



*The Award Winning*

## ***Malibu Rotary Club Surfwriter***

March 9-12, 2016

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President David Zielski

Edited by Dr. John W. Elman

Pictures by Dr. John W. Elman, Maggie Renee, William Wishard III and Intuitive Surgical Inc

In This Issue (click underlined topics for web link when connected to the Internet)

- **Last week: Jennifer Linehan MD, Urologic Oncologist Talks About “Understanding Prostate Cancer Screening and Bladder Function”**
- **Other News and Guests at Last Malibu Rotary Club meeting**
- **Next Regular Malibu Rotary Club Meeting March 16 at Pepperdine Graduate Campus Room LC 152 Fellowship at 11:30 a.m. prior to regular meeting which starts at noon. Speaker is Pete Peterson, Interim Dean Pepperdine School of Public Policy, who ran for California Secretary of State in 2015.**
- **Malibu Rotary Vocalist Maggie Valdman places second in Music Competition at Rotary District Pageant of the Arts at LMU March 5**
- **Malibu Rotary Club sends 2 high school students to RYLA**
- **Malibu Rotary Club Supports RainCatcher.**

Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)

- **Rotary International Website:** [www.Rotary.org](http://www.Rotary.org)
- **Rotary District 5280 Website:**[www.rotary5280.org/](http://www.rotary5280.org/)
- **RI President (2015-2016) K.R. Ravindran**
  - **Rotary District 5280 Governor (2015-2016): D.J. Sung**

**Jennifer Linehan MD, Urologic Oncologist Talks About  
“Understanding Prostate Cancer Screening and Bladder  
Function” With Grandson of Urology Pioneer**



**William N. Wishard III, grandson of William N. Wishard, Sr,MD, who founded the Department of Urology at Indiana University in 1887, the first Department dedicated exclusively to urology in the USA, shows urologist Jennifer Linehan MD, a current pioneer in robotic surgical treatment of urologic disease at the John**

**Wayne Cancer Clinic at Providence Saint John's Health Center in Santa Monica, the Ramon Guiteras Medal that was presented to his father, William N Wishard, Jr MD, in 1973. The award is presented annually by the American Urological Association to an individual who is deemed to have made outstanding contributions to the art and science of urology.**

At a March 9 presentation at the Malibu Rotary Club at Pepperdine University Dr Linehan talked about the controversy surrounding prostate cancer screening, prostate cancer risk factors, pointed out that although 9 out of 10 men over 50 develop prostate cancer, in most cases it is not the cause of their death. She also showed a video of robotic surgical removal of a prostate, and talked about the advantages and various types of treatment, including prostatectomy by open surgery versus robotic surgery, and proton beam radiation.

Dr Linehan received her undergraduate degree, medical degree, and completed her residency in urology at the University of Arizona Medical Center in Tucson, Arizona, before doing a Fellowship in robotic and urological oncology at the City of Hope Medical Center in Duarte, California.

She had an early interest in robotic surgery, and although robotic surgery is now used in various medical specialties (Cardiac Surgery, Colorectal Surgery, General Surgery, Gynecologic Surgery, Head & Neck Surgery, Thoracic Surgery) one of the first specialties to embrace this relatively new technology was urology.

Dr Linehan explained that it is especially difficult to access the prostate gland because it is located behind the pubic bone. The technology for robotic surgery was developed by NASA, and among first uses was in Urologic Surgery to remove cancerous prostate glands in a procedure known as a Prostatectomy.

The first documented use of a robot-assisted surgical procedure occurred in 1985 when the PUMA 560 robotic surgical arm was used in a delicate neurosurgical biopsy, a non-laparoscopic surgery. The robotic system allowed for a successful robotic surgery and the potential for greater precision when used in minimally invasive surgeries, such as laparoscopies which typically utilize flexible fiber optic cameras. The 1985 robotic surgery led to the first laparoscopic procedure involving a robotic system, a cholecystectomy, in 1987. The following year the same PUMA system was used to perform a robotic surgery transurethral resection. In 1990 the AESOP system produced by Computer Motion became the first system approved by the Food and Drug Administration (FDA) for its endoscopic surgical procedure.

In 2000, the da Vinci Surgery System broke new ground by becoming the first robotic surgery system approved by the FDA for general laparoscopic surgery. This was the first time the FDA



approved an all-encompassing system of surgical instruments and camera/scopic utensils. Its predecessors relied upon the use of endoscopes and numerous surgical assistants to perform surgery. The da Vinci robotic surgery system's three dimensional magnification screen allows the surgeon to view the operative area with the clarity of high resolution. The one centimeter diameter surgical arms represent a significant advancement in robotic surgery from the early, large-armed systems such as the PUMA 560. With such miniaturized operating arms, the da Vinci robotic surgery system removes the need to leverage the sides of the incision walls. This advancement allows for less contact between exposed interior tissue and the surgical device, greatly reducing the risk of infection. The "Endo-wrist" features of the operating arms precisely replicate the skilled movements of the surgeon at the controls, improving accuracy in small operating spaces.

**Pictured below is da Vinci Robotic surgery. Surgeon at back computer console to right controls the minimally invasive operation on patient in foreground to left. Assisting surgeon and anesthesiologist are also in OR.**



The prostate is a muscular, walnut-sized gland that makes chemicals that affect or control what other cells or organs do. The prostate wraps around part of the urethra, the tube that moves urine and semen out of the body. It sits directly beneath the bladder and in front of rectum.

Prostate cancer is the most common cancer, excluding skin cancers, in American men. It is a malignant tumor of the prostate. In most men, the cancer grows very slowly. Many men with the disease will never know they have it. Early prostate cancer is confined to the prostate gland itself. Most men with this type of cancer can live for years with no problems.

In 2015, the American Cancer Society estimated about 220,000 U.S. men would be diagnosed with prostate cancer and nearly 28,000 would die from it. It is the leading cause of death from cancer in Sweden.

Doctors talk about prostate cancer in terms of a "grade" and a "stage." The grade is given to indicate how the cancer cells look under the microscope when a biopsy is analyzed. The grade often predicts how quickly a cancer is growing and will spread -- the higher the grade, the more likely it is that the cancer will grow and spread rapidly. The size and extent of the tumor when first detected determine its stage.

Dr Linehan explained there are many factors that determine whether those 9 out of 10 men over age 50 who have prostate cancer need surgery, or any treatment at all. The important thing is that every man get an annual PSA blood test.

Although there have been several studies that question the validity of PSA testing, such as the 2012 study of 2000 men in Europe, and a US Study conducted between 1993 and 2001 in the U.S. Dr Linehan believes these studies were flawed. A Swedish study of 20,000 men conducted in 1994 (*Mortality results from the Göteborg randomised population-based prostate-cancer screening trial* by Juosson et al in published in Lancet Oncol. 2010) is more reliable. This study shows that prostate cancer mortality was reduced almost by half over 14 years doing PSA (prostate-specific antigen) testing. However, the risk of over-diagnosis is substantial and the number needed to treat is at least as high as in breast-cancer screening programmes. The benefit of prostate-cancer screening compares favourably to other cancer screening programs.

PSA in blood can rise for a variety of reasons, and tends to rise as men age. The rule of thumb is that if the reading is 3 or greater then a biopsy is performed. Risk factors for prostate cancer appear to include age, race, positive family history, vasectomy, and dietary fat intake.

Treatment options include

1. Watchful Waiting: Active Surveillance of Prostate Cancer—This is done in early stage disease

2. External beam radiation treatment targets prostate cancer with high-energy X-rays delivered from outside the body.
3. Radioactive seed implants deliver radiation via tiny radioactive metal pellets or "seeds" that are implanted into the prostate gland, where they release low-doses of radiation over a period of several months.
4. Proton therapy is a type of external radiation that uses positively-charged particles to treat the cancer.
5. Open radical retropubic prostatectomy involves removing the prostate through a cut made in the lower abdomen. This technique allows surgeons to remove not only the prostate but also any nearby lymph nodes that have become cancerous.
6. Radical perineal prostatectomy involves removing the prostate through a cut made in the perineum, the area between the anus and scrotum. This approach typically causes less bleeding, but surgeons are unable to remove nearby lymph nodes, making it useful only when the cancer is confined to the prostate.
7. Robot-assisted radical prostatectomy is performed through five or six tiny "keyhole" cuts in the lower abdomen. Manipulating robot-like fingers that pass through these cuts, surgeons can remove the diseased prostate with minimal disturbance to healthy surrounding tissue. The technique also allows surgeons to remove cancerous lymph nodes. The principle advantage of this robot-assisted prostatectomy is a shorter hospital stay and faster recovery time from surgery.
8. Laparoscopic prostatectomy involves your surgeon making four or five very small cuts -- about a half inch each -- in the abdomen.
9. Nerve-sparing surgery is performed by cutting prostate tissue carefully away from the nerve bundles without damaging them. This surgical technique was developed to potentially prevent erection difficulties that may occur after prostate surgery.
10. High-intensity focused ultrasound involves delivering high energy to the affected area using ultrasound waves
11. Cryosurgery for Prostate Cancer-Cryotherapy kills prostate cancer by freezing prostate tissue. But so far, the technique has not been widely adopted because of a high risk of damage to the rectum or urethra from freezing
12. Hormone Therapy for Prostate Cancer--ADT or androgen deprivation therapy, Anti-androgens
13. Orchiectomy involves the removal of the testicles, which reduces testosterone production by about 90%.
14. Combination Therapy for Advanced Prostate Cancer- To treat aggressive cancers that have spread beyond the prostate gland, doctors may recommend various types of therapies.

Dr. Linehan discussed the pros and cons of Open surgery versus robotic surgery. Robotic surgery is a lot quicker, with patients in and out of the surgical center in less than a day. The traditional open surgery requires a 5 day hospital stay and longer recuperation. The robotic surgery is more expensive because of the equipment. Only one company makes the Da Vinci Robotic surgery instruments. The instrument costs \$2 million and the attachment arms to do the surgery cost \$25,00 each and can only be used 10 times. Will insurance pay for this?

Dr Linehan's presentation was informative and useful for all those attending the Rotary Club meeting.



**2016 Malibu Rotary Club High School Vocal Singing Competition  
Winner Maggie Valdman places second of 23 in Music Competition  
at Rotary District Pageant of the Arts at LMU March 5**



Winner of the The Malibu Rotary Club High School Music Competition Maggie Valdman, was sponsored by the Malibu Rotary Club to compete in the Rotary District 5280 Art,



Dance, Music and Speech Competition held March 5th at Loyola Marymount University where a where she competed against 23 instrumentalists and vocalists in the Los Angeles area Rotary district. She was the top vocalist and 2nd overall in the music competition, winning the \$500.00 2nd place prize. Previous winners in the Malibu Rotary Singing competition have done well in the District competition, The 2009

Malibu entrant Katlyn Connors placed 2nd in the district and the 2015 Malibu entrant Isobel Anthony placed 3rd.

At the Rotary District Music Competition held March 5 Maggie Renee Valdman (L) placed 2<sup>nd</sup> in overall music competition (first among vocalists) winning \$500 scholarship singing “Voi Che Sapete” from “The Marriage of Figaro” by Wolfgang Amadeus Mozart; Annette Lee (2<sup>nd</sup> from left), who was sponsored by the Koreatown Rotary Club, playing “Etude de Concert” by Marcel Toumier on harp took first place prize of \$1000 scholarship and Daniel Ip (far right) sponsored by the LA5 Rotary Club took 3<sup>rd</sup> place playing Kabalersky Senat For Piano No. 3. On either side of Rotary District Governor DJ Sun were 3 Honorable Mention Music Competition winners.



Each of the record 23 participants in the Rotary District 5280 music competition received a certificate of participation. In the picture above Malibu Rotary Club entrant Maggie

**Valdman is receiving her certificate on the stage at Loyola Marymount University, flanked by the other 22 participants.**



**Alex Vejar's picture in *Malibu Surfside News* of 2016 Malibu Rotary High School Singing Competition first place winner Maggie Valdman. Maggie chose to sing "Voi Che Sapete" from "The Marriage of Figaro" by Wolfgang Amadeus Mozart at both the Malibu Rotary Competition and the Rotary District Competition. In previous years Maggie finished third in the Malibu Rotary Competition singing jazz songs. Her classical training impressed judges at both club and district competition this year.**

### **More About Maggie Renee Valdman**

Maggie Valdman uses the stage name Maggie Renee, and she already has accomplished a lot in her 17 years. The day before her appearance at the Rotary District Music Competition at Loyola Marymount University she was auditioning at Julliard in New York, where she was offered a 2<sup>nd</sup> call back audition. Maggie has a website <http://music.maggierenee.com/home>, on which she has multiple videos, audio tracks for download and offers her latest CD Craziest Feelings. Among the videos on the site is one from the 2014 Malibu Rotary Club Vocal Competition at Stauffer Chapel at Pepperdine where she performed Etta James "At Last." <https://www.youtube.com/watch?v=3qPaPbUjwp4>.



We have also found a YouTube video done at Malibu High School of the Malibu Rotary Club 2015 singing competition winner Isobel Anthony and 2016 music competition winner Maggie Valdman singing an operatic duet of "Belle nuit, ô nuit d'amour" with Malibu High School Orchestra conducted by Dr. Maia Zander. <https://www.youtube.com/watch?v=k-ox0WknqTE>

Maggie is adept at singing opera, jazz, and all genres of pop music. Maggie also hosts a weekly showcase talent nights at the Renaissance Performing Arts Center in Canoga Park, CA. each Friday night She performs her original music and cover songs and invites all young (and young-at-heart) fans to come and watch her show and even take part in these showcases by showing off their talent! For more information checkout her website.

This is Maggie's bio from her website:

A young vocalist, Maggie Renée Valdman, has been singing since she was 5 years old. She has performed at the House of Blues, Carnegie Hall, Sagebrush Cantina, Disneyland, Pierce College, and a variety of other venues. She has been in musicals, theater productions, regularly volunteers at fundraisers and is a member of her High School Choir and Chamber Singers. Maggie is a great student, a black belt in Karate, is on the High School Volleyball and Basketball Teams, and has been accepted to two of the top Performing Arts High Schools. In the summer of 2014 she won the "Dream Ticket" to American Idol and a 5 week full tuition scholarship to the Berklee College of Music summer program for 2015. Her 1st album, called "Craziest Feelings," produced by a team of Grammy Award winning producer Ted Perlman and Peggi Blue ("Vocal Coach From Hell" from American Idol) was released on October 1st, 2014. Maggie Renee loves all genres of music and has been influenced by classical, jazz, pop, r&b, rock, and folk ballads. Some of her musical influences include: Ella Fitzgerald, Billie Holiday, Barbra Streisand, Renee Fleming, Taylor Swift, Jason Mraz and Adele.

"Maggie Renée, a talented young singer with an amazing mezzo-soprano voice, makes her performances unforgettable!" - a teacher recently wrote after Maggie won a local competition. In addition to having a great voice, she has a big heart and a love for all kinds of music: jazz, pop, r&b, rock, and folk ballads. She loves to entertain and to write original songs. Her dream is to solo at the Staples Center and she won't give up until she reaches her goal. She has the support and love of her family and friends who encourage her to pursue her dream and to share her vocal gift with the world! In her free time, Maggie loves to spend time with her family and friends, play guitar and piano, go camping, and traveling.

## **Malibu Rotary Club sends 2 high school students to RYLA**



The Malibu Rotary Club is sending two students to RYLA at the Alpine Conference Center in the San Bernardino Mountains near Blue Jay, California, April 29, 30, & May 1, 2016. One of the students is Amir Mohiuddin, son of former member Beth Mohiuddin, and the other is a student that had contacted David Baird.

## **Malibu Rotarian Participate in 3-2-1 Go Run-Walk to End Polio**



Representing the Malibu Rotary Club at the Rotary District 3-2-1-Go Run and Walk for Polio Eradication at Griffith Park held March 12 were (L to R) Bill Wishard, Margo Neal and Tom Bos (who of course is Malibu's winter visitor from the Rotary Club of Holland, MI).

## **Other News and Guests at Last Malibu Rotary Club meeting**

**Malibu Rotary Club President-Elect Delvin Glymph** said he learned a lot at PETS this past week end, meeting lots of new and veteran Rotarians and will be telling us more about the new Rotary year when we have the Malibu Rotary Club Breakfast Assembly at our normal meeting place at Pepperdine LC 152 on March 23 at 7:30 a.m.

### **Guests**

Guests at the Malibu Rotary Club meeting March 9<sup>th</sup> included a Mr **Maheim** from Malibu, and two women from staff at Providence Saint John's Health Center, at 2121 Santa Monica, CA 90404, who gave out notepads, pens, and printed information from the Health Center. These included **Valerie A. Zapanta-Koselke**, Administrative Program Manager for Urology/Urologic Oncology at John Wayne Cancer Institute at Providence Saint John's Health Center in Santa Monica, as well as her associate Carol.

### **Malibu Rotary Club Supports RainCatcher**

David Zielski, Executive Director of Raincatcher makes regular trips to Uganda and Kenya for new Raincatcher installations and maintenance of those previously intalled.. More about Raincatcher can be see on it website Raincatcher.org. A link to Raincatcher video is on the Maliburotary.org website. The direct link to the video is at:

<https://www.youtube.com/watch?v=59rzOcM-RL0&list=UUFetq8NgjhXhtkVf0idcQUg>



# Calendar (for details on these programs see Calendar on [maliburotary.org](http://maliburotary.org))

Speaker	<u>Date</u>	Topic
Pete Peterson, Interim Dean Pep School Pub.Policy	Mar 16, 2016	Running for Public Office (tentative) Pete Peterson is Interim Dean Pep School
Delvin Glymph	Mar 23, 2016	Future of Malibu Rotary Club Discussed at Future of Malibu Rotary Club Discussed at Drescher Campus.
Sean McCaffery	Mar 30, 2016	Childrens Life Safe Foundation
Rotary District Breakfast #4	Apr 05, 2016	Rotary District Breakfast #4 at Westin LAX
Yuko Saito-Rodriguez	Apr 06, 2016	<p>Why California is still the best place to live Why California is still the best place to live</p> <p>California: the manufacturing capital The Amazon Effect Climate Change Legislation How raw land gets selected for development</p> <p>Attend the meeting and learn what impacts Yuko Saito-Rodriguez is a Regional Manager The company offers a safe investment vehicle Her professional experience includes the</p> <p>Manager of the Year 2011, Platinum Circle Leading a team of 12 licensed agents Land Investment Consultant for private Responsible for managing land portfolio</p>
David Zielski	Apr 13, 2016	Malibu Rotary Club Assembly--Open Discussion This will be a club assembly to provide an

Speaker	<u>Date</u>	Topic
---------	-------------	-------

plans toward completion.

---