

My Efforts – An Example of God’s Encouragement

By Charles (Chuck) Maack – Prostate Cancer

Patient/Advocate/Activist/Mentor Home: Wichita, Kansas But Available
On-line to the World

The more I look back at the papers I have authored or compiled over the years since my prostate cancer returned in 1996 following earlier diagnosis in November 1992 followed by obviously failed surgical removal and salvage radiation, I continue to question how I could have accumulated the information I have and the knowledge to produce that information on the “Observations” webpage of my website www.theprostateadvocate.com in a manner more easily understood by patients and their caregivers. I am a Christian who participates in the Catholic faith. I have a firm belief in the Holy Trinity: God the Father, God the Son (Jesus Christ), and God the Holy Spirit, and in veneration to Mary, Mother of Jesus. I have concluded that my ability in this endeavor had to be inspired by a much higher source than my own mental capabilities. My God in Three Persons has asked us to extend His Love to everyone we meet; He has said “Love Thy Neighbor as Thy Self” and to have a “gentle and humble heart” for those who are weary and carrying a heavy burden. I feel deep within me that He is using me as an extension of His love to provide understanding to those who contact me regarding our Prostate Cancer in order to help them be more knowledgeable so that they can participate with their physicians in insuring they receive the best and most appropriate treatment, and to ease their burden of worry and concern. “As the Father has loved me, so I have loved you” - no matter your religious faith or whether agnostic or atheist, I am here for you.

I made the decision to research and deeply study prostate cancer initially to insure my consequent move to androgen deprivation therapy (ADT) would be appropriate and most effective. As people began reading my responses to concerns posted on several on-line prostate cancer support lists and began emailing directly to me seeking my assistance to help

them understand their status and provide them information they could understand and subsequently take to their physicians for further discussion regarding their treatment, I saw the need and knew I had to dedicate my retirement years to ease the burden of concern of men and their caregivers throughout the world following in this unexpected and unwanted journey. As these emails began elevating in number and many of my responses being repetitions of what I had provided other patients or caregivers, I realized that I needed to prepare individual papers that addressed each specific issue. This was the beginning of what I termed my “Observations” page – my personal observations regarding different aspects of treating prostate cancer as well as the treatment of the side effects that too often accompany most treatment options. At the time of this paper there are over 230 papers on the “Observations” webpage of my website and I know that number will increase as more is learned. Treatment options for this insidious men’s disease are changing almost daily as new medications are showing effectiveness in trials and scientists and physicians are learning new methods of treatment. I have learned much from participation on prostate cancer research panels with research scientists and later attending the first IMPaCT (Innovative Minds in Prostate Cancer Today) with 600 of those scientists as well as 100 fellow advocates; in attending several annual PCRI (Prostate Cancer Research Institute) conferences on prostate cancer; in personal discussion or email exchanges with some of the top Medical Oncologists in the world who specialize specifically in research and treatment of recurring, high grade, and advanced prostate cancer; in personal discussion and email exchanges with local Urologists, Medical Oncologists, Radiation Oncologists, and Pathologists; with discussions and email exchanges with fellow mentors; and in my continuing personal research and study. I could never have done this, and continue to do this for these many years, without what must be my Guardian Angel’s intercession with my God to invigorate my brain cells to understand, accumulate, and retain the amount of information I have.

I believe in the power of prayer and I hope you do, too.

My time in advocacy and mentoring will eventually pass, but I hope patients and caregivers will occasionally recall if the recommendations I made (my “alms” to all) eased their burden of concern, pray regularly, and include in their prayers kind memories of me.

In closing, please take the time to review the following:

Live a Life That Matters

Below is one of the most beautiful & powerful videos I have received. I hope you enjoy it as much as I did. I can only pray that I have played a role in the lives of others in those things that did matter in this rendition. The original video I had here was removed from video access, but I found the same music and words though with different pictures in the background that can be accessed here. If his reference has also been removed from video access, go online and search “Live a Life That Matters” wherein another video may be available. My suggestion is to turn the sound way down so you can concentrate on the words.

<https://www.youtube.com/watch?v=kZJov9wQq8Q>

DISCLAIMER: Please recognize that I am not a Medical Doctor. Rather, I do consider myself a medical detective. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued deep research and study in order to serve as an advocate for prostate cancer awareness, and, from an activist patient’s viewpoint, as a mentor to voluntarily help patients, caregivers, and others interested

develop an understanding of this insidious men's disease, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make their journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. **IMPORTANTLY**, readers of medical information I may provide are provided this “disclaimer” to make certain they understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as **MY OPINION**, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing their prostate cancer care.

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A mentor should be someone who offers courtesy, professionalism, respect, wisdom, knowledge, and support to help you achieve your goals; would that I succeed.

My reason for my research, and reporting same, is in my effort to insure “no harm,” or at least “no more harm than absolutely necessary” occurs with the patients for whom I mentor.

My intent as a mentor is as an advocate to the patient as well as to assist the treating physician in explaining to patients the treatment strategy being recommended, but the patient telling me they did not understand. I attempt to determine what they ‘heard’ their physician explain but didn’t understand; determine the status of the patient from their physicians explanation and lab/pathology reports the patient should have in his own records; explain reasoning for the treatment being recommended; depending on the patients status, explaining the various options appropriate for that status and why they should be considered in the event that had not already been explained by their physician; and provide this support in layman’s language for easier understanding. I then recommend they further research that I provided and if they have further questions/concern to return to their treating physician and have them addressed. With all patients and their caregivers who contact me, I remark that I am **“Always as close as the other end of your computer to help address any prostate cancer concerns.”**

My personal Goal in life: **“ACT: Action, Commitment, Togetherness - versus AIL: Apathy, Indifference to cause, Lack of Unity.”** (taken from and inspired by an observation by Medical Oncologist Stephen B. Strum, M.D., FACP)

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."

"A good character is the best tombstone. Those who loved you will remember. Carve your name on hearts, not on marble."

"Sepius Exertus, Semper Paratus, Semper Fortis, Semper Fidelis, Fratres Infinitas"

"Often tested, Always Prepared, Always Courageous, Always Faithful, Brothers Forever"

Recipient 2008 Us TOO Intl., Inc., Prostate Education & Support Network 1st "Edward C. Kaps Hope Award"

Recipient 2012 Prostate Cancer Research Institute (PCRI) "Harry Pinchot Award"

Recipient 2016 Us TOO Intl., Inc. Certificate for 20 Years Dedication/Inspiration

Personal interview 2009: <https://pcainternational.org/activities/lets-talk-about-prostate-cancer-series-b/> and scroll down to "*Let's Talk About Prostate Cancer ... with **Chuck Maack**.*" - please note that in that interview when I meant to be talking about antiandrogens I mistakenly used the word "Lupron."