



PROSTATE CANCER HOT SHEET

Us Too! INTERNATIONAL **AUGUST 2001**

LARGEST-EVER PROSTATE CANCER PREVENTION TRIAL OPENS: 32,000 MEN SOUGHT TO TEST VITAMIN E AND SELENIUM

Healthy men age 55 and older are needed for the largest-ever prostate cancer prevention study, launched on July 24th by the National Cancer Institute (NCI) and a network of researchers known as the Southwest Oncology Group (SWOG). The Selenium and Vitamin E Cancer Prevention Trial, or SELECT, will determine if these two dietary supplements can protect against prostate cancer, the most common form of cancer (after skin cancer) in men. The study will include a total of 32,400 men.

More than 400 sites in the U.S., Puerto Rico, and Canada are recruiting participants for SELECT, which will take up to 12 years to complete. SELECT is the first study designed to look specifically at the effects of vitamin E and selenium, both separately and together, in preventing prostate cancer.

“We are looking for quite a few good men to join SELECT because it is an incredibly important prostate cancer prevention study,” said Charles A. Coltman, Jr., M.D., chairman of SWOG and director of the San Antonio Cancer Institute in Texas. “Previous research with vitamin E and selenium—in studies focused on other kinds of cancer—suggested that these nutrients might prevent prostate cancer. SELECT is focused on prostate cancer and, when the study is finished, we will know for sure whether these supplements can prevent the disease.”

During this year alone, prostate cancer will be diagnosed in about 198,100 Americans and more than 31,500 men are expected to die of the disease. Risk factors include being over age 55, being black, or having a father or brother with prostate cancer.

“It is crucial that men of all races and ethnic backgrounds participate in SELECT,” said

Leslie Ford, M.D., associate director for clinical research in NCI’s Division of Cancer Prevention. “And since African-American men have the highest incidence of prostate cancer in the world, we especially encourage them to consider joining this trial.” The disease also strikes black men at a younger age, so they will be eligible to enroll in the study at age 50, vs. age 55 for other racial and ethnic groups. There is no upper age limit for participation in SELECT.

“The men who join SELECT not only have a chance to prevent prostate cancer for themselves, but they also may help their sons and grandsons live free from the disease,” said Ford.

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SENATE RESOLUTION 138 INTRODUCED TO RECOGNIZE SEPTEMBER AS PROSTATE CANCER AWARENESS MONTH!

On Monday, July 23, a Senate resolution (S. Res. 138) recognizing September as Prostate Cancer Awareness Month was read, and referred to the Committee on the Judiciary by Senator Conrad Burns (R - MT).

HEARTY CONGRATULATIONS to many prostate cancer activists, but especially Rick Ward of San Antonio and Donna Pogliano of Wisconsin for their tireless efforts in pushing this boulder up that long hill. THANKS for making this a reality!!

Be sure to contact your Senators today to remind them to vote for this important resolution for prostate cancer!

The text of the Resolution is below and a complete copy of the Resolution (in PDF format - which can be viewed using the Free Adobe Acrobat Reader software) can be downloaded from the *Us Too!* website at: www.ustoo.org

SRES 138 IS
107th CONGRESS
1st Session
S. RES. 138

Designating the month of September as
'National Prostate Cancer Awareness
Month'.

IN THE SENATE
OF THE UNITED STATES
July 23, 2001

Mr. BURNS (for himself, Mr. EDWARDS,
Mr. FEINGOLD, Mr. JOHNSON, Mrs.
LINCOLN, Mrs. CLINTON, Mr.

(continued on back page)

Know Your PSA!
It Can Save YOUR Life

**Prostate Cancer
Awareness Week**

**September
16 - 22
2001**

PROSTATE CANCER NEWS YOU CAN USE

Us Too! publishes a FREE daily e-mail based news service which provides updates on the latest prostate cancer related news. To subscribe or link to the archives simply visit the *Us Too!* Website: www.ustoo.org

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

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CANCER TRIAL TO GIVE MEN GENETICALLY ALTERED VIRUS

*The Daily Telegraph London (June 27, 2001)
Us Too! June 28*

Men in Birmingham will be given a genetically modified virus in an attempt to cure their prostate cancer, scientists said

yesterday. The new trial, which begins next month, is the first in the world to see if a genetically engineered virus can turn prostate cancer cells into targets for anti-cancer drugs. Potentially, it promises treatment for men with early forms of the disease. First they will be injected with a common cold virus which has been genetically modified to carry a gene called nitroreductase. This will produce a protein molecule in the prostate cells capable of activating the anti-cancer drug called CB1954 which will be delivered later.

STARVE A TUMOUR TO KILL IT ??

*Cancer Health Media Ltd (June 28, 2001)
Us Too! June 29*

The study is based on the idea that cancer cells grow faster than healthy cells so they need more calories to survive. If the amount of food you ate was limited, this could have a direct effect on cancer cells. A researcher from Ben Gurion University in Israel developed a mathematical model that copies how cells grow when they have to compete for a limited calorie supply. The model shows that cancer cells require such a large amount of energy to reproduce at such a high rate they are killed off. Dr David Eichler, who devised the model, suggests that eating minimal, but adequate, amounts of food might help cancer patients starve their tumours. But his theory has never been tested in clinical trials. A similar study in 1999, carried out by researchers at Ohio State University in the US, found that rats on a calorie-reduced diet had smaller prostate cancer tumours than rats that ate an unrestricted diet. Steven Clinton, who conducted the study, said, "It's very clear that diet restriction will inhibit the growth of the tumour. But clinical trials are now needed to find out if low-calorie diets could help cancer patients." From New Scientist magazine.

MEDICARE TO COVER NEW INCONTINENCE TREATMENT

*Reuters Health (July 02, 2001)
Us Too! July 6*

Medicare beneficiaries will soon have access to a new treatment for urinary incontinence. Medicare coverage will include the treatment, a surgical therapy known as sacral nerve stimulation. The treatment involves implanting a pacemaker-sized electrical pulse generator in the abdominal wall with wire leads to the nerves in the pelvic region. Incontinence is caused by a loss of control of the muscles that control urination, and the implant works by allowing the patient to control these muscles. To be eligible under the plan, Medicare beneficiaries must previously have failed more conservative treatments, such as behavioral modification, drug therapy or other types of surgical treatment.

RESEARCHERS INDUCE CANCER CELL TO COMMIT SUICIDE

*Agence France-Presse (July 03, 2001)
Us Too! July 6*

U.S. researchers have used genetic manipulation of an enzyme essential in cell division to force cancer cells to commit suicide. The enzyme telomerase, found at the tips of chromosomes, or telomeres, where it aids in cell division, is highly active in cancer cells. Every time cells divide, the telomeres shorten until they finally disappear, at which point cell division is no longer possible. Researchers at the University of California, San Francisco, induced a minuscule mutation in a sequence of the enzyme's ribonucleic acid (RNA) which in consequence disrupted the normal behavior of the telomeres. The study is published in the July 3 issue of Proceedings of the National Academy of Sciences.

MEDICARE REIMBURSEMENT FOR PCA PATIENTS WHO FAIL RADIATION THERAPY

*PR Newswire (July 02, 2001)
Us Too! July 6*

Endocare, Inc. announced that, effective July 1, all men with prostate cancer who have unsuccessfully attempted to halt the disease through radiation therapy now have a new, effective option reimbursed by Medicare — cryosurgery. Cryosurgery is a minimally invasive method of targeting a cancerous tumor by ultrasound and destroying it by freezing it, without damaging the surrounding tissue. For these men, secondary treatment with cryosurgery can stop the progression of the disease and improve long-term survival, according to a study published in the journal Urology (January 2000). The study of men who were unsuccessfully treated with radiation therapy for prostate cancer showed that nearly two years following treatment with cryosurgery, 97 percent of these men were disease free.

GENERAL PRACTITIONER (GP) CONFUSION THREATENS PROSTATE SCREENING PLAN

*Health Media Ltd (July 06, 2001)
Us Too! July 9*

A study has revealed that the (English) government's high-profile national prostate cancer screening programme could be jeopardised by a lack of knowledge among GPs. A survey of 302 GPs in east London reveals that 45 per cent did not know that a patient with a normal prostate specific antigen (PSA) level could still have prostate cancer. Thirty-eight per cent were also unaware that men with raised PSA levels do not necessarily have prostate cancer.

THE *Us Too!* PROSTATE CANCER HOT SHEET IS MADE POSSIBLE BY AN UNRESTRICTED EDUCATION GRANT FROM



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PROSTATE CANCER RISK
Netdoctor.co.uk (July 10, 2001)
Us Too! July 12

Men who are sexually promiscuous suffer a greater risk of developing prostate cancer, a new study claims. The research shows that having unprotected sex with multiple partners can double the chances of developing the disease and suggests that a sexually transmitted infection may be involved in the process.

FULLER PROSTATE TESTS URGED
Us Too! July 11

Doctors testing patients for prostate cancer could significantly increase the number of cases they spot by taking more tissue samples, a study found. Writing in the journal *Urologic Oncology*, researchers from Ohio State University said the current method might miss the disease in one out of seven cases. Instead of taking tissue samples from six sites on the prostate — the standard method—researchers took samples from 12 sites. As a result, cancer was found in 10 more men being studied, allowing for earlier treatment.

ATRIX REPORTS POSITIVE PHASE III RESULTS FOR LEUPROGEL THREE-MONTH DEPOT PCA PRODUCT
PR Newswire (July 10, 2001)
Us Too! July 11

Atrix Laboratories, Inc. announced results from its Phase III study of Leuprolide (TM) Three-Month Depot, 22.5 mg, leuprolide acetate for subcutaneous depot injection, for the treatment of advanced prostate cancer. Atrix will submit its second New Drug Application (NDA) later this year for marketing approval of the product to the U.S. Food and Drug Administration (FDA). The Phase III data for 117 patients enrolled in the study showed 100% suppression of serum testosterone to very low levels. In addition to achieving low mean testosterone levels, mean PSA levels were also decreased to low single-digit levels in the study and no serious treatment-related adverse events were recorded over the course of treatment.

ALPHA GENE AND THE LAHEY CLINIC FORM MAJOR RESEARCH COLLABORATION
DataMonitor Healthcare (July 11, 2001)
Us Too! July 12

The collaboration will examine additional genomic and proteomic methods to understand the molecular biology of prostate cancer, and possible treatment monitoring protocols. The purpose of this collaboration is to validate the genetic sequence recently discovered by AlphaGene and to compare the alternative splice variants of the prostate CEA it recently announced. These variants will then

be evaluated versus disease staging and metastatic disease. Since CEA is found in the blood only when disease is present, antibodies will be made to various regions of the Prostate CEA in order to determine if CEA or one of its variants is a better marker for Prostate Cancer than Prostate Specific Antigens..

FLAXSEED EASES PROSTATE CANCER
World Entertainment News Network (July 13, 2001) / Us Too! July 13

Finely ground flaxseed may prove to be a powerful remedy for men with prostate cancer, researchers say. The seed is normally indigestible but was ground into a powder for a research project with cancer patients. The researchers say there were also encouraging signs of cancer growth being slowed. Researcher Wendy Demark-Wahnefried says, "We thought flaxseed would be the perfect food for prostate cancer patients. It's full of omega-3 fatty acids, fibre and lignan. Testosterone may be important in the progression of prostate cancer, and lignan in the flaxseed binds testosterone, so we thought the flaxseed might suppress the growth of prostate cancer cells."

PROSTATE CANCER CARE TO BE FREE: A NEW STATE PROGRAM TARGETS LOW-INCOME MEN FOR TREATMENT AT UNIV OF CA MEDICAL CENTERS
Sacramento Bee (July 12, 2001)
Us Too! July 13

Low-income men with prostate cancer will now have access to free treatment at UC Davis Medical Center and its affiliated clinics throughout the region. California Gov. Gray Davis announced a statewide program that provides \$10 million in the first year and \$20 million the next two years. University of California San Francisco and UCLA will join UC Davis in providing services, followed by UC Irvine and UC San Diego next year. The program — Improving Access, Counseling and Treatment for Californians with Prostate Cancer, or IMPACT — responds to a critical need, said Dr. Mark S. Litwin, a UCLA urologist coordinating the program. "We can get much-needed quality care to men who wouldn't otherwise get it." Although prostate cancer's toll on men is similar in many ways to that of breast cancer on women, efforts to combat the disease have not received the same kind of government support, said Ralph DeVere White, urologist and director of the UC Davis Cancer Center. "The reason is because women have gone out and lobbied," he said. "Politicians are just human beings and, not unreasonably, respond to where pressure is put."

(continued on page 5)

TEX-Us Too!
DAD'S DAY 5K A SUCCESS DESPITE FLOOD AND MOSQUITOS!

By Joe Piper
South Texas Regional Director
Us Too! International

TEX-Us Too!, the largest Houston chapter of Us Too! International, successfully organized its 2nd Annual Dad's Day 5K Fun Run and Walk on Saturday morning, June 16th. There were more than 400 men, women and children entrants (including 15 survivors), up more than 50% from last year, despite the natural disaster in which Houston found itself! The number of major corporate sponsors doubled this year, as did those companies, including Southwest Airlines and Starbucks, which made in-kind contributions. All in all the event netted more than \$35,000 for prostate cancer awareness and research.

The event featured a number of father-son and father-daughter duos and, in some cases, whole families participated to show support for a stricken family member. A sizeable contingent from the Enron Running Club provided the largest group of corporate runners again this year. Seniors were evident as walkers and runners as well as among those cheering on the participants.

Providing vocal encouragement to the participants were Lisa Foronda and Jerome Gray, two television news anchors from the local CBS affiliate. Then, Hank Porterfield, Us Too! Chairman, also graciously took the microphone and delivered some timely words on the need for prostate cancer screening and research funding.

Pre-event coverage in the local press led to significant increases in participants, despite the distraction of the recent flood and heavy mosquito population. Clearly, the Dad's Day 5K is attracting more visibility in Houston each year with the happy results of greater public awareness of prostate cancer issues and more funds for prostate cancer research.

This annual event is organized by a growing team of survivors and supporters which handle event logistics and fund raising. After a critique to make future events bigger and better, the Houston group will be developing a guide to assist other chapters interested in starting such a project.

**SCIENTIFIC JOURNAL
REVIEW - July 2001**

The following prostate cancer related articles have appeared in well-known scientific journals. Citations and abstracts can be found at the National Institutes of Health / National Library of Medicine sponsored web site called MEDLINE/PubMed:

www.ncbi.nlm.nih.gov/entrez/query.fcgi

Please note, *Us Too!* cannot provide copies of the complete article.

TO OBTAIN A COPY OF THE ARTICLE: take the citation to your local public or hospital library. The librarian can assist you in obtaining a copy of the article from their collection or from interlibrary loan.

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American Journal of Clinical Pathology

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Cancer

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PMID: 11438555

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PCA NEWS YOU CAN USE

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COLD SORE VIRUS COULD CURE CANCER

Health Media Ltd (July 13, 2001)

Us Too! July 16

Viruses have the unique ability to infiltrate human cells where they then reproduce, so researchers from New York University School of Medicine wanted to find out if a virus could invade and kill rapidly dividing cancer cells. They genetically modified the herpes simplex virus-1, which is more commonly known for causing cold sores, and injected it into human prostate cancer tumours grown in mice. One month after the treatment, the tumours were up to eight times smaller and had even disappeared in 40 per cent of the mice. Dr Samir Taneja, one of the researchers, said, "We think this virus offers great promise as a therapeutic strategy for the treatment of patients with prostate cancer. Eventually we hope to test this virus in humans, but we still have many things to work out." There are currently 10 different cancer-killing viruses either in clinical trials or about to be tested. Most of them have been genetically engineered so they will not cause any harm to healthy tissue but will destroy the cancer cells as they divide and spread. The study is published in a recent issue of the Proceedings of the National Academy of Sciences.

LEUTEIN IN AVACADOS AND GREEN VEGETABLES CAN HELP PREVENT PCA ACCORDING TO NEW UCLA STUDY:

COMBINATION OF LUTEIN AND LYCOPENE OFFERS GREATEST RESULTS

Business Wire (July 13, 2001)

Us Too! July 16

New findings from UCLA indicate that lutein - a carotenoid recently discovered in California avocados and found in green vegetables - can help protect against prostate cancer. In recent studies, lycopene - a carotenoid found in tomatoes - was associated with a reduced risk of prostate cancer, but lutein had not been linked to prostate cancer prevention until now. According to Dr. David Heber, director of the UCLA Center for Human Nutrition and author of "What Color Is Your Diet," the study focused on a rural area of China, which had a low incidence of prostate cancer despite a diet virtually free of lycopene (due to lack of tomato intake) but rich in lutein (due to a high consumption of green vegetables). The study was then expanded to include Chinese American men and Caucasian men.

STUDY CONFIRMS POWER OF LYCOPENE IN PROCESSED TOMATO PRODUCTS, ARTICLE

CONTINUES STREAM OF RESEARCH ON BENEFITS OF POWERFUL ANTIOXIDANT IN SOUPS, SAUCES, KETCHUP

Business Wire (July 16, 2001)

Us Too! July 17

Tomatoes fresh from the garden taste great, but don't worry about losing any health benefits when tomato season is over. The latest research provides new evidence that levels of lycopene are maintained or even increase when tomatoes are processed into soups, sauces and ketchup. Lycopene is the ingredient in tomatoes that makes them red and it's also the ingredient tied increasingly to important health benefits. A recent article in the Spring 2001 edition of the Journal of Medicinal Food discusses evidence that the powerful antioxidant lycopene in tomatoes retains or increases its potency during processing and storage. "Lycopene Content of Tomato Products: Its Stability, Bioavailability and In Vivo Antioxidant Properties" was written by nutrition researchers Venket Rao, Ph.D., Anita Agarwal, Honglei Shen and Sanjiv Agarwal, Ph.D.

PROSTATE PROGRESS

Lexington Herald-Leader (July 24, 2001)

Us Too! July 25

Keyhole-size abdominal incisions have revolutionized surgery, but prostate cancer operations have remained a holdout. Most urologists find the procedures too technically demanding and time-consuming. Now a new federally approved system of robotic instruments a computer system controlled like a video game by a surgeon's hand movements promises to make minimally invasive prostate surgery more widely available. Henry Ford Hospital in Detroit plans to become a leading center in the approach, and this month it is launching a promotional campaign. "We're trying to make prostate surgery kinder and gentler," said Dr. Mani Menon, director of Ford's Vattikuti Urology Institute.

PRESENCE OF COMORBIDITIES IMPORTANT PROGNOSTIC FACTOR FOR MEN WITH LOCALIZED PROSTATE CANCER

FaxWatch Inc. (July 23, 2001)

Us Too! July 25

For patients diagnosed with localized prostate cancer between 1993 and 1995, comorbidity had a significant influence on prognosis, according to new data. As serious comorbidity has been recorded routinely for all patients registered in The Netherlands' Eindhoven Cancer Registry since 1993, researchers used these data to retrospectively assess 894 men aged <75 years with T1-T3M0 prostate cancer. The vital status of all patients had been

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PCA NEWS YOU CAN USE

(continued from P. 5)

assessed up to July 1997, with a mean follow-up of 2.9 years. The investigators used Cox regression analyses to model overall survival.

ENEMA BEFORE TRANSRECTAL ULTRASOUND GUIDED PROSTATE BIOPSY CONFERS NO SIGNIFICANT BENEFIT
FaxWatch Inc. (July 23, 2001)
Us Too! July 25

New findings showed that enema prior to transrectal ultrasound guided prostate biopsy does not confer a clinically significant improvement of outcome. "Although many biopsy protocols have been described, in our opinion the role of enema before biopsy has not been definitively assessed in the literature," researchers noted.

SURVEY HIGHLIGHTS GAP BETWEEN MEN'S AWARENESS AND ACTION IN FIGHT VS. PCA
DataMonitor Healthcare Newswire (July 25, 2001) / *Us Too! July 26*

The national survey of 1500 men over 35 found that 92 percent of the respondents recognized that prostate cancer is as serious a threat for men as breast cancer is for women, but only 19 percent of undiagnosed men have discussed the threat of prostate cancer with their physicians in the past 12 months. Two-thirds of all men surveyed identified prostate cancer as either the first or second leading cause of cancer death among men. However, most men felt their personal chances of developing prostate cancer are remote, with 58 percent of undiagnosed men, regardless of ethnicity, marital status, or income, reporting that it is "not very likely" or "not at all likely" they would get prostate cancer.

ILEX ONCOLOGY LICENSES PATENTS AND TECHNOLOGY RELATING TO THE MUC1 PROTEIN FROM DANA-FARBER
Business Wire July 26, 2001
Us Too! July 27

ILEX Oncology, Inc. entered into a worldwide, exclusive license with the Dana-Farber Cancer Institute at Harvard Medical School for patent rights and technology relating to the MUC1 protein, a cytokine-like receptor that is highly overexpressed by most human cancers. "Estimates indicate that of the 1.2 million tumors diagnosed in the U.S. each year, over 700,000 overexpress the MUC1 protein, making it one of the most common abnormalities associated with human cancers, including those of the lung, breast, prostate, pancreas, ovary and bowel," said Donald W. Kufe, M.D., Professor of Medicine, Dana-Farber Cancer Institute,

SC Johnson's PCa Awareness Program

By Bill Eickelberg, *Us Too!* Regional Director and
 Joan Glubczynski, Health Promotion Manager

SC Johnson (the parent company which manufactures household names such as Shout®, Windex®, Ziploc®, Edge®, Glade®, Vanish®, Raid®, OFF!®, Pledge®, Scrubbing Bubbles®, Plugins®, Fantastik®, Drano® — products you use all the time) recently held a Men's Health Series that included several sessions on Prostate Cancer Awareness for their employees, retirees and family members. Joan Glubczynski, Health Promotion Manager for the Racine, Wisconsin based company said, "These programs are offered at a variety of times to accommodate the employees' schedules including those from manufacturing who work 1st, 2nd, or 3rd shift."

Each participant received a brochure that emphasized several key men's health issues including screening information. The brochure contains information on the importance of periodic doctor visits, and early detection to prevent the spread of cancer. These programs and brochures are one of many ways SCJ Corporate Medical Affairs

Harvard Medical School. MUC1 is expressed on the surface of cancer cells. Research has shown that MUC1 functions like a receptor and contributes to the development of tumors.

LABCORP SEES CANCER-TEST MARKET : EXPANDING PRODUCT LINE AND EMBRACING SOPHISTICATED DNA-BASED TESTING
Greensboro News & Record (July 25, 2001) / *Us Too! July 27*

Laboratory Corporation of America hopes one day to be the leader in early detection of various cancers, such as prostate and breast cancer, the company said Tuesday. Founded in 1995 through the merger of two laboratories, LabCorp got its start with routine lab tests, such as blood analysis and testing workers' urine for illegal drugs. But the Burlington-based clinical laboratory has grown significantly during the last few years, expanding its product line and embracing sophisticated DNA-based testing. . . . "We're turning our efforts now toward cancer, toward predisposition tests for cancer, or an early warning test that can diagnose some forms of cancer, or a test that can become a substitute for some pretty difficult procedures physicians need to do to search for cancer," Mac Mahon said. "We think these kinds of tests can be blockbuster tests."

and Recreation & Fitness departments raise awareness about a variety of health issues.

The program, Prostate Cancer Treatment & Intervention, began with employees who are Prostate Cancer Survivors sharing their stories of diagnosis, treatment, and coping skills. Coincidentally, Rob Henkel, Ph.D., SC Johnson Director Center for Counseling and Personal Development, is a Prostate Cancer survivor. Henkel concluded each session discussing the psychological and emotional aspects of a cancer diagnosis. He spoke of the impact this disease has on the patient and the entire family.



Kevin McCabe, M.D., SC Johnson Director Occupational & Preventative Medicine provided the bulk of the presentation. He discussed the history of the disease, various treatment options, and an important diagnostic tool, the PSA test. Dr. McCabe was very frank about some of the controversy within the scientific community about the test. He emphasized how important it is to make your own decision about treatment.

He was supported by Dr. Henkel's remarks regarding the importance of having someone with whom to discuss things. He pointed out that in a company as large as SC Johnson, there are many prostate cancer survivors. There are also support groups, namely *Us Too!* International and the ACS, that provide information for the newly diagnosed patients. *Us Too!* Regional Director, Bill Eickelberg represented *Us Too!*. He also stressed the importance of having someone in whom you can confide when dealing with issues surrounding Prostate Cancer.

Lorie Boomsma, Senior Occupational Nurse and Glubczynski encouraged the audience to call on the SCJ medical and fitness staff, individual survivors, and the support groups for information. Additional brochures on early Prostate Cancer detection and local support groups were distributed.

Editor's note: Enlightened corporations like SC Johnson are always looking for ways to improve the health of their employees. Many corporations hold periodic employee "in-service education" programs and/or have employee wellness programs which provide a great opportunity to increase PCa awareness. *Us Too!* can provide you with a free, ready to deliver, community education presentation – available in PowerPoint or Overhead Transparency format, complete with handout materials for your convenience. Contact the *Us Too!* office to find out more.

SELECT TRIAL BEGINS

(continued from P. 1)

Selenium and vitamin E, both naturally occurring nutrients, are antioxidants. They are capable of neutralizing toxins known as "free radicals" that might otherwise damage the genetic material of cells and possibly lead to cancer. These nutrients were chosen for study because of the results of two other large cancer prevention trials.

In a study of selenium to prevent nonmelanoma skin cancer in 1,000 men and women, reported in 1996*, investigators found that while the supplement did not reduce skin cancer, it did decrease the incidence of prostate cancer in men by more than 60 percent.

Another trial, published in 1998**, in which beta carotene and vitamin E were tested to prevent lung cancer in 29,000 Finnish men who smoked, those who took vitamin E had 32 percent less prostate cancer. Neither beta carotene nor vitamin E prevented lung cancer. In fact, the men who smoked and took beta carotene were more apt to get lung cancer and die from it than men who didn't take this supplement.

"SELECT is the critical next step for pursuing the promising leads we saw for the prevention of prostate cancer," said Ford, who is responsible for all aspects of NCI's involvement in SELECT. "The only way to determine the real value of these supplements for prostate cancer is to do a large clinical trial focused specifically on this disease." Study investigators hope to recruit all the study participants during the first five years of the trial, so that each man can be followed for at least seven years.

Men in the study will visit their study site once every six months. Upon enrollment, they will be assigned by chance to one of four groups. One group will take 200 micrograms of selenium daily plus an inactive capsule, or placebo, that looks like vitamin E. Another group will take 400 milligrams of vitamin E daily along with a placebo that looks like selenium. A third group will take both selenium and vitamin E. And a final group will be given two placebos.

Men who join SELECT will not need to change their diet in any way, but they must stop taking any supplements they buy themselves that contain selenium or vitamin E. If participants wish to take a multivitamin, SWOG will provide, without charge, a specially formulated one that does not contain selenium or vitamin E.

Men may be able to participate in SELECT if they:

- are age 55 or older; age 50 or older for black men
- have never had prostate cancer and have not had any other cancer, except nonmelanoma skin cancer, in the last five years
- are generally in good health

To read a Q&A about SELECT, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTQandA.html>

For more information about SELECT and a list of participating centers:

- In the United States (including Puerto Rico), call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237) for information in English or Spanish. The number for callers with TTY equipment is 1-800-332-8615.

- In Canada, call the Canadian Cancer Society's Cancer Information Service at 1-888-939-3333 for information in English or French.

Visit NCI's Web site at:
<http://cancer.gov/select>

or

visit SWOG's Web site at:
<http://swog.org> and choose SELECT.

SELECT Audio-Visual Materials

To listen to a radio news story about SELECT, visit <http://www.radiospace.com/nihhome.htm>. Click on July 24, 2001 story on NCI's SELECT trial launch.

To view an on-line copy of the Video News Release about SELECT, visit
<http://www.streamonsite.com/hendrick/nci.ram>

To view an image of the crystalline structure of Vitamin E, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTcrystal.gif>

To view an image of the chemical structure of Vitamin E, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTchemistry.gif>

To view an image of the prostate, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTprostate.gif>

To view an image Vitamin E capsules, go to
<http://newscenter.cancer.gov/pressreleases/SELECTVitEpill.gif>

To view an image selenium capsules, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTselenium.gif>

To view an image selenium and Vitamin E capsules, go to:
<http://newscenter.cancer.gov/pressreleases/SELECTbothpills.gif>

Four pharmaceutical companies are providing selenium and vitamin E capsules and multivitamins for the study: Roche Vitamins Inc., Parsippany, N.J.; Sabinsa Corporation, Piscataway, N.J.; Nutricia Manufacturing USA Inc., Greenville, S.C.; and BioAdvantex Pharma Inc., Mississauga, Ontario, Canada.

*Clark L.C., Combs GF Jr, Turnbull B.W., et al. Effects of selenium supplementation for cancer prevention in patients with carcinoma of the skin. A randomized controlled trial. Nutritional Prevention of Cancer Study Group. JAMA 276:1957-1963, 1996.

**Heinonen OP, Albanes D, Huttunen JK, et al. Prostate cancer and supplementation with alpha-tocopherol and beta-carotene: incidence and mortality in a controlled trial. J. Natl Cancer Inst 90:440-6, 1998

SOURCE:

Press Release:
National Institutes of Health
National Cancer Institute
and
Southwest Oncology Group (SWOG)

Tuesday, July 24, 2001

VISIT WWW.USTOO.ORG
FOR

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- * SPECIAL ANNOUNCEMENTS
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- * PCA NEWS YOU CAN USE
- * PCA CANCER PROFILER
- * SUPPORT GROUPS

**UNBIASED PCA INFORMATION
AND EDUCATION TO SERVE YOU**

PCa AWARENESS MONTH

(continued from P. 1)

KENNEDY, Mr. HOLLINGS, Mr. BAYH, Ms. MIKULSKI, Mrs. BOXER, Mr. TORRICELLI, Mr. DURBIN, Mr. CORZINE, Mr. SARBANES, Mr. REID, Ms. LANDRIEU, Mr. SCHUMER, Mr. DORGAN, Mrs. FEINSTEIN, Mr. CLELAND, Mr. KERRY, Mr. INOUE, Mr. MURKOWSKI, Mr. COCHRAN, Mr. SPECTER, Mr. CRAIG, Mr. THURMOND, Mr. CRAPO, Mr. HELMS, Mr. HATCH, Mr. WARNER, Mr. BROWNBACK, Mr. SHELBY, Mr. SESSIONS, Mr. INHOFE, Mr. ALLEN, Mr. DAYTON, Ms. STABENOW, Mr. REED, Mr. BREAU, Mr. LIEBERMAN, Mr. WELLSTONE, Mr. GRASSLEY, Mr. ENSIGN, Ms. COLLINS, Mr. STEVENS, Mrs. HUTCHISON, Mr. DEWINE, Ms. SNOWE, Mr. SANTORUM, Mr. HAGEL, and Mr. ROBERTS) submitted the following resolution; which was referred to the Committee on the Judiciary

RESOLUTION

Designating the month of September as 'National Prostate Cancer Awareness Month'.

Whereas over 1,000,000 American families live with prostate cancer;

Whereas 1 American man in 6 will be diagnosed with prostate cancer in his lifetime;

Whereas prostate cancer is the most commonly diagnosed nonskin cancer and the second most common cancer killer of American men;

Whereas 198,100 American men will be diagnosed with prostate cancer and 31,500 American men will die of prostate cancer in 2001, according to American Cancer Society estimates;

Whereas fully 1/4 of new cases of prostate cancer occur in men during their prime working years;

Whereas African Americans have the highest incidence and mortality rates of prostate cancer in the world;

Whereas screening by both digit rectal examination and prostate specific antigen blood test (PSA) can diagnose the disease in earlier and more treatable stages and have reduced prostate cancer mortality;

Whereas the research pipeline promises further improvements in prostate cancer prevention, early detection, and treatments; and

Whereas educating Americans, including health care providers, about prostate cancer and early detection strategies is crucial to saving men's lives and preserving and protecting our families: Now, therefore, be it

Resolved, That the Senate—

(1) designates the month of September as 'National Prostate Cancer Awareness Month';

(2) declares that the Federal Government has a responsibility—

(A) to raise awareness about the importance of screening methods and treatment of prostate cancer;

(B) to increase research funding that is commensurate with the burden of the disease so that the causes of, and improved screening, treatments, and a cure for, prostate cancer may be discovered; and

(C) to continue to consider ways for improving access to, and the quality of, health care services for detecting and treating prostate cancer; and

(3) requests the President to issue a proclamation calling upon the people of the United States, interested groups, and affected persons to promote awareness of prostate cancer, to take an active role in the fight to end the devastating effects of prostate cancer on individuals, their families, and the economy and to observe the month of September with appropriate ceremonies and activities.

PROSTATE CANCER PROFILER UPDATED



NexCura recently added new enhancements to the Prostate Cancer Profilers, including new papers and updates. The Cancer Profiler is a free service. There are no hidden fees or charges. The tools provide you with information specific to your cancer diagnosis to help you, with your physician, make more informed treatment decisions. Your information is private. Your e-mail address and personal medical information will never be shared without your permission. Information in is based on scientific medical journals and is continuously updated by experts in cancer research and treatment. Link to the PCa Profiler from the Us Too! website.

Nexcura Customer Support for the PCa Profiler is available Monday - Friday 9:00 a.m. - 5:00 p.m. PST

By Phone / call toll-free in the U.S.: 1-877-4-CAFACT / (1-877-422-3228)

Local Phone: 1-206-270-0225

By E-mail: support@NexCura.com

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

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