

Regarding the definition of Exceptional Cancer Patient (ECaP) as described in the book “Prostate Cancer – Essential Concepts for Survival” by Medical Oncologist Stephen B. Strum, M.D., FACP

Dr. Stephen Strum, in 40 years of medical oncology treating mostly advanced prostate cancer patients, has seen what it takes, and he shares it openly in his latest book, "Prostate Cancer—Essential Concepts for Survival." He cautions, however, that the book "*contains crucial concepts in the evaluation and management of prostate cancer that are commonly ignored by many physicians.*"

The notion of the Exceptional Cancer Patient (ECaP) is a critical concept of his book, and critical for the best chances of cancer outcome success. Here's the characteristics that he has identified:

- After the initial numbness wears off, the ECaP gets to work.
- He recognized that he is at a critical juncture in his life, and that he must step up to the plate to meet it. This is not the doctor's cancer, but his.
- He will be a victor and not a victim.
- He will be assertive in interacting with the medical profession but not rude.
- He sees his family, and friends, and co-patients along with physicians as constituting a team, who work in concert.
- He recognizes that physicians are not deities, and should not make decisions for him, but should treat, aid and counsel him and his team based on knowledge, expertise and experience.

- The ECaP seeks the finest possible team, and is willing to travel and/or incur additional expense in order to receive optimal care.
- He educates himself, does his "homework" and is willing to read and learn, availing himself or his medical team of the power of computer technology.
- He doesn't regard his cancer as a "separate thing" that "happened" to him, but as a consequence of many complex processes affecting the entire mind-body complex.
- He realizes that treating cancer will now become part of the entire process of healing the mind and body, and that everything in health is interconnected.
- The ECaP is willing to make changes in life-style and habits to improve his prognosis.
- The ECap, despite all the strengths above, is aware of his need to reach out for help and for the support from others. He knows that a man has to be aware of his limitations.
- He makes sure that his life doesn't become only about the cancer, and understands that pleasure is essential.
- The ECap immerses himself in love—of family, friends, online helpers, support groups, and religious congregations.
- The ECaP "pays it forward" by giving unto others as they have given to him.
- The man with PC often relates to others that the diagnosis of prostate cancer was the best thing that ever happened to him—that it altered his sense of what and who were important in his life, and how much he had taken for granted. Out of this crisis with cancer

have come opportunities to reach new levels of intimacy with his significant other(s), and to communicate and act at an evolved level, one that he had never imagined possible prior to his diagnosis.

Dr. Strum had this to say regarding the voluntary work of Charles (Chuck) Maack as an online mentor locally and throughout the world and his website www.theprostateadvocate.com: “I wish all MDs were as responsive as Chuck. To me, Chuck represents what I call the CPR of what the medical profession should be all about, but rarely is. CPR (courtesy, professionalism, respect).” At another time he remarked: “.....since I regard you as one of the few brightly shining lights in the world of PC support....” To a patient he remarked: “.....in my 31+ years of working with men with PC, find a minority of men who truly comprehend the basic principles/concepts of this disease like Chuck.” In March 2019 after noting my tenth article accepted for publication in a Scientific Biology Journal: “You certainly epitomize the empowered patient and then go way beyond.” In an April 2019 post he remarked: “If I had a panel of MDs who profess to know PC and some patients like you on a stage, the audience would realize that you know more than most of the MDs.” And shortly thereafter: “So Chuck, keep on with the great work you are doing. You have ten years on me and you are as sharp as a tack. It is my privilege to consider you a friend and colleague.” More recently he remarked: “”You have led an exceptional life and you truly are an exceptional human being. When someone is good, very good, they should be extolled. I believe eulogies are best served while the person being praised is in the here and now to hear them. Your life is very praiseworthy. I have to say that I have met some damn good people in my lifetime. Thank you for being one of them.” As to ECaP when Chuck asked if he qualified as an ECaP, he remarked that Chuck’s work was beyond the ECaP description.