Introduction to Hydrogen Therapy

Hello everyone. Welcome again to the Prostate Cancer Summit 2.0. This is, this is the 2.0 version, with our guest, Mr. Ben Tammetta from H2Biohacker. Ben, such a pleasure to meet you.

We got to talk a little bit before recording. I learned so much about hydrogen therapy and your equipment at UCL. I can't wait to dive in. But first of all, thank you for being on the summit.

Yeah, thanks for having me here. Glad to be here, Doctor Geo. My pleasure. Ben, let's break this down. You know, I disclose to you, and it was a bit embarrassing.

It just when I think I know you know everything about all things, treatment wise and to help patients and people with cancer and prostate cancer. I had to admit to you, I don't know a lot about hydrogen therapy.

So can you break that down for us? Like what? How does it work? What's the benefit? And, you know, and how does it compare to oxygen therapy like hyperbaric oxygen therapy.

How does it what's the difference like that. Don't take it. Take it wherever you like. Right, right. Oh all good questions in me. So so my initial question is well but I mean all the all the answers are great.

Better than you expected. You know the bottom line is it really works. You cut the chase. It really works. I was surprised by everything, but it was a journey for me to get to where I am with all this hydro stuff.

But, to sort of beginning, you know, people ask, well, what is hydrogen therapy? You know, what is it all about? And so, like, what I like to, how I would define is like hydrogen there be hydrogen therapy is administration of hydrogen, hydrogen gas into the body through inhalation or drinking hydrogen infused water, or diffusing the hydrogen through the skin by enclosing the area in a bag or sleeve.

And this is mostly done when you're in close areas. It's mostly done for joints and extremities. The, the healing, you know, because hydrogen, such a small molecule, diffuses really quickly into your skin.

So the healing, the healing and, powers intensify when you do that. But this is all for the purpose of faster healing and better overall health. And so talking about administration of it now, most people are familiar with, a nasal cannula.

Go here it's example. So if you haven't seen that before, but, you know, you slide the cannula into the machine that's producing hydrogen, moves around your ears, sits at the base of your nose.

You don't feel anything, you don't smell anything. It's, you know, very easy. I find it easier to, to breathe hydrogen than, taking vitamins. Right. The other way, with diffuse into water, you can plug a little diffuser, some hose into the machine, hydrogen comes out and you, put it in a glass of water.

And bubble the hydrogen into the glass of water for 10 to 15, 20 minutes. And at that point the water is as saturated as it's going to be with the hydrogen in your drinking.

And so those are the, that's the quick example and examples like that. Right. And so the other thing we mentioned like I'm not a doctor.

How Hydrogen Is Delivered

Right. So I'm an electrical engineer. So I come from a very different perspective. I come from a roundabout way to

get to this, you know, hydrogen. But I've also studied natural health and been a, enthusiast for natural for over 30 years now.

And so, you know, I wanted to share some of those the benefits in my story, how I got involved, involved with this. My initial goal was increase, increase health and quality of life.

In my 40s, I was kind of get, you know, semi-retired, but I was just feeling, you know, fatigued. My memory just I mean, I didn't have the energy just being bogged down.

I'm like, man, that's like, now that I can, like, enjoy life more, I don't have the energy and vibrance value. So so I'm like, how can I get that back?

So that's when I really dug more deeply into what do we call anti-aging, you know, in longevity. And so that was my you know, the goal is to increase your quality of life.

So as we start to age, we experience this, you know, lack of energy, fatigue, cognitive decline, more susceptible to sickness. I was always getting colds, you know, and flus, that kind of thing.

And also various age related health conditions. And so looking for overall health, better energy, strength, better sleep, sharper mind, faster healing, reduce aches and pains and all this stuff.

You know, they say a healthy person has thousands of dreams for a second, only has one to get. Oh, interesting. Right. And I like that. I'll say, hey, more.

You said something. That's probably. I mean, I definitely want to learn about hydrotherapy. Well, you said something really interesting. I was semi-retired in age of 40.

How is that? I'm 52 and I'm not semi-retired. No. Will I be at 52 nor 62, which is great because I love what I do. So how did that happen? But that's a, you know, another kind of long story or tangent.

But by briefly, you know, once you've got an online business in some like residual income coming in, you know, you can travel around and do what you want when you want, and then it's just a matter of like just keeping it in maintenance mode.

You know, I found I don't have to make millions and millions of dollars, you know, to, to be semi-retired. I mean, as long as I had, you know, reducing your income, especially, like, as an expat in and no nomad.

Right. And not I didn't have a big family at the time, you know, or, you know, no, no wife or kids. So that was much easier. You know, I waited till I was semi-retired to, to start that those up.

Right. That's smart. Smart like Derek Jeter. From the Yankees. But, okay. But I mean, things like reduce the expenses, right. And to live within your means and then, you know, you're free, so.

Oh, that's good. Actually, that's pretty good advice for whoever's listening. I know it has very little to do with prostate cancer, but I think that the stresses of life can influence cancer and prostate cancer.

So yeah, big, big time, right? I mean, I'm lucky I'm 56 now and I'm just starting to get some green hair. You know, I was going to say I mean, 56 and you know, I have way more gray hairs on my face that you have on your head there.

I'm like, hey, wait a minute. I'm like, okay, I'm sold. Where do I get this hydrogen? So it's like, if that's the way I've sold. I mean, I mean, it's like, yeah, so it is amazing stuff.

But we're also use it in speaking of gray hair and so just, you know, another change it. But well I've got some clients. So I work with a lot of practitioners and some of them are doing like, hair treatment for like hair loss and

graying hair.

Right. So actually putting, using a shower cap, especially someone like the, the metal kind of shower caps that they use for, you know, dyeing that like a aluminum metal that'll hold the hydrogen better.

You don't want to have the hydrogen going into your ears or eyes or, you know, surrounding yourself with it because it's it gets to be a flammable concentration.

But a shower cap when you're helping me. One of the big things with hair regrowth and graying hair is circulation. Probably more nutrients to the hair and better circulation.

And we can see under a cap. You, see your the circulation and what's going on in your Kapoor's with a special nail for a microscope. And we can see little micro, micro clots start to dissolve and the velocity the blood cells increase.

And so that's exactly what's going on when you place a shower cap on in the end of the cannula up in your in the shower cap, right. It improves circulation and improves your quality of your hair color.

In on the growth. Well I've been bald for 30 years. Then. So I don't think that, I think that both has sailed for me. And plus it developed, you know, it's part of the look at this point.

Yeah, exactly. Exactly. My kids have that now. My kids have never seen me with hair, so that would that would shock them. But you know, but ironically, if people want to see me for hair loss and I'm like, having you seen my photo up online, like, why would you think that?

Personal Health Journey and Longevity Benefits

I know what to do. So this is actually a, something I'll keep in mind. Definitely a new field using I don't know if anybody else that's doing it other than a few practitioners I'm working with, you know, using hydrogen for hair loss, you know, and they seem to be getting results.

But, yes. Okay. So then how would it so for longevity. So is there a certain mechanism that we can say, yeah. For example, that the metabolic effect on cancer.

Right. So, yeah. You know, cancer cells typically like particularly in advanced cancer cells, they like a very low oxygenated, environment. So that's why some people recommend, you know, hyperbaric oxygen, because that will oxygenate the system and make the, the terrain.

Unfavorable. How would hydrogen work in this particular situation? Let's say in a cancer situation? Well, with this, five things we noticed that, you know, very obvious.

And then the science backs it up as far as far as how the hydrogen interacts with the body. And so I'm able to name those five things. And we can go to more details on these.

But one is like just more energy. And so we know it's like less fatigue a boost in energy exercise performance recovery, better sleep, less need for naps, more energetic and the how this works is that the hydrogen interacts with the mitochondria on a cellular level where where the ATP molecule is produced, you know, for energy.

And when that process is made more efficient in the reactive oxygen species or gallo up or neutralized by hydrogen, that makes that whole energy production process more, efficient.

And so when there's more energy, less byproducts, your, your body is in a healthier state and it can repair itself better. And it's more energy to, to detox, repair itself and just get you through the day.

And so, you know, with the less reactive oxygen species, you know, if that's not in check, that cascades into inflammation. And that's the second thing that we notice, like overall, any age related diseases or conditions that

are a result of inflammation, we know those symptoms, you know, improve.

And so a tremendous reduction of, inflammatory inflammatory conditions, like arthritis, you know, joint pain, that goes away pretty quickly. A lot of clients.

One example, a client, two years of arthritic pain nonstop after two months of inhaling the hydrogen in their pain is gone. And I've got lots of stories like that.

And so, the, the oxidative, you know, the, the, oxidative stress, these reactive oxygen species, like the superoxide, this, O2 negative, the hydrogen peroxide, the, you know, hydroxyl radical, those are very reactive.

And they'll, react with DNA or the closest molecule and create that DNA damage in a microenvironment that's more conducive to, to cancer. And then the hydrogen neutralizes these very quickly on a very low level.

And, and so, you know, inflammation was the second point. But the third thing we we noticed is the improvement in circulation. And like I mentioned, in the capillaries, we can see a change looking at the capillaries, in your fingers here, a little micro clots start to dissolve.

The velocity of the blood increases. You know, I got a special microscope to to look at that, because as an engineer, I want to see what's going on. And it's like, oh my God, this stuff is really doing something within ten and 20s of starting to read it.

You can see the changes in the you know, in the cells moving through your chapters and so on. But also we notice on your skin is more flush, a better complexion, complexion.

People notice like less wrinkles, the fine wrinkles they start to, you know, fill out some, you know, fingers and toes that might normally be cold. You know, they're not you don't have, you know, cold extremities like that.

You know, so under like, live blood analysis or, you know, dark feel my my gosh, my gosh. Okay. We find that beforehand some we see some stacking and blood cells, you know, and that happens when some blood cells are, say, toxic or they lose their natural negative charge. So and so they can positively charge.

So you get negative, positive, negative, positively stacked like pancakes is a scientific or technical term for that. I'm not sure what it is, but after shortly after breathing the hydrogen, we see the cells are more separated, you know, which also improves the circulation.

The fourth thing we notice, I want to mention is, the improved brain function, mental sharpness, improved memory, a clearer mind, more productive, better sleep, more vivid and colorful lucid dreams.

It's, it's amazing just so people that we meditate or do things with their mind, they're much sharper. It's a whole different world. I would say improved brain fog and fatigue and, I mean, just.

Yeah, I feel, you know, smarter than I do before. I let people say that, like, man, I'm like, so mentally, you know, clear. And so even conditions like, Alzheimer's, Parkinson's, dementia, they notice improvements, and even going from with, we got a few Parkinson's clients that go from one hour a day to, from breathing 100 to 3 hours a day.

Mechanisms: Energy, Inflammation, Circulation, Brain Function

Their symptoms lessened in their improve. And so in the end, I think a large part because those the neurons have more mitochondria, almost any other cell in the body other than like male sperm cells.

And I think maybe the, the back of the retina of the guy. Right. And so any and because the hydrogen benefits the mitochondria so much that any cells that have, a lot of mitochondria are going to benefit even more so.

And so just the neurological conditions, hydrogen promotes neurogenesis as well. So I think what the minute we

find it, it improves tremendously. And, you know, that kind of ties into faster healing.

And that'd be like the 15 I mentioned that we really notice, you know, so like, less prone to colds and flus, faster recovery from, in your joints, you know, by bagging up to your joints and healing, also, your body's natural immunity, increases, you know, hydrogen are known to increase your body's natural production of glutathione, like the the master antioxidant of the body.

And so, all those things that are beneficial, for prostate cancer as well, by the way, all of those mechanisms are important. What research has happened around hydrogen therapy?

For what health condition? Right now, if you do like a searches on PubMed and for, like, medical, you know, journals and articles, I mean, there are now literally thousands of papers, written up on hydrogen, you know, hydrogen rich water and more so, because it's easier to test that on an animal so that because you can monitor how much water they're drinking.

But more, more so nowadays they're starting to do more studies on the inhalation because, well, what I find it was, I say nowadays is like you get 80 to 90% of the benefits from doing the inhalation.

It's not you can't dissolve one liter of hydrogen gas into one liter of water and drink it. Right. It's just impossible. But we found like one liter of gas per minute is the sweet spot.

Anything less, you're not going to get the full potential benefits in anything more. It's usually just a waste of machine waste of money, and you're going to be getting a flammable concentration of hydrogen.

You know, hydrogen is flammable above 4.7%. So the machines are calibrated to, you know, for the general public. Once you take a breath of air, you're breathing in a less than flammable concentration of hydrogen.

Right. And so there are more and more studies, you know, coming out. And then they kind of collaborate with what we've witnessed as well. And, you know, back to like, the hydrogen in the prostate and how that, you know, connection is, you know, to, to connect those two because that's kind of where we're, we're about here.

I talked about this. So, what I've noticed is, that just by drinking the, the hydrogen infused water alone, because I've had some clients that can't afford the machine or they don't want to get it and say, let me just try some of the water.

They're having problems, you know, urinating, just painful urination or just couldn't do it. Right. So we treat, like a gallon of water, send them home with it a couple of days later, they come back, say, then I can pee again.

It doesn't hurt. I'm like, why? What is I just drinking the water? And they say, yeah. And that that happened with not actually three, three clients just drinking.

They treated water, improve their prostate, their enlarged prostate. It shrunk it, I guess, to a point where they can urinate more easily. One other case of a client with prostate issues, he was actually breathing a hydrogen, was visiting his doctor regularly.

He had a large prostate as well. And his his prostate shrunk more in like every week or two. He would send me an email back and say, okay, it was giving the measurements.

You know, it's like the measure in centimeters. You know, it's like it's right. This much is wrong, this much is wrong this much. But, again, he's getting much faster results by doing the inhalation.

But anything that the water comes in contact with your body, we find that it's also beneficial to drink. You know, water. Even I say only 10 to 20% of the benefits come from water.

It's benefits you're leaving on the table if you're not also drinking the water is the water. And when I think hydrogen and maybe my chemistry is off, I think more acidity.

So does the water. Is there a connection? There is the water more acidic? And is that what you consuming or. No. You know, just just to know what's the what's the pH and hydrogenated water, I guess.

Right. You know, the agent is all about measuring the hydrogen ions. Yeah. Right. Right. But we found it's like measuring the pH before and after the treatment.

The pH does not very whatsoever. And that's mostly because, you're introducing H2, which is not an ion, which does not affect the pH so much, which is kind of good.

You don't want to, you know, how super acidic, you know, water after be treated or alkaline, you know, you want to maintain a natural neutral pH, which is, you know, what, the variation for the most part.

So when you dissolve the hydrogen into the water and oxygen gas coming out of the machine, you can do both either either in or both. You know, it does not change the pH.

You know, the the H2 molecule is very stable. Okay. Is it something? So when you insert the canela, is it something that you do in the daytime for ten minutes?

Do you sleep with it at night like people will use their CPAp. What's the best method. Yeah. Some people have incorporate with their CPAp but you have to be careful with that because when you plumb plumb that into the CPAp unless you're getting external air, when you take a breath it can quickly rise above that 4.7%, you know, flammable concentration around it in air.

Right. So what I did for the first few years is, the initial machine I built myself just because I wasn't sure it's going to work. So as an engineer, I was already experiment with experimenting with running the carbon hydrogen.

So I knew how electrolyzers of the technology works, and I'll just make my own, and and so now I lost my train of thought. I got on that tangent that, I was going to get on.

That's all right. That's all right. Well, we'll bring it back. So this is this is considered a natural treatment. Yeah. Hydrogen is very natural to the body because, that's my a question to why is hydrogen reacting and having these benefits that benefits that we're seeing.

Hydrogen, Gut Health, and Prostate Support

And so as I dug more into the research, I found that hydrogen is associated with healing, in, in secret ways, like, there's a Japanese study that was done.

I mean, first of all, hydro is natural to the body and that it is produced in the gut in a very healthy microbiome. They say, you know, fiber reduces the risk of cancer, right?

I've heard that say in a few times, and they don't say, well, what's the correlation between fiber and cancer? You know, what's that? There's a big missing gap or bridge thing that needs to be fulfilled.

Right. Well, basically the connection is in a good healthy microbiome, the bacteria break down that fiber, produce hydrogen gas. And it's that hydrogen gas that provides the benefits.

It's nothing to do with fiber. So the connection is the microbiome consuming the fiber producing hydrogen gas in the hydrogen gas provides those, you know, cancer reduction or cancer reducing benefits.

Is that right? Wow. I certainly didn't know that. That's, that's a yeah, I never really thought of the mechanism other than butyrate and other things that are the byproducts that are produced from the microbiome.

It's what causes the benefit. Right. I didn't know the hydrogen connection. So thank you for sharing that. Right. Another connection with and then in the Japanese study, they they measured the breath of centenarians, you

know, people that lived over 100 years, and they found that they had a higher concentration of hydrogen in their breath compared to the general population.

And again, that that was traced back to the microbiome, because your body doesn't produce hydrogen anywhere else, naturally, it's in the gut. And so they found that people living longer had a higher concentration of hydrogen in their breath, which is really interesting.

So in this project, when they use your your, your equipment, there is not producing a god. They're inhaling it or consuming it from the water. Right. Exactly.

So I mean, we start to think of hydrogen as a vitamin, you know, because it's, you know, very natural to the body. And, and so, yeah. So my breathing, it kind of supplements it as if your body is not up to speed with making its own.

I mean, in your gut, if measured, you can. Your gut produces between 6 and 12l of hydrogen per day, which is I mean, an enormous amount. If you think of AA2 or three liter bottle soft drink, you know, several of those a day.

But the thing is, it doesn't build up in your system. It's such a small molecule. It just passes through your body and out into the atmosphere. It doesn't. It does.

No, it doesn't accumulate in your body and so forth. Therefore, it's like both natural to your body and doesn't accumulate. So there's no toxic dose. It just dissipates quickly once your body has reached a saturation point.

Fabulous. Then what are what are, we're going to we are about to wrap it up, and I'm curious to know your final thoughts as to, you know, who would be the best candidate to, use.

Do hydrogen therapy, particularly. Again, many people watching either have prostate cancer or trying to prevent it. So what what's the best form of, method of utilization?

And for who is the is it the best, option for I mean, almost anyone, even even healthy people and athletes can benefit. I mean, even we find, lead athletes benefit 3 to 4% in their performance, you know, by using hydrogen incorporate into their diet.

People that benefit the most are the ones that are experiencing age related diseases and or, you know, have a condition that and try to improve on, you know, one thing.

What another quick thing I like to mention, I did find some, like, anti-cancer effects of molecular hydrogen in five human clinical trials. I can summarize, really quickly.

If I can rattle those off to you, I don't. You do? Yeah. Please. Okay, so here's five of them real quick. And just a quick sentence for each one. So you hit up in a study on, colorectal cancer, 55 patients with stage four cancer inhaled molecular hydrogen gas for three months.

This stopped the progression of the cancer improved overall survival survivability, likely by recovering CD8 positive T cells. So that's one, right? Yeah. Another for lung cancer.

I trial with 42 patients in inhaled hydrogen gas for up to 60 months, leading to longer overall survival through increased CoA coenzyme Q10 levels. Number three here in a trial covering lung, liver, and pancreatic and other advanced cancers, 82 patients at stage three and four, you know, cancer inhaled hydrogen gas for at least three months, achieving complete or partial remissions with a 57.

Clinical Research and Cancer Applications

5% disease control rate. Number four, another lung cancer study with 48 patients in this one, use hydrogen gas inhalation for five months, either alone or with anti-cancer drugs alongside with the drugs.

In this extended, progression free survival. So it kind of what I find is like, the hydrogen reduces the spread of cancer, it helps it from spreading, which and at the same time, it is boosting your immune system.

It brings back the power to your own body to heal itself. You know, young kids have cancer all the time, but your immune system strong enough in cancer, suppressed enough where they can.

You know, cure themselves naturally of cancer. As we age this oxidative stress and we become less efficient at, you know, our body's natural ability to, you know, care self of cancer.

The last one, that number five here is, finally, a short study on 20 people with lung cancer showed that breathing in hydrogen gas for two weeks helped improve their body's immune defenses and how their immune system adapts to fight off cancer threats.

So bottom line here is, like all these studies, a lot of lung cancer, interest. Right. And these are that because when you breathe, it's the first thing that the hydrogen touches.

So you're going to see improvement with that faster. So I guess it's easier to measure and see those, you know you know, those differences. Do you have your equipment, studied in any academic center?

Not my equipment, but other equipment. I mean, hydrogen is hydrogen. So, you know, as long as you're inhaling hydrogen in, it's a good quality machine, which most of them are nowadays, then, you're going to get the benefit.

So it's it's really it's like looking at any studies, not any particular equipment, but any studies done with hydrogen, you know, are going to show the same results.

And now, the question I guess, where we lost track was can you so do you utilize this equipment while you're sleeping? So right, or is it ten, 20 minutes a day?

What's the dosage? That's right. Yeah, yeah. Good. Good question. Now, remember, so I was gonna say, like, initially I started to breathe it, like, overnight at a lower volume and dose, and I would go eight hours a day, you know, eight hours a night, right?

I did that for 3 or 4 years just expanding myself. And, I mean, it works. It works great. But the thing is, like, you're wearing a Kangol all night. You rolled around and get tangled up.

So nowadays, what we're doing and I'm recommending is a higher dose for a shorter period of time. So now what I'm doing is I'll set a timer on the machine, I'll bring that more intensely for 1 or 2 hours as I'm falling asleep.

And then if I wake up early, I'll put it on again for an hour or so. And so I would say, like, if you've got time, whenever you've got time in your schedule where we find a practical, where are you sitting still at a computer, at a desk.

And you, when you're working, watching a movie, laying down, taking a nap or, you know, falling asleep, that's a good time to use it because that's so easy.

Just press the on button, put on the cannula and you're good. I mean, that's all it takes. So it's a very easy and practical, health biohacking to incorporate into your daily life.

I find that easier than almost anything else. How much, how much and for how long? So, I mean, I'd like to say if you can work an hour a day and that's great.

That's. Can you get maximum benefits at that, though? We do see like, the Parkinson's clients, they go from going from 1 hour to 3 hours a day. They're the symptoms reduce even more so.

But for a healthy person, if you can do it, you know, a few times a week or as much as an hour a day, then I mean,

you're like max and maxing out what I find if I don't do it for a few days, my energy levels start to decline a little bit, you know?

So like, why am I just like, you know, slow today or something like that? Like, oh man, I'm done hydrating, travel around or I've, you know, got back to it for a while.

But, you know, so it's like a gradually taper tapering off of the effects, you know, when you stop for a few days. That's, that sounds really well. And so then is it, can they carry this equipment with them in a backpack while they use a cannula?

Or is it something is it too heavy? It's not. I mean, it weighs about 10 to 12 pounds, maybe with with water, but it's really not necessary. I mean, the thing is, like, it was hyperbaric oxygen.

It's like, it's a big chamber. It's under pressure. You got to, like, make time to be in there all closed off. It's not very convenient or practical for daily use, right.

But with the hydrogen, I mean, there's usually someone finds enough time to sit still for half hour, hour a day. Like I say, even if you fall asleep, it's not something you would like.

Put in a backpack and carry around. This is the, the the benefits are not worth that extra little effort, right?

Practical Use, Dosage, and Where to Learn More

Just like drinking the water, I find it's not even worth drinking. Worth treating to water. Drinking water because there's so many more benefits from the inhalation.

Right, Ben? Final words. And can you tell us where did people find, h2 H2Biohacker. Right, right, right. Our website is h2biohacker.com. We do have a special discount for, people, you know, participating in this doctor talk something in the, the coupon basically DrTalks, data leaks.

For at least for now, we've got, a free 30 minute consultation. You can sign up for that on our website. And in most cases, you would talk to me. You know, I've got, you know, 5 or 6 years experience, you know, dealing with clients and different protocols and getting feedback back so I can talk pretty, deeply on an engineering technical level.

You know, how the machine works and what's going on with the hygiene as well as what you can expect, your healing journey to be like when you start using hydrogen and what protocols to use, whether it's external treatments, inhalation or when to drink the water as well.

And so that's h2biohacker.com. Right, right. You can sign up for a free consultation right there. And doctor talks doctor talks at the DrTalks and that's for a discount.

What's the what's the discount. Right now it's $300 off to be about. Yeah. Great. Any final word. Just a little how it really jump starts to healing. It supports all major bodily systems in a holistic way.

It's you know safe and natural and easy. And it can be used in conjunction with all other natural therapies. It enhances them and works synergistically with them.

So I almost can't go wrong. I love it. Well, Ben Tammetta Tammetta Tammetta right? Tammetta. So sorry about that. I always, I like to get the names right as much as I can.

Right. Ben Tammetta, thank you so much, Ben. Very informative. And, and and good luck with your with your company. I'll make sure to, you know, recommend it to many of my patients.

So thanks so much. Great, great. Nice meeting you. Talking to you here. Thank you, everyone for watching the Prostate Cancer Summit 2.0. Stay tuned. We got a lot more coming.

Talk to you soon