

Prostate Cancer Prevention, Symptoms and Treatment

According to health care research, at least one-third of American men have not had a checkup in the past year and nine million men haven't seen a doctor in five years. Typically men report that they don't go to the doctor because of fear, denial, embarrassment, and threatened masculinity. These concerns are some of the major reasons why men don't seek help for urological conditions, especially one of the leading causes of death among men in the United States - prostate cancer.

Prostate cancer can be easily detected by two simple tests and there are new innovative therapies to treat prostate cancer. But it all begins with awareness, education and a visit to a urologist.

Dr. Robert Pugach, is a leading urologist who has focused much of his life's work on minimally invasive treatment therapies for urologic conditions such as benign prostate enlargement (BPH) and prostate cancer. The following represents frequently asked questions and comments and Dr. Pugach's responses regarding this key men's health issue:

Q: Is it true that more than 1,600 men are diagnosed with prostate cancer each year in Orange County?

A: Yes. Nationally, this year we will diagnose about 250,000 new cases and 50,000 men will die from prostate cancer.

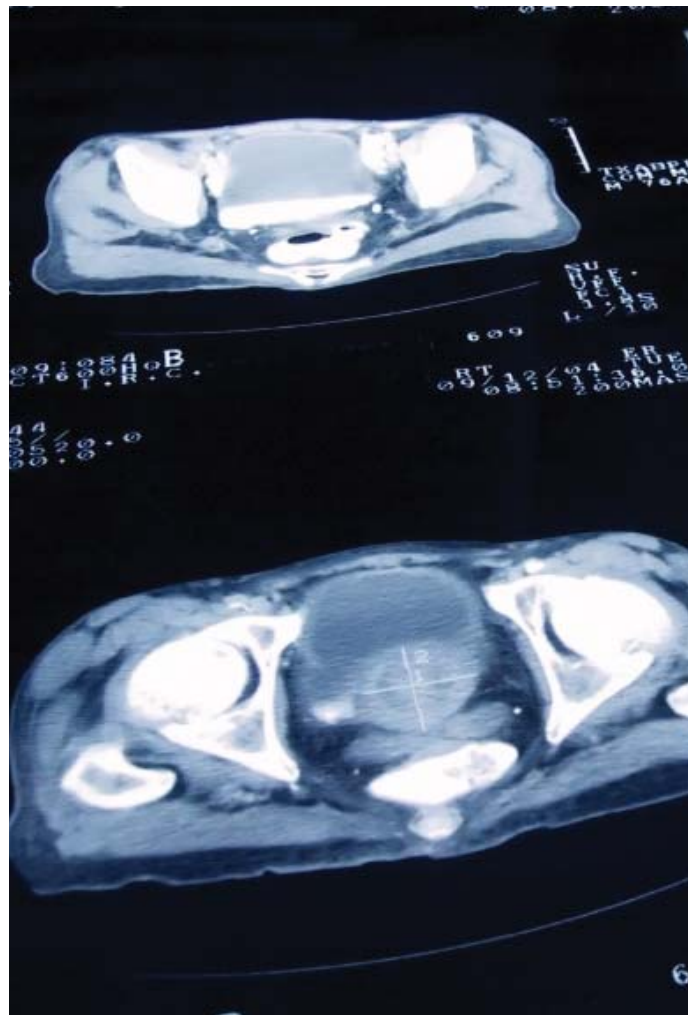
Q: Why do men get prostate cancer?

A: Unfortunately there isn't a direct answer to this question. There is an amazing amount of research going on today that is exploring a wide range of causes. It seems clear that there is a genetic influence and there also are some dietary risk factors, such as a diet high in fat.

Q: Is it possible to prevent prostate cancer?

A: There are some things we can eat that may prevent, or delay, prostate cancer. Vitamin E and Selenium, a trace element, seem to have a protective effect. Lycopenes, found in tomatoes, were identified by the Harvard School of Public Health years ago as likely having a protective effect as well. Unfortunately, raw tomatoes don't have a lot of lycopene – cooked ones do, such as those found in tomato sauce and tomato vegetable juices. Many men's formula vitamin products contain good amounts of vitamin E, selenium and lycopenes. A patient should check with his urologist and discuss his risk factors. Genetics and family history plays a role in a man's risk for prostate cancer.

Men with a first degree relative with prostate cancer may be more than twice as likely to develop prostate cancer as men with no family history. I recommend to my patients that, if there is no



family history of prostate cancer on the father's side of the family, then screening should start at age 50 for Caucasian men and at 45 for African American men. If there is a family history of prostate cancer, then screening should start 5 years earlier.

Q: What are the symptoms and how does a man get screened?

A: That's a big problem – there are no symptoms that specifically indicate prostate cancer. So if a man experiences any change in urination, whether it's a slow stream, frequent urination, an urgent need to urinate, dribbling – which means any of the symptoms of benign prostate growth – he should be evaluated with a rectal examination and a PSA blood test to screen for prostate

cancer. Men typically don't like having a rectal examination, but it takes about 30 seconds and can save your life. These simple tests are so important because prostate cancer, if caught at an early stage, can be successfully treated.

Q: Once a man is diagnosed with prostate cancer, what are his treatment options?

A: There are three basic treatments for prostate cancer -surgery, radiation and thermal therapies. Surgery includes traditional radical surgery and newer types including laparoscopic and laparoscopic robotic surgery. Radiation can be delivered with a variety of methods, from external beam therapy where radiation is given over a period of 7 weeks, including proton beam therapy, IMRT and conformal beam therapy, to radioactive seed implants, called brachytherapy. And thermal therapies include cryoablation, or freezing of the prostate and High Intensity Focused Ultrasound (HIFU) which superheats the prostate. These two therapies are minimally invasive treatments.

Q: What is meant by minimally invasive treatments?

A: I have been in practice for more than 20 years and have focused my urology practice on minimally invasive treatments that provide excellent results while minimizing the complications and pain that result from older urological procedures. These types of procedures are generally done on an outpatient basis and don't require an incision into the body. **HB**

Dr. Pugach has been recognized as one of America's Top Physicians for three years in a row and has pioneered many advances in the treatment of urologic problems, including innovations in minimally invasive procedures. The Pacific Coast Urology Medical Center staff is dedicated to improving your quality of life and we offer a range of treatments in the comfort and convenience of our offices in Huntington Harbour and Los Alamitos. For more information or to receive patient education materials on this topic, call Dr. Pugach at 888-735-4336 or visit www.pacificcoasturology.com.

LEARN HOW TO CREATE RELATIONSHIPS THAT WILL CATAPULT YOU TO PHENOMENAL SUCCESS

- Attract the ideal customers and clients to your business.
- Motivate and retain employees.
- Become a great leader who evokes excellence in employees, coworkers and even customers.
- Resolve work conflicts easily and effectively.
- Turn enemies into allies.
- Decrease your stress significantly as others enthusiastically help you and your business.
- Enjoy greater health and more balance in your life.
- Create the success you want and deserve.

One of the biggest mistakes leaders make is to overlook the connection between healthy work relationships and business success. Todd Creager will teach you how to act, communicate and even use your imagination to bring the absolute best out of others!

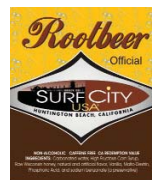


THE TODD CREAGER
Center for Successful Relationships
the best in ourselves...the best out of others...



BREWBAKERS
was voted
"BEST BREW"

2007 Taste of Huntington Beach



BREWBAKERS is now the "Official"
Surf City U.S.A. Root Beer
On sale now!

The SURF CITY USA word mark and logo are trademarks of the Huntington Beach Conference and Visitors Bureau used with permission as an Official Licensed Product. All rights reserved.

BEER • ROOT BEER • SODA • PIZZA • PRETZEL • PARTIES

714.596.5506

The Only Microbrewery in Southern California to brew, bottle and label on premises

7242 Heil Ave. at Gothard, H.B.
brewbakers1.com