



Program

**QUALITY OF LIFE AFTER A
PROSTATE CANCER DIAGNOSIS**

November 5, 2016

**The Central United Methodist Church
Albuquerque, New Mexico**

Presented by

**The Prostate Cancer Support Association of
New Mexico**

We thank

***Medivation, Inc. and Janssen Biotech Oncology
for their generous sponsorship of this Conference***

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PROSTATE CANCER SUPPORT ASSOCIATION OF NEW MEXICO

Conference: Quality of Life after a Prostate Cancer Diagnosis

November 5, 2016

MORNING

- 9:00 – 9:15 Welcome - PCSA –Steve Denning, Board Chairman
 - Intro to Moderator -Joe Diaz (Meteorologist Channel 7)
- 9:15 – 10:00 - Does PSA Testing Result in Overtreatment? -Dr. Thomas Schroeder (UNMCC - Radiation)
- 10:00 - 10:45 - Sexual Side Effects from Prostate Cancer Treatments -Dr. Susan Guo (NMCC)

10:45 – 11:00 Break

- 11:00 – 11:45 Erectile Dysfunction and Urinary Problems After Your Diagnosis of Prostate Cancer - Dr. Andrew Grollman (Albuquerque Urology Associates)
- 11:45 – 12:00 Recognition of Dr. Lindberg

AFTERNOON

12:00- 12:55 Lunch Break

- 12:55 PCSA- Steve Denning, Board Chairman
 - Intro to Moderator – John Traub – Isotope's General Manager
- 1:00– 1:45- HIFU A New Treatment for Localized PCa – Dr. Robert Pugach (Pacific Coast Urology - Urologist)

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- **1:45 - 2:30 Recovering Intimacy after Prostate Cancer Treatment - Dr. Mark Pugsley (Independent Psychologist)**

2:30 – 2:45 Break

- **2:45 – 4:25 Breakout sessions** -(2 cycles of 45 min each, plus 2 cycles of 5 min shift time) each session on a different topic
 - **Nutrition – Jan Esparza (Presbyterian-Registered Dietitian)**
 - **Physical Fitness for the Prostate Cancer Patient -Don Hoover (Physical Therapist, Rio Rancho Physical Therapy)**
 - **Mindfulness: Exploring the New Science of Managing Stress – Dr. Barry Cooney (Director- Santa Fe Center For Conscious Living)**
 - **Sharing Session – PCSA Moderator Lou Reimer**
- **4:25 Thank you for attending - Closing remarks and drawing for restaurant gift cards PCSA Board Chairman - Steve Denning,**
- **4:45 Shut down - Clear the building**

Exhibitors

- **AccumetRx/Urology Group of New Mexico**
- **Albuquerque Urology Associates**
- **Bayer**
- **Cancer Center at Presbyterian**
- **Genomic Health**
- **Janssen Biotech (Zytiga)**
- **Medivation Inc. (Xtandi)**
- **New Mexico Cancer Center**
- **Santa Fe Radiology**
- **UNM Cancer Center**
- **American Cancer Society**

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**STEVE DENNING
CHAIRMAN OF THE BOARD**

Steve Denning is the Chairman of the Board of PCSANM as of July, 2016 and a board member for 3 years prior. He is a prostate cancer survivor and was first diagnosed when he was 59. He was treated with brachytherapy and followed with cryotherapy. He is now 66 and his PSA remains low and stable.

**MORNING MODERATOR
JOE DIAZ**

New Mexicans have been turning to the Emmy Award Winning Action 7 News Chief Meteorologist Joe Diaz for a full and accurate forecast for almost three decades. Joe has been free of prostate cancer for nearly 8 years. Joe is a member of the American Meteorological Society (AMS), and is the first in New Mexico (and 68th nationwide) to be named a Certified Broadcast Meteorologist. Joe also holds the seal of approval from the National Weather Association (NWA). Joe married his wife Diane, an Albuquerque native, in 1981. They have two adult sons and a very spoiled dog. Biking, running and golfing with his sons are among his favorite ways to spend personal time.

**AFTERNOON MODERATOR
JOHN TRAUB**

A 10-year prostate cancer survivor, John is Vice President & General Manager of the Albuquerque Isotopes Baseball Club. John recently completed his 29th year in professional baseball, a journey that began in 1988 with the California Angels and Los Angeles Dodgers. From 1991-2002, John worked for the Calgary Cannons, the franchise which relocated to Albuquerque to become the Isotopes in 2003.

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SPEAKER
DR. THOMAS SCHROEDER
UNM CANCER CENTER

Abstract: Does PSA Testing Result in Overtreatment?

The role of PSA screening for prostate cancer is heavily debated. Does it help prevent death from prostate cancer? Does it result in unnecessary surgeries or radiation therapy? Come find out!

Bio: Thomas Schroeder is an associate professor and a radiation oncologist at the University of New Mexico Cancer Center. He currently serves as the medical director of radiation oncology and chief of the radiation oncology section. He grew up in Santa Fe and has a bachelor's degree in physics from The Colorado College in Colorado Springs, Colorado and a master's degree in Aerospace Engineering from Stanford University. He attended medical school here at the UNM medical school and completed a radiation oncology residency at the Baylor College of Medicine in Houston, Texas. He also completed a fellowship in prostate radioactive seed implantation at the Seattle Prostate Institute, sponsored by the American Brachytherapy Society.

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**SPEAKER
DR. SUSAN GUO
NEW MEXICO CANCER CENTER**

Abstract: Sexual Side Effects From Prostate Cancer Treatments Sexual function is an important concern for many men who undergo treatment for prostate cancer. We will explore the relevant anatomy, pathophysiology, and mechanisms of action of common causes of sexual dysfunction. We will then discuss how prostate cancer treatments including surgery, radiation therapy, and androgen deprivation therapy may cause sexual dysfunction.

Bio: Dr. Guo is a board-certified radiation oncologist practicing at New Mexico Cancer Center. She has a Bachelor of Arts degree in French from Columbia College and received her medical degree from the College of Physicians and Surgeons at Columbia University. Dr. Guo completed a transitional year internship and residency in Radiation Oncology at the Cleveland Clinic, where she served as Chief Resident from 2011 through 2012. She completed low dose rate and high dose rate brachytherapy fellowships sponsored by the American Brachytherapy Society at the Chicago Prostate Center and Gamma West in Salt Lake City.

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SPEAKER
DR. ANDREW GROLLMAN
ALBUQUERQUE UROLOGICAL ASSOCIATES

Abstract Erectile Dysfunction and Urinary Problems after Your Diagnosis of Prostate Cancer After prostate cancer men can experience side effects including erectile dysfunction (ED) and urinary issues. You must work with your healthcare provider to set up a treatment plan best suited for you. My presentation will emphasize:

What urinary problems can I expect? How will they be treated?

A description of erectile dysfunction treatments will be presented. How long does ED and/or urinary problems last? What are the side effects of ED and/or urinary treatments?

Bio: Andrew Grollman, MD is a private practicing urologist in Albuquerque New Mexico and has been in Albuquerque since 2010 after completing his medical school training at the University of Maryland followed by his urology residency at the University of Maryland in General Surgery and his urology training at Robert Wood Johnson Hospital in New Jersey. Dr. Grollman is a shareholder in Albuquerque Urology Associates with two offices – one on Broadway and the other on Irving on Albuquerque's West Side.

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**HONOREE
DR. PETER LINDBERG
“A WORLD FAMOUS HUMBLE COUNTRY DOCTOR”**

Doctor Peter Lindberg, MD, a supporter of the Prostate Cancer Support Association of New Mexico, passed away on September 13, 2016 before we could truly honor him for his work treating prostate cancer patients in New Mexico. This presentation is only a small measure of our gratitude for his services.

He was an extraordinary, caring, gracious doctor who always sought the most effective treatments for his patients. He remembered patients' personal and family situations and applied that knowledge to his assessment of his patients.

Dr. Lindberg found his passion of caring for men with prostate cancer in 1992 and solely dedicated his career to this specialty since 2007. He was influenced by several other practitioners in this very specialized field, including: Steven Strum, Mark Scholz, Bob Liebowitz, Anthony D'Amico and Tia Higano. He was not reluctant to apply newly learned techniques and drugs to his practice soon after they appeared nor was he loath to consult with other physicians to get the best treatment for his patients

In 2014 Dr. Lindbergh moved his practice to New Mexico Cancer Center in Albuquerque after practicing medicine in Los Alamos, New Mexico for over 40 years. Dr. Lindberg was board certified in internal medicine, medical oncology, and hematology. He attended University of Chicago Medical School and completed his internal medicine residency at Presbyterian – St. Luke's Hospital and his Hematology Fellowship at Rush Medical School in Chicago.

Peter Lindberg was influenced by a simple 1959 PEANUTS cartoon where Linus declares, “I'm going to be a world famous humble little country doctor.” We know Peter Lindberg was far greater than that. One could not find a better doctor.

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SPEAKER
DR. ROBERT PUGASH
PACIFIC COAST UROLOGY
CERRITOS, CA

Abstract .HIFU A New Treatment For Localized Prostate

Cancer Dr. Pugach has been treating patients internationally for 11 years to bring them the benefits of HIFU technology. Now that HIFU is approved by the U.S. FDA, Dr. Pugach is on the forefront to offer this remarkable treatment for American men with prostate cancer. Today, he will explain the development, science and technology of HIFU (High Intensity Focused Ultrasound), the difference between current HIFU devices, scientific data and his extensive experience with HIFU.

Bio: Dr. Robert G. Pugach, M.D is the medical director of the busiest HIFU center in the western United States; The Western States HIFU and Pacific Coast Urology Medical Center. His practice was the first in the United States to embrace minimally invasive techniques to treat and cure urologic diseases

Dr. Pugach has become the leading expert on minimally invasive urology procedures in the Western United States.. He has completed more than 2200 minimally invasive urologic treatments for patients throughout the world. He is the most experienced HIFU practitioner and the most experienced doctor for cyroablation for prostate cancer west of the Mississippi. Dr. Pugach has been instrumental in helping to improve HIFU technology over the past 11 years, as he has treated hundreds of patients with this procedure. He is now on the forefront of developing focal HIFU treatment for small and limited prostate cancers to allow men who struggle with concerns about active surveillance and watchful waiting to have treatment for their cancers

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SPEAKER
DR. MARK PUGSLY
INDEPENDENT PSYCHOLOGIST

Abstract: Relationship and Art of Sexual Intimacy

The dance of intimacy and sexuality is a creative encounter. Intimacy is our ability to be close and have a deep honest rapport with our partner. Sexuality is our capacity for sexual feelings and physical interactions. In this mutual dance, the music often changes. Couples need to continually communicate, shift and adapt to find a rhythm that works in their particular relationship. While sexuality is one of the most used subjects to advertise in our society, it rarely is discussed in direct and open ways. We adopt and carry many hidden messages that come from society, family, peers, religion or previous relationships. Sexual intimacy is an act of vulnerability and vulnerability with our partner is not a weakness, but rather is what allows intimate sexual connection to deepen. We may encounter difficult feelings, like shame or inadequacy, but how we learn to respond and communicate with our partner can empower, transform and expand our concepts and conditioning about sexual intimacy. Each couple has the creative capacity to create their own unique intimate dance.

Bio: Mark Pugsley, PhD, LISW, CSAT-C is a co-founder of the Center for Relationship and Sexual Recovery (www.crsr.us) and a licensed psychotherapist since 1996 with a specialty in Gestalt psychology and training in humanistic psychology, Jungian therapy, and somatic psychology. His specialties are in couples counseling, addiction counseling, sexual addiction and mindfulness-based trauma recovery. Mark received a Master of Social Service from Bryn Mawr College Graduate School of Social Work and Research in 1997, graduated from the Gestalt Therapy Institute of Philadelphia in 2002, and received a doctorate from the University of New Mexico in Organizational Learning and Instructional Technology in 2010.

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**SPEAKER
JAN ESPARZA,
REGISTERED DIETICIAN
PRESBYTERIAN/MD ANDERSEN CANCER CENTER**

Abstract: . Nutrition For The Prostate Cancer Patient

Jan Esparza, Registered Dietitian, will discuss the impact of a healthy diet on prostate cancer prevention and survivorship. She will review the nutritional value of specific foods surrounding their cancer fighting properties and the roles nutrients have in optimizing cancer survival.

Bio: Jan Esparza is an Advanced Practice Outpatient Oncology Dietitian at Presbyterian Cancer Care and MD Anderson Radiation Oncology here in Albuquerque, New Mexico. Jan was born and raised in Albuquerque, New Mexico; attended San Diego State University in undergraduate studies. She returned to Albuquerque and became the first clinical dietitian to graduate with a Masters of Arts and Sciences Degree in Nutrition and Dietetics from the University of New Mexico. She completed her clinical training with a combined Traineeship at the Veterans Administration Medical Center in Albuquerque. She later acquired Certification as a Nutrition Support Dietitian which she retained from 1989-2014. During her career as a Critical Care Dietitian at the University of NM Hospital she authored, co-authored and published multiple groundbreaking Critical Care Nutrition Support articles that continue to be routinely referenced in national and international medical journals. From the University of New Mexico Hospital experience she transitioned to pharmaceutical sales and marketing for 7 years and is now very pleased to have returned to direct patient care as part of the Comprehensive Cancer team of professionals and physicians at Presbyterian Cancer Care.

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**SPEAKER
DON HOOVER
PHYSICAL THERAPIST
RIO RANCHO PHYSICAL THERAPY**

Abstract: Physical Fitness for the Prostate Cancer Patient.

The speaker will discuss exercise and its impact on aging, cancer specific benefits from some of the latest research. This will help guide you in setting up and managing a healthy lifestyle aimed at reducing health risk and improving cancer survivability.

Bio: Don Hoover is a Physical Therapist in a private practice clinic in Rio Rancho the last 11 years. He is the Lead Physical Therapist at Rio Rancho Physical Therapy. Don has been a Physical Therapist for over 23 years and has spoken to people about Physical Therapy for the Amputee population, movement disorders, MS, Alzheimer's and aging. He enjoys helping people regain their maximal level of life after surgery or injury.

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**SPEAKER
BARRY COONEY
DIRECTOR
SANTA FE CENTER FOR CONSCIOUS LIVING**

Abstract: Mindfulness: Exploring the New Science of Managing Stress. This discussion will focus on practical techniques to dissolve stress and enhance inner states of calm and well being. We will also look at how to tap into the power of deep focused attention to promote and nurture joyful living.

Bio: Barry has an extensive background in psychology and management. At age 29 he was appointed Clinical Instructor in Human Behavior at Jefferson Medical School in Philadelphia. He also served on the faculty at the University of New Mexico and later was appointed Interim Executive Director of UNM's Gallup Campus. He now directs the Santa Fe Center for Conscious Living, working with people across the country in developing healthy approaches to aging.

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**SHARING SESSION
PCSA MODERATOR
LOU REIMER**

Abstract The support association concept is for the members to be able to share their experiences with the disease. Through this process each attendee can learn about how others have fared with the different treatments that they have undergone. Being an educated patient can only optimize the treatment decisions that patients make with their doctors. Come and share your experiences.

Bio Lou was diagnosed in October, 2002 with advanced prostate cancer and was treated with androgen deprivation therapy. He completed 19 months of triple ADT in August, 2004. He has been cancer free for the past 12 years. Lou believes in the services provided by prostate cancer support groups and attributes his choosing his treatment to being associated with the local prostate cancer support group in Southern California where he was living at the time.

Lou has been active in PCSA since 2009. He served as Chairman of the Board for four years, retiring in July 2016. He continues active in PCSA and currently serves as Programs Chairman. Lou strongly believes that education of the prostate cancer patient will only result in better choices for treatment by the patient.

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