

Some Good News Revisited

Howard J Cohen, Ph.D.

Talk given at the
Silicon Valley Prostate Cancer Support Group
Thursday 3 November 2016

http://www.cohensw.com/mvpcsg_nov99_text.html

http://www.cohensw.com/mvpcsg_nov16_ppt.pdf

© Copyright 2000-2016, Howard J. Cohen, Ph.D., All Rights Reserved

SOME GOOD NEWS - Improvement Without Knives or Rays

Howard J. Cohen, Ph.D.

Mountain View Prostate Cancer Support Group

4 November 1999

http://www.cohensw.com/mvpcsg_nov99.html

http://www.cohensw.com/mvpcsg_nov99_text.html - text of the talk

Who Am I?

Scientifically trained - PhD theoretical physics

Technologically literate - worked 30+ years in software applications, 6 years in biotech

Young (54 in 1999), healthy, reasonable physical condition

Take-charge approach

Humility in the face of cancer

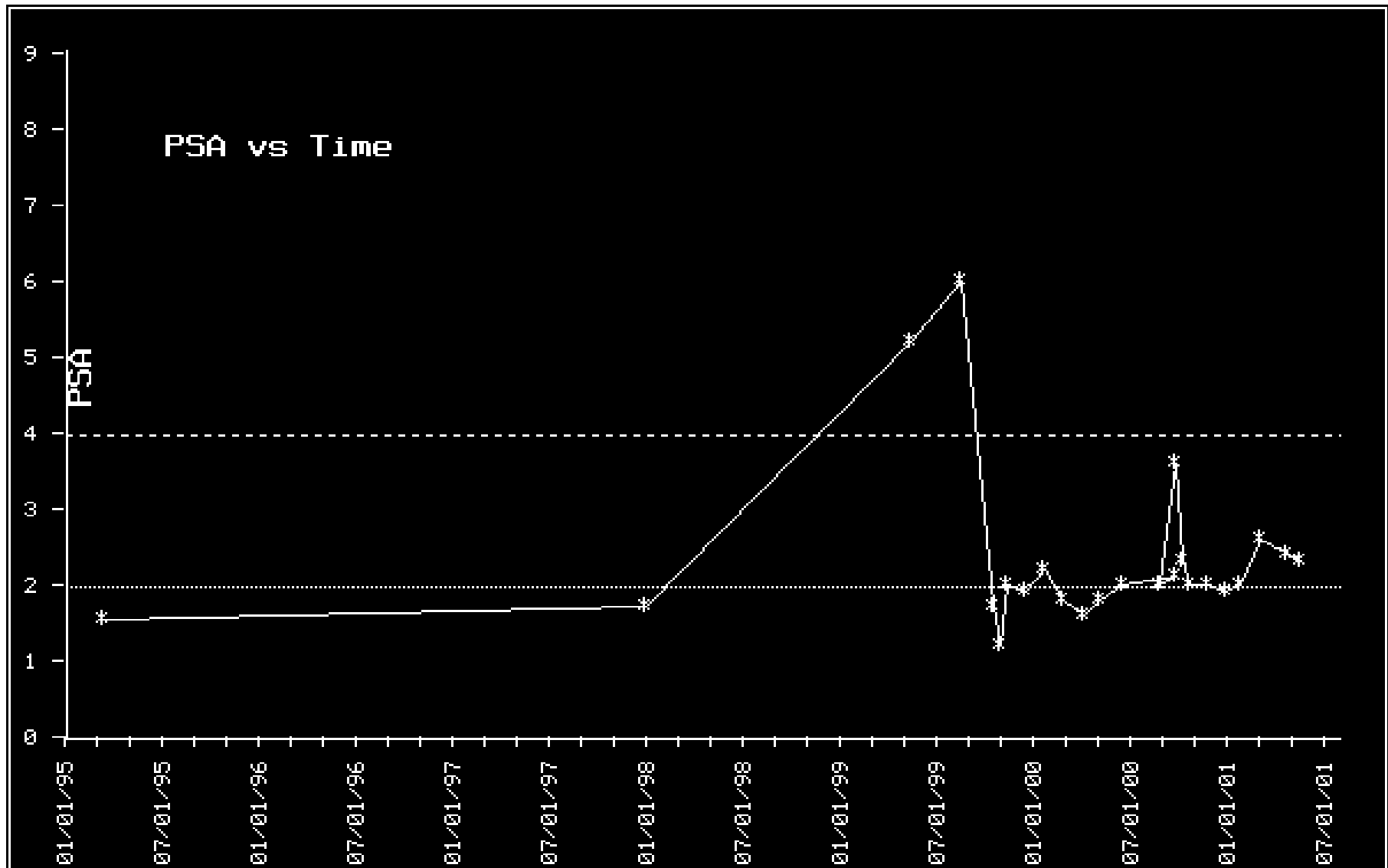
What Did I Have?

Diagnosed with biopsy confirmed Gleason 3+3 in July 1999

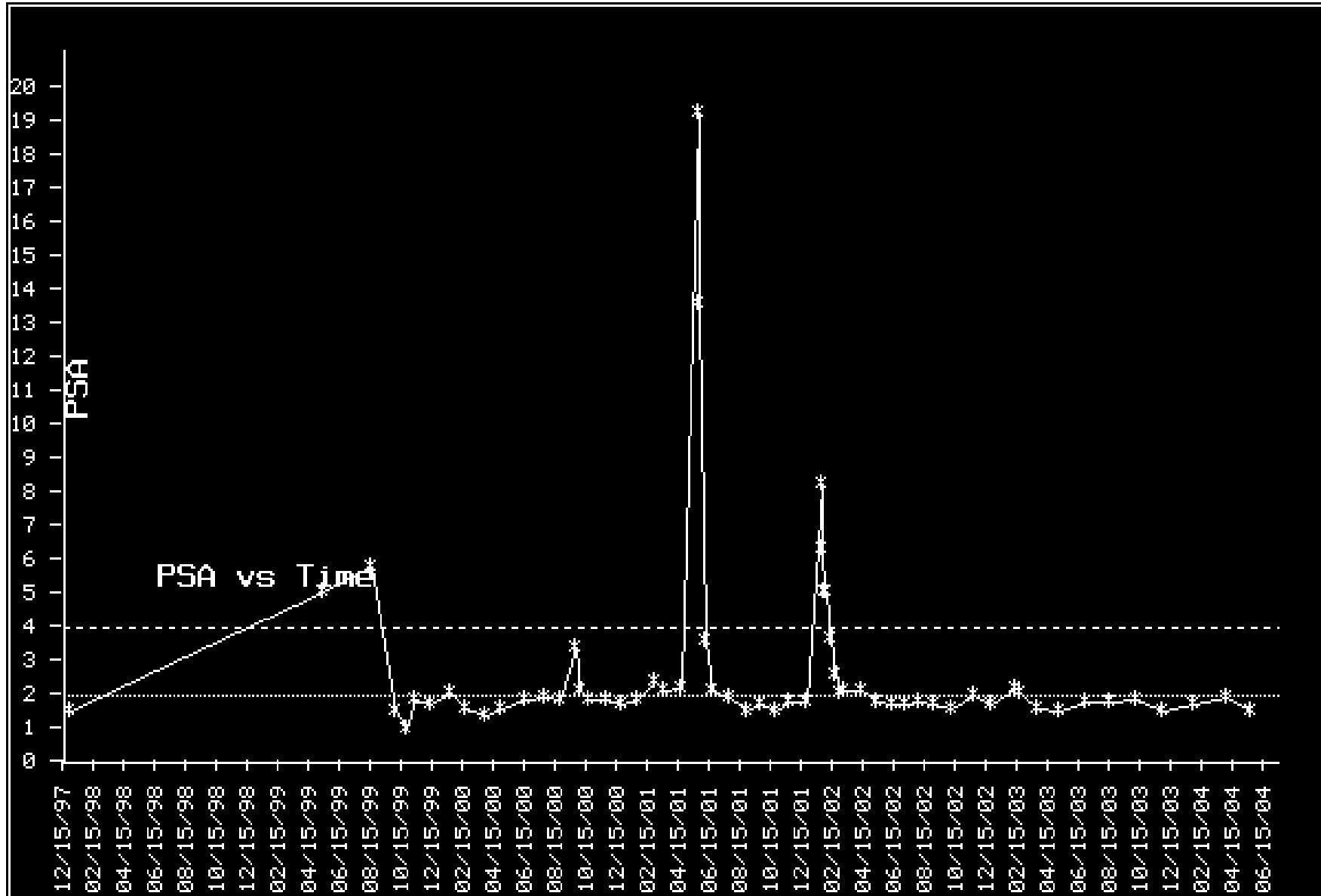
**Only 2 of 14 cores were positive, 1 mm² each
-- a small non-aggressive cancer burden**

This gave me time to research and think

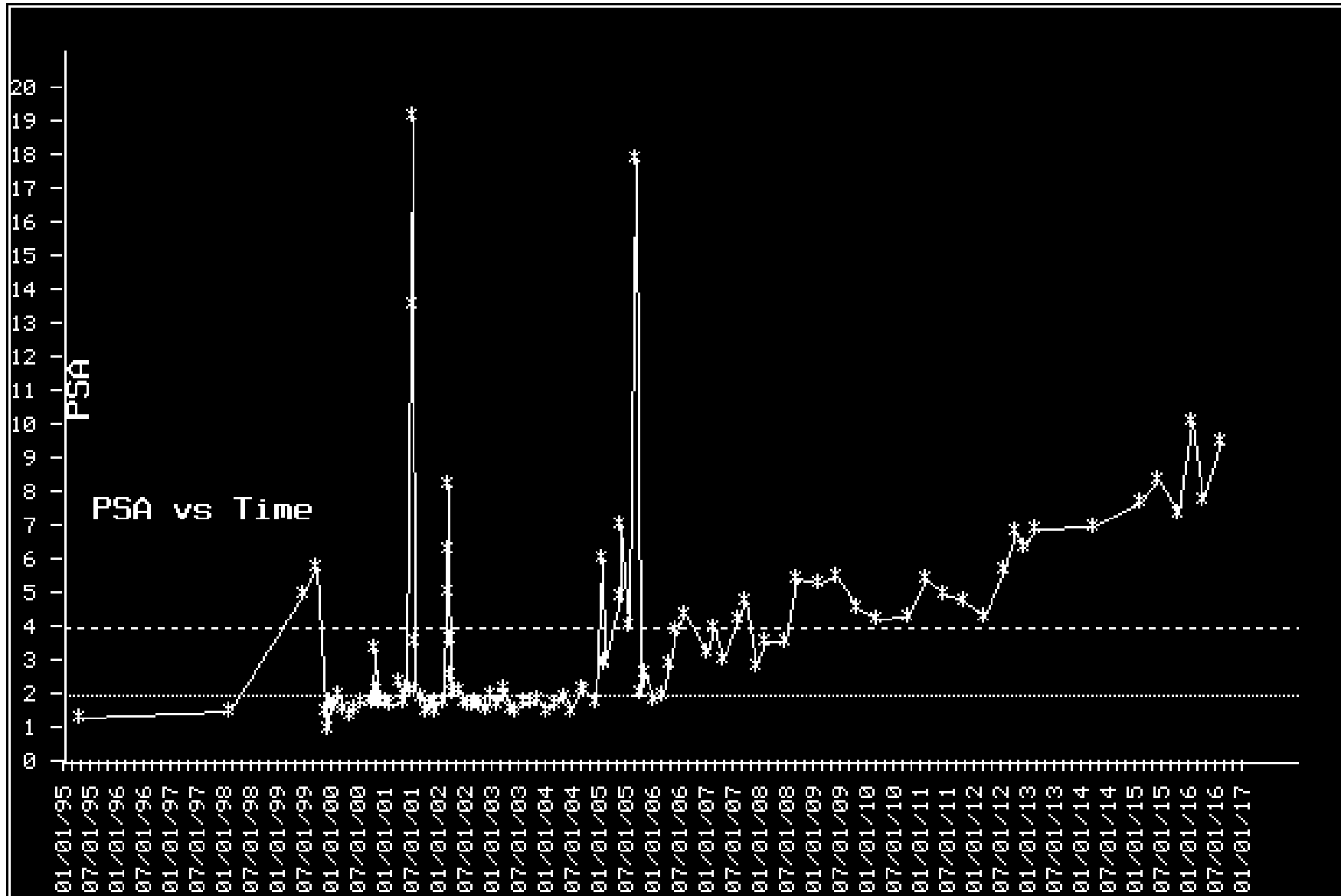
Early PSA History



And Prostatitis...



And BPH...



OK, What Did I Do?

Looked at the time I had to self-educate & decide gave myself 6-8 weeks (~ end of Sept 99)

Education -- books, talking, web, MDs

Vitamins/herbs

Diet -- decrease animal fat, increase tofu, fruits

Exercise

Find a physician who I felt I could work with

Alternative practitioners

Secret weapon – mothers' milk

Decided on radical prostatectomy as the medical approach, with a world-class physician/surgeon

Finding a physician & making a decision as to what medical approach to take was a relief, freeing up time/energy to focus more on other approaches

However, decided that avoiding surgery and radiation and their side effects would be a Good Thing To Do (tm), if at all possible

Education

Read various MD authored books on prostate & cancer & treatments

Read Grove's Fortune Article

Read Korda's book (Man to Man)

NCI books, etc.

Talked with prostate cancer survivors (including this group)

Talked with a friend in biomedical research

Talked with a relative in LA/Urologist

Talked with a friend of a friend/UCHicago Urologist

Web searches -- pros and cons

Theory

Engage spontaneous healing

Augment/enhance immune system

Cells are constantly undergoing division in the body. Statistically, it is likely that events creating malignant cells are occurring with some regularity (due to random events, radiation, toxics, age related changes, etc.).

The immune system is capable of finding and killing all these cells. In my case, I had a somewhat higher malignant load than the background, so additional help was needed.

Diet and Exercise

Diet & Exercise

Tried to be more regular with exercise, yoga & some aerobics

Diet as noted earlier

No plastic food (junk food, margarine, sodas, etc.) - decrease the toxic system load

Increased vitamins and herbal supplements, anti-oxidants

These are all standard approaches -- cf. capCure, et alia

Secret Weapon – Human Mothers' Milk

Mother's Milk – Discover magazine (June 1999) , NY Times, then Swedish researchers, then source

Induces cancer cell apoptosis (programmed cell death)

Leaves normal cells unaffected

Researchers in Sweden discovered effect by chance

They are seeking to patent and commercialize chemicals, so are less interested in low-cost, high-availability methods

I took ~2 oz per day of milk in a fruit/yogurt/tofu smoothie for lunch the first year.

I took 3.5 ounces/day in a smoothie for several more years.

Now I take 4 ounces, twice a week as a maintenance¹² dose.

More Details on Milk -1

Milk is a complex mixture of many chemicals

It is known to kickstart babies' immune systems:

- **Nursed children have fewer allergies**
- **Nursed children have fewer childhood infections**
- **Nursed children have less childhood cancer**
- **Nursed children have enhanced brain development**
- **Milk has known antibacterial & antiviral effects**

Anders' grad school serendipity became a career

More Details on Milk - 2

Human alpha-lactalbumin is different from other mammals'

Human milk has more oleic acid than other mammals'

In the stomach (acid), alpha-lactalbumin unfolds, releases a Ca⁺ ion, binds with oleic acid, assumes a new shape (conformation)

The Swedes called this HAMLET – Human Alpha-lactalbumin Made LETHAL to Tumors

HAMLET selectively enters cancer cells & causes programmed cell death via two mechanisms.

HAMLET leaves normal cells alone.

Other factors in milk may help.

More Details on Milk - 3

Swedish pilot studies:

- **Rat brains with human glioblastomas**
- **9 men with bladder cancer**
- **Mice with human colon cancer**
- **Papilloma virus**

A's story – metastatic colon cancer

B's story – inoperable squamous cell carcinoma

“Your mileage may vary”

Bottom Lines

PSA improvement was much faster, better than I expected

I don't know whether this would work for anyone else, or how quickly

I don't know how long the positive effects will last - only time will tell

Do not try this instead of medical approaches if your cancer is spreading or acting up!

Aggressive Monitoring or Active Surveillance:

Monthly PSA (vs 3 months)

Follow up MRIS every 6 months initially (vs 1 year) , now annual

Not clear on usefulness (for me) of TRUS; I've done a few

I decided not to do follow on biopsies

These approaches cannot hurt as supplements to a more conservative approach