



PROSTATE CANCER BIOGRAPHY OF CHARLES (CHUCK) MAACK
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Born and raised in Oshkosh, Wisconsin, and following enlistment in 1949, I advanced to the top of the enlisted ranks as a Master Chief Cryptologic Technician and retired the last day of December 1976, shortly after 27 years in the United States Navy, then totally retired in 1995 following 18 years civilian employment in management. Following military service and already in a management position, I studied to an Associate in Arts degree (summa cum laude) to satisfy myself I could do so. My wife Ann, from Canton, Ohio, and I have been married since April 6, 1954 and have two bookend girls and two boys, five granddaughters, one grandson, one great-grandson, and one great-granddaughter.

Since 1996 I have been an active participant in the Wichita, Kansas Chapter, Us TOO Intl., Inc., Prostate Cancer Education and Support Network, and was instrumental in its incorporation in the State of Kansas as a 501(c)(3) Not-for-Profit Charitable Corporation as a chapter of the Us TOO Intl., Inc. Prostate Cancer Education and Support Network. I served for 12 years as Program Director and currently serve on the chapter Board of Directors as Secretary and Treasurer and on the Coordinating Committee as Treasurer and Website Manager.

I was diagnosed with Prostate Cancer in November 1992 Gleason Score 3+4/7, PSA 6.3ng/ml, with subsequent treatment over the years of initially radical prostatectomy followed by external beam radiation, 3 years apparent remission with PSA <0.1ng/ml, then return of slow rise PSA to 0.81ng/ml. After 5 1/2 years Androgen Deprivation Therapy (ADT1/2) from 1996 to 2001 with PSA <0.01ng/ml, began 2 years off ADT drugs (Intermittent Androgen Deprivation – IAD). After another return of slow rise PSA to 0.13ng/ml by 2003, I returned to ADT but this time ADT3 (LHRH agonist Lupron, antiandrogen bicalutamide/Casodex, and 5Alpha Reductase (5AR) inhibitor dutasteride/Avodart). With November 2003 to November 2004 continuous <0.01ng/ml PSA, went on second off-phase from ADT but with continued Avodart maintenance. I was able to remain in this second off-phase for just short of six years when my PSA had risen to the 2.0ng/ml level that I had determined I would return to ADT. That occurred in September 2010 at which time I returned to the antiandrogen bicalutamide/Casodex at 150mg daily and continued the 5Alpha Reductase (5AR) inhibitor dutasteride/Avodart. My testosterone never recovered following the over 5 years of continuous ADT2 1996-2001, so the initial thought was no need to now return to an LHRH agonist. After three months on bicalutamide and Avodart, PSA dropped to 167ng/ml. By May 2011 PSA increased to 182ng/ml. MedOnc and I decided to add back Lupron to see if this has any effect; check in early June 2011 revealed another rise to 2.3ng/ml. However, another check in late June found a drop to 2.2ng/ml. Found Prolactin level is high, so will take Dostinex/cabergoline, one 0.25mg tablet Monday,

Wednesday, and Friday for a month to see then if down to preferred below 5ng/dl, and hopefully below 3ng/dl. May give the GnRH antagonist Degarelix (Firmagon) a try. I have several other protocols I am aware I can try, so expect I can continue management and control of my continuing prostate cancer for, I hope, several more years. My Mother lived to 96. My Dad to 95. With my birth in 1932, I have at least 17 more years to shoot for and intend to do so.

I am an aggressive student in the biology, methodology, and treatment of Prostate Cancer by means of the internet, medical books and periodicals dealing with Prostate Cancer, Emails with physicians who specialize in the treatment of Prostate Cancer, other physicians, other survivors, attending annual conferences on Prostate Cancer, and just about any reliable source in order to be aware of the latest advances in Prostate Cancer research and treatment with which to make intelligent health care decisions with physicians and knowledgeable discussion and direction to patient empowerment when asked for counsel.

I have written over 100 articles in advocacy/mentoring for men and their caregivers regarding Prostate Cancer and the many issues involved in the treatment of this disease (see “Observations” at <http://www.ustoo Wichita.org/observations.cfm>) to support, educate, empower, and hopefully ease their concerns. I speak and volunteer at seminars, health fairs, and other groups, large and small and provide advocacy/counsel to patients and caregivers worldwide via the internet.

In association with a son who is a computer engineer for Computer Training Systems in Wichita, I provided the input material and my son provided the expertise to develop and program – and the computer company sponsor – a website, www.ustoo Wichita.org for the Wichita chapter.

I served on the Chapters Advisory Panel of Us TOO Intl., Inc., and on the Patient Advisory Council of the Prostate Cancer Research and Education Foundation (PAC-PCREF), and as an on-call counselor for the Wichita branch of the American Cancer Society and the Victory-in-the-Valley Cancer Patient Support organization on matters relating to Prostate Cancer. I was selected and participated as a Consumer Reviewer regarding Cell Biology in Reston, Virginia as part of the Prostate Cancer Research Program (PCRP) sponsored by the Department of Defense, United States Army Medical Research and Materiel Command, 2006 Congressionally Directed Medical Research Program (CDMRP). I was invited again in 2007 and served as a Consumer Reviewer-Mentor regarding Physical Imaging. I was also invited to participate in IMPaCT (Innovative Minds in Prostate Cancer Today) in September 2007 at a gathering in Atlanta of over 600 Prostate Cancer Research Scientists and 100 other Consumer Reviewers/PC survivors/Advocates. In June 2008 I was among six other advocate/leader members of Us TOO Intl., Inc. who had been nominated by their peers, then selected to receive the prestigious “First Annual Edward C. Kaps Hope Award” presented to (as quoted from the Us TOO website www.ustoo.org) “An Outstanding Leader in an Us TOO Support Group Who Has Shown Unselfish, Dedicated Service to Prostate Cancer Survivors and their Families.” I am very humbled by nomination for this award from patients and caregivers to whom I have provided advocacy and counsel to ease their burden of concern. My thanks to all who took the time to nominate me.

I am an active advocate for increasing extremely necessary Prostate Cancer research funding, awareness of the disease by all men, annual examinations, early detection, time for education and empowerment while appropriate initial testing is performed to determine where the cancer is located as well as obtaining biomarkers to evaluate along with the PSA level any other increasing levels or abnormalities, early treatment if necessary as the result of educated choice, hopeful cure, and the advent of affordable cost of cancer medications that can inhibit or kill cancer cell growth and prolong life.

I encourage all who read this biography to follow the special words that are etched on the SEA blue wristbands worn by Us TOO members – “Support-Educate-Advocate.”