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September is Prostate Cancer Awareness Month!



One in six U.S. men is at lifetime risk of developing prostate cancer.

Obesity and a family history of the disease both significantly increase risk. Nearly 91 percent of prostate cancer cases are diagnosed in males over the age of 55. Most cases are curable, however, if they are found before the cancer has spread to other parts of the body.

The symptoms of advanced prostate cancer can include pelvic pain, frequent need for urination, difficult or painful urination, blood in the urine, painful ejaculation, loss of appetite and weight, and/or bone pain. However, prostate cancer usually does not cause symptoms in its early stages, which is why routine screenings are essential.

Prostate Health: Early Detection of Cancer Can Save Lives

By William M. Harper IV, MD, FACS, CPI

Approximately 200,000 men in the U.S. were diagnosed with prostate cancer in 2010. It is the most common cancer diagnosed in men and third most common cause of death from cancer in men of all ages -- nearly 30,000 men will die from this disease each year. Early detection of prostate cancer is imperative for cure and long term survival. Regular screening of the prostate with a PSA and a Digital Rectal Exam (DRE) can identify this form of cancer and may save lives.

The prostate is a gland in the male reproductive system located just below the bladder (the organ that collects and empties urine) and in front of the rectum (the lower part of the intestine). It is about the size of a walnut and surrounds part of the urethra (the tube that empties urine from the bladder). The prostate gland produces fluid that makes up part of the semen. It also produces a substance called prostate specific antigen (PSA) that can be tested with blood samples.

Levels of prostate specific antigen (PSA) are important because they are often high in men with prostate cancer. Not only is the level of PSA important, but how fast it rises over time is as significant, if not more so.

The presence of additional symptoms can be important in identifying prostate cancer. Symptoms of prostate cancer may include problems passing urine (pain with urination, difficulty starting or stopping the stream, or dribbling), low back pain, blood in the urine, and/or pain with ejaculation, but in early stages there are usually no symptoms at all. That is why screening is so important.

Prostate cancer is a very treatable condition and the ideal treatment often depends on the stage of the cancer. How fast the cancer grows and whether it has spread outside the prostate helps determine the stage. Individualized treatment is determined depending on age, health, family history, grade and stage of the cancer and may include surgery to remove the prostate, radiation therapy, cryotherapy, chemotherapy, and "watchful waiting".

It is recommend that all men who have a life expectancy of at least 10 years should be offered the PSA test and DRE at least *annually* beginning at age 50. African American men and men who have a father, brother, uncle or grandfather with prostate cancer should be tested earlier and more often. Contact your local urologist today to schedule these tests!

UCC Diagnoses and Therapies

Men's Health

- Erectile Dysfunction
- Prostate Health
- BPH (enlarged prostate)
- Chronic Prostatitis
- Hypogonadism (low testosterone)
- Vasectomy & Vasectomy Reversal
- Infertility
- Peyronie's Disease
- Prostate Cancer
- Testicular Cancer

Women's Health

- Sexual Health
- Bio-Identical Hormones
- Sexual Dysfunction
- Hormone Imbalance

Men and Women

- Overactive Bladder
- Chronic Pelvic Pain/ Interstitial Cystitis
- Urinary Incontinence
- Kidney Cancer
- Bladder Cancer
- Kidney Stones
- Human Growth Hormone Deficiency
- Osteopenia/Osteoporosis
- Hormone Replacement

Risk Factors for Prostate Cancer

While we do not yet know exactly what causes prostate cancer, we do know that certain risk factors are linked to the disease. A risk factor is anything that increases a person's chance of getting a disease.

Age: Age is the strongest risk factor for prostate cancer. The chance of getting prostate cancer goes up quickly after a man reaches age 50. Almost 2 out of every 3 prostate cancers are found in men over the age of 65.

Race: For unknown reasons, prostate cancer is more common in African-American men than in men of other races. African-American men are also more likely to have a more advanced disease when it is found and are more likely to die of the disease.

Family history: Prostate cancer seems to run in some families. Men with close family members (father or brother) who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.

Diet: The exact role of diet in prostate cancer is not clear, but some factors have been studied. Men who eat a lot of red meat or high-fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors causes the risk to go up.

Obesity: Most studies have not found that being obese (having a high amount of extra body fat) is linked with a higher risk of getting prostate cancer. Some, but not all, studies have found that obese men may be at greater risk for having more advanced prostate cancer and of dying from prostate cancer.

Exercise: Exercise has not been shown to reduce prostate cancer risk in most studies. But some studies have found that high levels of physical activity, especially in older men, may lower the risk of advanced prostate cancer. More research in this area is needed.

Smoking: A recent study linked smoking to a small increase in the risk of death from prostate cancer. This is a new finding, and will need to be confirmed by other studies.



Source: American Cancer Society 12/13/2010

Urology Center of Columbus Welcomes our new Physician Assistant!



Randy Cousins, PA-C has been a Physician Assistant since 1994. He graduated at the top of his class from the US Air Force PA Program and passed the National Commission for the Certification of Physician Assistants exam with honors in Primary Care and Surgery. He served 14 years on active duty and is a veteran of Operation Desert Storm. He is originally from New Orleans and attended Louisiana State University before entering the Air Force. He and his wife Cindy have been married for 25 years and have five children. He has been trained in Urology by Dr. Harper and works directly under his guidance. He is also experienced in Primary Care, Internal Medicine, Family Practice, and Dermatology.

Up All Night?...It Could Be Your Prostate

By William M. Harper IV, MD, FACS, CPI

Do you find yourself needing to urinate more often in the middle of the night? For nearly 50% of men over the age of 60, this often results in a sleepless night because of frequent trips to the bathroom. The reason more times than not is an enlarged prostate. Having an enlarged prostate usually is not life-threatening, but it can be uncomfortable, embarrassing, and inconvenient. Urinary problems may also be signs of another medical problem.

An enlarged prostate is also known as benign prostatic hyperplasia (BPH). As the prostate grows, it can "squeeze" the urethra and partly block the flow of urine, like a clamp on a garden hose. The bladder becomes irritable and begins to contract, even when it may contain only a small amount of urine. You may need to urinate more often because the bladder is not emptying completely because of the blockage caused by the prostate enlargement. This can cause urgency, frequency and the feeling that you have to urinate.

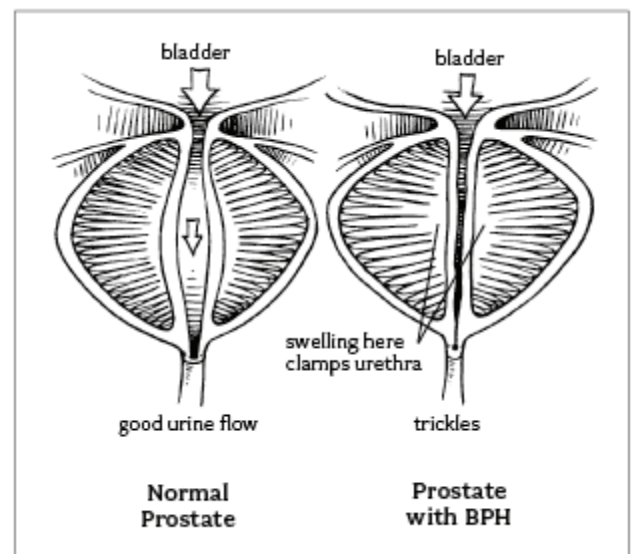
Urinary symptoms due to an enlarged prostate often develop so slowly that you may not notice them until they start to affect your daily life:

- Needing to urinate more often, especially at night
- Sudden need to urinate
- Needing to strain to start urinating
- A weak, variable, small or dribbling urine stream
- Feeling that the bladder isn't completely empty after urinating

As the population ages, the demand for innovative safer and less invasive BPH treatments that restore or preserve quality of life is increasing dramatically. Fortunately, urologists possess a range of therapeutic options from surgical procedures to minimally invasive treatments and drug therapies. Emerging treatments in addition to the gold standard TURP (Transurethral Resection of the Prostate) currently include:


- Laser therapies. Lasers can now effectively be used to treat BPH even in high risk patients, sometimes with patients going home the same day as their procedure.
- Office based microwave therapy and needle ablation.
- Drug therapies. Alpha Blockers and new classes of drugs can help relieve BPH symptoms by relaxing the bladder neck muscles and/or shrinking the prostate gland.

Given the prevalence of BPH and the availability of new and established treatment options, don't suffer needlessly. See your urologist to discuss the right treatment option for you.



Do you know?...The 3 Most Common Prostate Problems

1. Benign Prostate Hyperplasia– an enlarged prostate
2. Prostatitis– Inflammation of the prostate gland
3. Prostate Cancer– An abnormal growth of malignant cells in the prostate gland

 **UROLOGY CENTER**
OF COLUMBUS, L.L.C.
Making Life a Little Better

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Making Life a Little Better



Mission Statement

The Urology Center of Columbus is committed to providing quality healthcare to our patients through education , training, clinical research, and support. Our organization is dedicated to improving the health and well-being of our patients by providing the most current diagnostic and therapeutic alternatives while counseling and treating our patients with care and respect. We will take an active community role in public health-care, education, and leadership.

Vision Statement

Urology Center of Columbus will be recognized as the premier regional provider of urologic care shaping the future for quality healthcare delivery, superior outcomes, patient satisfaction, innovation and community leadership.

Please visit our website at www.harperurology.com!

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