

Prostate News

Arkansas Prostate Cancer Foundation



September is Prostate Cancer Awareness Month

As the month of September brings prostate cancer into focus, it's time to increase public understanding of the disease, including its prevalence, approaches to screening and prevention, treatment options, and resources that offer updated prostate cancer information throughout the year.

Prostate cancer is the most frequently diagnosed cancer in men and is a leading

cause of cancer death in men, second only to lung cancer. According to American Cancer Society, there will be approximately 161,360 new cases of prostate cancer and about 26,730 deaths from prostate cancer in the United States during 2017.

Staying informed with the latest news on prevention and screening is an important step in reducing your risk of developing

prostate cancer. Should a diagnosis occur, the

**1 man in
7 will be
diagnosed
with
prostate
cancer**

Arkansas Prostate Cancer Foundation is here to help with access to current, in-depth treatment information, support groups, literature, and patient navigation services. Please contact APCF at 1-800-338-1383 or visit

www.arprostatecancer.org to find

information and screenings near you!

Blue Ribbon Campaign

During the month of September the Arkansas Prostate Cancer Foundation (APCF) is sponsoring the Blue Ribbon Campaign promoting Prostate Cancer Awareness Month. The Campaign which has been approved by the Arkansas High School Activities Association (AAA) will feature blue ribbon decals on high school and college football helmets during the month. In addition for the first time the Campaign features blue penalty flags by high school game officials opening games of the 2107 sea-

son.. "When you see the blue ribbon decals on the helmet and the blue penalty flags on the field, remember September is prostate cancer awareness month" said Bill Johnson, Director of Development and Media Relations with the Foundation.

By using the platform of football, the Campaign is reaching out to men and their families all across the State of Arkansas in both rural and urban communities, Johnson stated. In conjunction with the Blue Ribbon

awareness initiative, the Foundation and Arkansas Urology are sponsoring or promoting several free prostate screenings around the State this fall. Those dates and locations can be found on the Foundations website www.arprostatecancer.org



Champion Spotlight



At the age of 44, Raul Blasini's life was forever changed. A translator in the U.S. Army, Blasini was diagnosed with prostate cancer. "That's the reason they retired me from the Army," he says. Since that time, Blasini has worked hard to educate men about the dangers of the disease. He has served four terms on the Board of the Arkansas Prostate Cancer Foundation and helped found a "Peer Network" prostate cancer support group in Jonesboro. In 2002, he started a health fair that screened men for prostate cancer in the community of Pocahontas, an event that continues to serve the citizens of northeast Arkansas today. He received that Dr. Charles W. Logan Service Award in recognition for his involvement in the battle against prostate cancer.

8 Quotes to Help You When You're Feeling Down

We know dealing with prostate cancer sometimes feels like an uphill battle, both for the patients and the caregivers. You feel like you're not doing enough or as if the disease is taking up all your time and attention.

To help you on your journey, we've gathered a few quotes we thought might help pick you up during those moments when everything feels a bit bleak.

1. "Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined." – Dr. Seuss

2. "Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

– Margaret Mead

3. "A hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in the bank...but the world may be a better place because I made a difference in the life of a child." – Forrest Witcraft

4. "Live so that when your children think of fairness, caring, and integrity, they think of you." – H. Jackson Brown, Jr.

5. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia

6. "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." – Thomas Edison

7. "Act as if what you do makes a difference. It does." – William James

8. "You've survived 100 percent of everything in your life so far, so there's a pretty good chance that you'll survive whatever is next." – Timber Hawkeye

"Ginseng appears to help relieve the fatigue experienced by 90% of people with cancer"

Ginseng Relieves Cancer- Related Fatigue

By: Charleene Laino

Ginseng appears to help relieve the fatigue experienced by 90% of people with cancer, according to a study that pitted ginseng capsules against placebo.

Researchers studied 360 people with fatigue who had completed cancer treatment or were being treated for cancer. More than half had breast cancer.

Half took a placebo and the other half took capsules containing 2,000 milligrams of pure, ground, American ginseng root daily.

At the start of the study, everyone was asked to rate how fatigued they felt on a 100-point scale; the average score was about 55 points.

Four weeks into the study, there was not a big difference in scores between the two groups. But by eight weeks, fatigue scores improved by 20 points in the ginseng group vs. only 10 points in the placebo group.

"People taking ginseng reported feeling less pooped, worn out, and sluggish than those taking placebo," says researcher Debra Barton, PhD, of the Mayo Clinic Cancer Center in Rochester, Minn.

Ginseng appeared to be as safe as placebo, at least over the eight-week period, she tells WebMD.

Based on the findings, "I would recommend ginseng for patients with cancer-related fatigue," Barton says.

One caveat: Since supplements are not regulated like drugs by the government, you can't always be sure of the purity of a product. So make sure you buy from a reputable company whose labels you can trust, she says.

That's especially important with ginseng because it is sometimes processed using ethanol, which can give it estrogen-like properties that actually stimulate the growth of breast cancer cells, Barton says.

"The label should read that it is pure ground root of ginseng as opposed to an extraction," Barton says.

The findings were reported at the American Society of Clinical Oncology meeting.

Prostate Size Matters

By Mark Scholz, MD / Prostate Oncology Specialist

Having a large prostate is generally considered to be a bad thing because it is associated with urinary malfunction—slow urination, getting up frequently at night and, in the worst case scenario, total urinary blockage—an emergency condition that requires insertion of a catheter.

Treating urinary problems such as these is a big business. A variety of herbal extracts containing ingredients such as saw palmetto, as well as medications such as Flomax and Proscar, are commonly prescribed and used with varying success. When total blockage occurs the urologist swings into action with lasers, microwave treatments, or a good old-fashioned TURP, Transurethral Resection of the Prostate, sometimes referred to by laymen as the “rotorooter job.”

It should be made clear that many large prostate glands cause no urinary symptoms whatsoever. Also, urinary problems like those described above can occur in men with normal sized glands. Therefore, you need to be aware that the connection between prostate size and urinary symptoms is a loose one.

A normal, healthy prostate gland is a walnut-sized organ that weighs approximately 15 grams in young men and around 30 grams (about an ounce) in men age 50 or older. The prostate gland is the only organ in the body that keeps growing as you get older. Enlarged prostates can weigh as much as 100 grams or more (the size of an orange or small grapefruit), and are more likely to lead to urinary problems.

However, as it turns out, having a large prostate can actually be a good thing, at least as far as prostate cancer is concerned. Several studies show that men with big prostate glands tend to have lower Gleason scores.

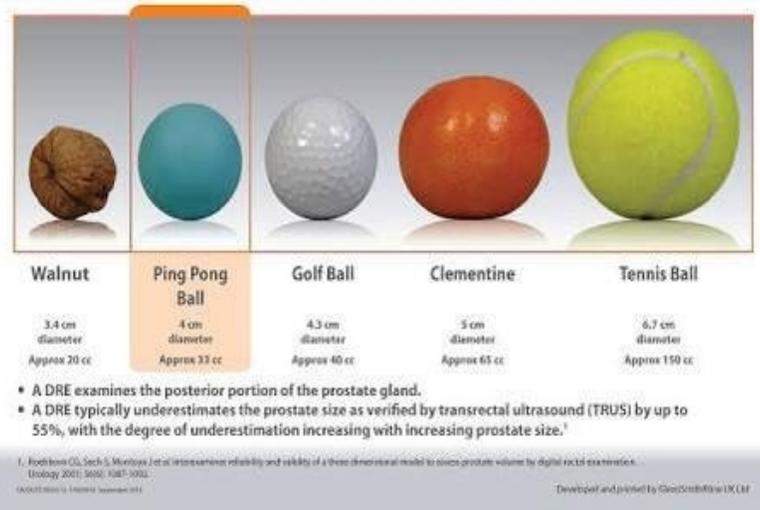
When men with big prostates are treated with radical prostatectomy, studies also show that they are less likely to have cancers that have spread through the capsule or into the seminal vesicles.

No one knows for sure why big (where cancer is concerned) is often better. One theory is that men with bigger prostate glands get biopsied more frequently and at a younger age because their PSA levels run higher. Therefore, the cancer is being caught at an earlier stage and monitored. Another theory is that bigger prostate glands result from hormonal changes within the gland, and that these hormonal changes somehow have an inhibitory effect on cancer growth. The particulars of these purported hormonal changes are never specifically elucidated.

Regardless of the cause, men with smaller glands—say with prostate volumes less than 40 grams—should be aware that, all other things being equal, their risk of harboring a higher Gleason score or a type of cancer that invades through the capsule is somewhat greater than it is for the men who have larger glands.

Prostate size is an additional factor besides Gleason score, PSA, and the percentage of core biopsies involved with cancer, that needs to be considered when going through

Some common comparisons to help assess prostate size



the treatment selection process.

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**Know the Risk,
Beat the Odds**

Arkansas Prostate Cancer Foundation

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The Foundation, a 501(c)(3) non-profit, public charity, has a mission to promote awareness, encourage timely detection and support improved treatment of prostate cancer in Arkansas. Believing that all men in the state, regardless of disparities in cultural competence, financial resources or proximity to care should have access to information, diagnosis and treatment, APCF implemented its education and screening program in 2001, a model that has increased participation ever since by working with healthcare providers and community partners who are vested in men's health.

The Foundation has a Patient Navigator (Advocate) who works one-on-one with patients and often their family members to explain the nature of suspicious results and to encourage and help secure follow up with a physician. If a man is diagnosed with prostate cancer, the Patient Navigator continues to assist with decisional, emotional and logistical support as well as identification and securing of needed resources throughout the treatment and recovery period. The Foundation focuses on not only preserving life, but also preserving quality of life.

We're on the Web!
Arprostatecancer.org

Fall Screening Schedule

For more information or questions about setting up a screening in your area, please contact Jeremy Sasse at 501-379-8027 or JSasse@arprostatecancer.org.

<u>Montgomery County Mt. Ida</u>	<u>September 14</u>	<u>Baptist Medical Center Heber Springs</u>	<u>Date TBD</u>
<u>Reynolds Cancer Support Home Ft. Smith</u>	<u>September 15</u>	<u>Highlands Oncology Group Prostate Cancer Screening</u>	<u>October 3</u>
<u>White River Hospital Prostate Cancer Screening</u>	<u>September 19</u>	<u>National Latino Awareness Day</u>	<u>October 7</u>
<u>DeQueen Community Health Fair</u>	<u>September 2</u>	<u>District Council Men's Health Screening</u>	<u>October 7</u>
<u>Saline Memorial Prostate Cancer Screening</u>	<u>September 26</u>	<u>Black River Technical College Health Fair</u>	<u>October 18</u>
<u>Arkansas Urology Kickoff N. Little Rock</u>	<u>September 28</u>	<u>Lee County Cooperative Clinic Marianna</u>	<u>TBD</u>
<u>Ashley County Medical Ctr. Prostate Cancer</u>	<u>Date TBD</u>	<u>Magnolia Health Fair Magnolia</u>	<u>November 11</u>