



1021 Talbotton Road
Columbus, GA 31904
(706) 324-7700
(866) 898-7770
Fax (706) 596-5810

www.harperurology.com
September 2007



Prostate Cancer Awareness



September is Prostate Cancer Awareness Month so it is appropriate to stress the facts about CAP (**C**ancer of the **P**rostate) that we have known for a long time as well as some of the more recently discovered facts.

CAP is the most common cancer diagnosed in men and is the second most common cause of cancer deaths in men, second only to lung cancer. CAP can be a silent killer in that there are seldom any early warning signs, underlining the importance of education, screening and evaluation of men so that CAP can be diagnosed at an early and curable stage.

For many years, PSA has been our most important tool in diagnosing and treating CAP at earlier stages which has improved survival rates. What we know about PSA has evolved over the years. In the past it was thought that a $PSA \leq 4.0$ was normal. We now know levels in the 2.0-2.5 range are the normal cut off for men in their 40's. There are important facets of PSA that we now recognize like PSA Velocity and PSA Density. PSA Velocity is the rate at which PSA rises over time. Depending on the source, a rise of over 0.3-0.7 per year is abnormal and deserves further evaluation. PSA Density refers to PSA relative to the volume or size of the prostate. The higher the ratio, the more likely cancer is present. At this point, PSA is the "gold standard" but newer tests, more specific to prostate cancer, are being developed. One such test is the PCA3 which is a urine test that shows great promise. Our clinical research department, Southeastern Medical Research Institute, is currently part of a clinical trial evaluating PCA3.

It appears that there is evidence that some supplements may help reduce the risk of CAP. Some of these include green tea, lycopene, soy isoflavones, vitamin D, pomegranate and selenium. Some other things that have been reported to reduce the risk are a low fat diet, vitamin E and aspirin.

There are risk factors that every man should know. Family history is one of the most important. Statistically, one in every six men will develop CAP. If you have one family member who has had CAP, your risk doubles. The risk quadruples with two family members and increases to eleven times normal if there are three direct family members that have CAP. African American men are also at higher risk.

There are less invasive tests and procedures to facilitate early diagnosis now than we have had in the past. Once diagnosed, men have more options for treatment than they had just 10 years ago. Some of these include external beam radiation, radioactive pellet implants, high dose radiation, cryo surgery, HIFU (High Intensity Focused Ultrasound) and surgery ranging from traditional open prostatectomy to laparoscopic and robotic.

In conclusion, prostate cancer is prevalent. It is easily detected when men submit to screening and it is certainly curable by more techniques than we have ever had before. It is estimated that 218,890 men will be diagnosed with CAP, and more than 27,000 men will die of prostate cancer in 2007. Make sure if you are going to be a CAP statistic that you do your part to be in the diagnosed group and not the mortality group.

Research News



Are you among the millions of men in the country inconvenienced by an enlarged prostate?

- Do you need to urinate frequently?
- Do you often have to get up at night to urinate?
- Is it difficult to start urinating?
- Do you have a weak stream?

If you answered **yes** to some of these questions, you may have an **enlarged prostate (BPH)**. Instead of quietly enduring prostate problems, you could be a part of the solution. If you are a male, 50 years or older, you may be eligible to participate in a clinical research study for enlarged prostate (BPH).

Qualified participants will receive study-related care, visits, examinations, labs and study medication at no cost. Financial compensation will be provided for your time and travel. If you are interested please contact Lisa at (706)243-3719.

Community Relations



Please allow me to introduce myself. My name is Heather Carbone, and I am the Director of Community Relations. I have been with the Urology Center of Columbus since July 2007. I am excited to come to you in this newsletter and tell you of the wonderful things we have coming up!

We are currently conducting free monthly educational seminars that are open to the public. Our next seminar will be held in November. The topic, date and time of the seminar will be listed on our website, under the news and upcoming events tab. Please visit us at www.harperurology.com!

Here at the Urology Center of Columbus we want to do all we can to inform the community of health risks and the newest treatments offered, so we try to get involved and interact with the community whenever possible. Here are some upcoming events where you can find us:

- **The Business and Health Expo** at the Columbus Convention and Trade Center, Thursday, October 11th 2007.
- **Diabetes University 2007** at the Columbus Convention and Trade Center, Friday and Saturday, October 19-20 2007.
- **God Bless Ft. Benning** held in Downtown Columbus, Friday and Saturday, November 16-17 2007

If you are able to attend any of these events, please stop by and say hello!

Urology Center of Columbus, LLC

1021 Talbotton Road
Columbus, GA 31904