



**PROSTATE AWARENESS RESEARCH & TREATMENT**

*This informative publication is brought to you by:*

**WHAT IS PROSTATE CANCER?**

*That is a important question that every man has to be aware of. To find out all the facts that are necessary and to answer any questions about prostate cancer, please read this informative newsletter.*

**PROVEN PRODUCTS TO HELP YOUR PROSTATE CONDITION**

**SUNDOWN**  
VITAMIN E 400 IU  
Help keep your prostate healthy



**FLOMAX**  
Relaxes muscles around the prostate and frees the flow of urine



**AVODART**  
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**PROSTATE AWARENESS**  
*Research & Treatment*

**If** you want to be on PART's mailing list and receive a free monthly newsletter, just go to our website and fill out your name, address and why you are interested in updated and informative prostate information.

**WHAT IS PROSTATE CANCER?**

It is a series of faults occurring in the genes that control cell growth in the prostate. These faults can be inherited or develop as a result of damage to the DNA, the material that controls the function of the cell, caused by dietary components or cancer inducing chemicals. When the cells begin dividing in an unregulated manner, a mass of excess cells form a tumor. In advanced stages, cancer cells can break off from the tumor and enter the bloodstream and other parts of the body. This is why diagnosing this disease early is so important.

**TREATMENT OPTIONS FOR PROSTATE CANCER**

There is a fear in choosing which treatment is best for you and a misconception about one's options. Depending on the stage of the cancer, the following are some of the options:

- 1) Prostatectomy: Surgery to remove the prostate.
- 2) External-Beam radiation: beamed at the tumors from outside the body.
- 3) Brachytherapy: implanting permanent radioactive "seeds" in the prostate.
- 4) Hormonal ablation: hormone therapy to slow the cancer growth by curbing testosterone.
- 5) Cryotherapy: Freezing cancer cells with liquid nitrogen.
- 6) Watchful waiting: Monitoring the cancer without immediate medical treatment may depend on age and fitness of the patient.

**LONG TERM PICTURE WITH PROSTATE CANCER**

The likelihood that your cancer will spread depends on how aggressive the cancer is. With a low Gleason score the 10 year survival rate is 87%. With more aggressive cancer the survival rate drops to 26%. Radical prostatectomy operations show an 80% survival rate after 10 years. Radiotherapy survival rate is 50% after 10 years with the risk of serious side effects.

**DIET AND EXERCISE PLAY A ROLE TO PREVENT PROSTATE CANCER**

Exercise on a regular basis has proven in studies to reduce the risk of developing the disease as well as eating the proper foods and a lot of fruits and vegetables that contain the antioxidant selenium. Foods that contain selenium include seafood, grains and certain types of nuts. Also, studies have shown that Vitamin E is good for the prevention of Prostate Cancer. Foods containing Vitamin E are corn, vegetable oils, white grain cereals, spinach, green leafy vegetables, asparagus, olives, wheat germ, etc.

**FOOD AND A WAY OF LIFE THAT IS BAD FOR PROSTATE CANCER**

Eating a diet high in animal fat like red meats, alcohol, caffeine containing products and smoking are not good. Also not good are added fats and oils, ice cream, margarine, salad oil, cooking oil and vegetable shortening. Weight is a major factor, being overweight is not good. In the latest studies being fit and healthy with a recommended weight is very important.

**WHAT IS ENLARGED PROSTATE OR BENIGN PROSTATIC HYPERPLASIA**

Prostate goes through two main changes. First, in puberty the prostate doubles in size. Then around the age of 25 the prostate

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## WHAT IS ENLARGED PROSTATE OR BENIGN PROSTATIC HYPERPLASIA

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begins to grow again and by the age of 60 over 50% of men have the symptoms of BPH and over 90% of men in their 70's have the symptoms. When

the prostate is enlarged it could cause urinary problems. The prostate is located in front of the rectum and just below the bladder. The prostate also surrounds the urethra and if enlarged

it can affect the flow of urine because the size can get in the way. BPH can be treated by alpha blockers like Flomax and alpha reductase inhibitors such as Avodart.

## PROSTATE BIOPSY

A specialist is needed to do a prostate biopsy. This is because a definite diagnosis of Prostate Cancer can only be made by taking cells from the prostate and then looking at them under a microscope. A biopsy involves using an ultrasound scanner to guide a metal probe into the rectum. The doctor may inject a local anesthetic around the prostate gland before the biopsy is taken. Between six and 12 samples are taken from different areas of the prostate. If cancer cells are present, a Gleason Score grade is given to see how aggressive the cancer is.

## WHAT IS A PSA TEST (PROSTATE-SPECIFIC ANTIGEN)

PSA is a protein made by the prostate which naturally leaks into the bloodstream. The PSA level is often raised well before any symptoms of prostate cancer develop. As a rule, the higher the PSA level, the more likely that you have prostate cancer. In some cases the PSA level may be normal even when there is cancer in the prostate. One in five men with Prostate Cancer have a normal PSA level. The three main options after a PSA test:

- 1) PSA not raised = highly unlikely to have cancer. No further action.
- 2) PSA slightly raised = probably not cancer, but should repeat the test in the future.
- 3) PSA definitely raised = have a biopsy to find out if you have Prostate Cancer.



Alan Moss

## PATIENT PROFILE

**Alan Moss:** Age 46 years old was diagnosed with Prostate Cancer in January 2009. Over the last seven months Alan and his family were debating on what method they should use to eliminate the cancer and what method they could afford. After hearing about PAD, he submitted his application for Dr. Sanjay Razdan's robotic surgery where once a month the founder of PAD, Dr. Razdan, donates one complete surgery to a patient selected by the Board of Directors of PAD. Alan's surgery went fine, he was out of the hospital in two days and back to work 10 days after the surgery. His prognosis is excellent for a cancer free life.

# QUESTIONS & ANSWERS

If you have any questions you would like answered by our professional experts, send your questions to [PART@help.com](mailto:PART@help.com). Each month we will print selected questions and give you our answers.

### Q&A What are the signs and symptoms of Prostate Cancer?

In the early stages, it usually does not cause any symptoms. It does not even cause pain. When symptoms do occur, the cancer is usually advanced. Symptoms are: frequent urination, difficulty starting urination, weak or interrupted flow of urine or burning upon urination, blood in the urine or semen and frequent pain or stiffness in the lower back, hips or upper thighs.

### Q&A How many men per year get Prostate Cancer and how many men will die from it in the United States?

Last year 234,460 men were diagnosed with Prostate Cancer and 27,350 died from the disease according to the American Cancer Society. There is no way of telling how many men have Prostate Cancer and are unaware they have it.

### Q&A I understand that Prostate Cancer is divided into "stages". What are they and what does it mean to have each of these stages of the disease?

Once Prostate Cancer is found, a test can be performed that will tell whether the cancer cells have spread from the prostate to nearby tissues or to other parts of the body. The process of figuring out how far the cancer has spread is called "staging".

- Stage 1) No symptoms and the cancer is less than 5% of the prostate.
- Stage 2) Cancer is only in the prostate and more than 5% of the prostate.
- Stage 3) Cancer has spread to the covering "capsule" of the prostate or the nearby glands that produce semen, the seminal vesicles.
- Stage 4) Cancer has spread to the lymph nodes or other parts of the body like the liver, lungs and even the bone.

### Q&A What is a Gleason Score and what does it mean?

In the United States and many other countries, after the pathologist examines the prostate tissue he grades it either very well differentiated which is a grade 1, to very poorly differentiated which is a grade 5. The lower the number, the better and less aggressive the cancer. The primary or the most common pattern is given a grade, than a secondary or second most common pattern is given a grade. There may often be only a single pure grade. So the lowest Gleason number would be 1+1=2. And the highest Gleason number would be 5+5=10. With a number like 2 most likely the cancer is not aggressive and would stay in the prostate. The number 10 means the cancer is very aggressive and could already be outside of the prostate in other parts of the body.

### Q&A Do African-Americans have more of a prostate cancer risk than Caucasians?

African-Americans have 60% more of a chance of developing Prostate Cancer than Caucasians. They also are more likely to have a family history of Prostate Cancer in men and Breast Cancer in women. A brother of a prostate cancer victim has five times more of a chance of also getting Prostate Cancer than a family who doesn't. Collecting a family history of prostate and breast cancer, especially among siblings, could be a key component of assessing prostate cancer risk among African-American men.

### Q&A Is ejaculation good for prostate health?

Yes, the prostate has innumerable tiny glands located in its periphery. Their function is to drain prostate secretion through the tiny prostatic ducts into the urethra. Ninety percent of the fluid that comes out with ejaculation is prostatic fluid. With long periods of abstinence from ejaculation, the prostate may become filled with secretions. This condition is called congestion of the prostate.