts. The ultimate consequence is to human lives. One of the best ways to negotiate challenging situations can be to avoid them. Effective strategies to prevent prostate cancer offer the ultimate solution. Diet, exercise, and stress reduction, among other healthy lifestyle choices, are viable ways to never hear the words, "You have prostate cancer."

Healthy Working Habits

Health care today is experiencing a shift to wellness instead of disease. The rationale is very clear. Prevent the imbalances and conditions from occurring in the first place and feel better.

Healthier lifestyles not only support a better quality of life, they save money. Health care costs are less. Productivity is higher. For all of these reasons, people are happier.

Many studies show the benefits of healthy lifestyle habits such as diet, exercise, and stress reduction. Medical practices reflect this growing conventional wisdom through their services, including dietary counseling, exercise programs, and varied forms of support to reduce stress.

Employers are also taking notice. A May 23, 2009 *New York Times* article "Getting Healthy, With a Little Help From the Boss" by Lesley Alderman discusses the parallel between increased health care costs shifting from employers to employees and the creation of employer supported wellness plans.

With three-quarters of health care costs in the United States associated with chronic conditions, new strategies such as wellness plans at work support improved health and reduced costs.

The components of wellness plans may include gyms, medical exams, and health counseling. Health questionnaires are often a part of the process and help create a personalized health improvement plan. Programs are designed to protect privacy, and health information employees provide cannot be used by the employer for any purpose related to employment status.

A survey referenced in the *New York Times* article shows that one-third of large employers intend to focus more on wellness plans. Companies seeking increased productivity and lower costs may soon learn that wellness plans are consistent with those basic business values and priorities.

The international cancer burden is expected to double between 2000 and 2020, and triple by 2030.
~International Agency for Research on Cancer, 2008



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