

# The PROSTATE CANCER Survival Handbook

**INCLUDES:**

- How to Get Dad to Drop His Pants
- Bigger Risk:  
Prostate Cancer, Shark Bite or Car Crash?
- What Opponents of the PSA Blood Test  
Don't Tell You

- 1** **What is Do It For Dad!?**
- 2** **Things You Don't Learn From The Discovery Channel**  
What to Know About Prostate Cancer
- 3** **Getting Dad Screened**  
Convince Him to Get Screened  
How to Catch an Evasive Dad
- 4** **Prostate Cancer Survival Checklist**
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What to Know About Getting Screened  
What to Know About Getting Treatment
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***National Prostate  
Cancer Coalition***

awareness. outreach. advocacy.

## Chapter 1

# WHAT IS DO IT FOR DAD!?

**Men get prostate cancer.** If women got it, everyone would know about it. Let's face it; women take better care of themselves than men do because any excuse is good excuse for a man not to take care of himself.

**Tell Dad about the risks of prostate cancer:** It's more common than breast cancer and over 99 percent survive through early detection and diagnosis. The trick is catching it early – annual screening is a must because prostate cancer has absolutely no symptoms in its early stages.

**The problem is that only about half of all men at risk for prostate in the U.S. get screened for the disease.**

That's why the National Prostate Cancer Coalition has dedicated Father's Day and the Month of June (Men's Health Awareness Month) to encourage families to take care of dad.

## Chapter 2

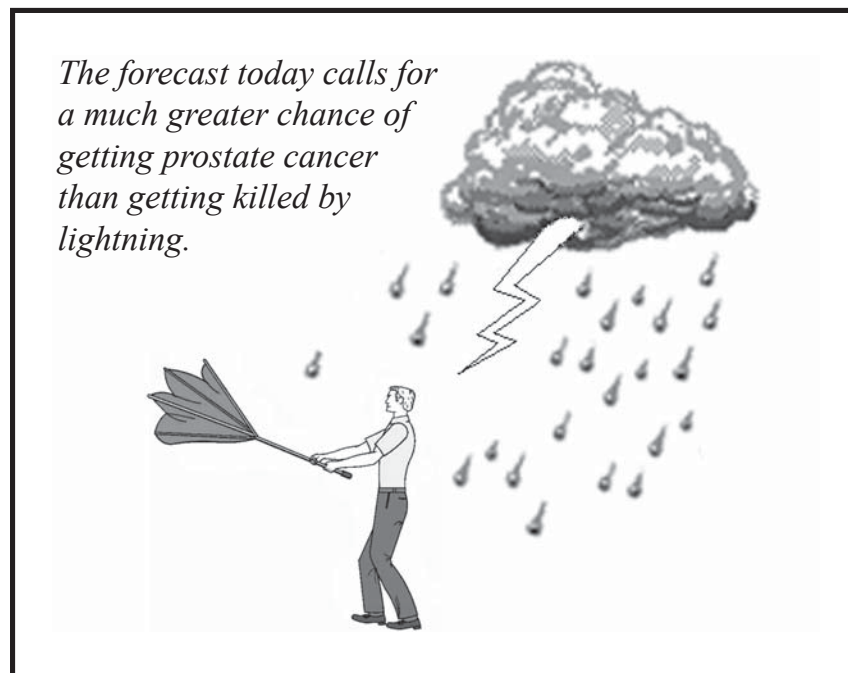
# THINGS YOU DON'T LEARN FROM THE DISCOVERY CHANNEL

### WHAT TO KNOW ABOUT PROSTATE CANCER

1

A man is 1,200 times more likely to die from prostate cancer than getting killed by lightning.

It isn't as dramatic as being struck by lightning but more than 27,000 men will die this year alone from prostate cancer.



2

A man over 50 is three times more likely to die from prostate cancer than dying in a car accident.

Prostate cancer is as common as an SUV on Main Street, one in six men get it.

3

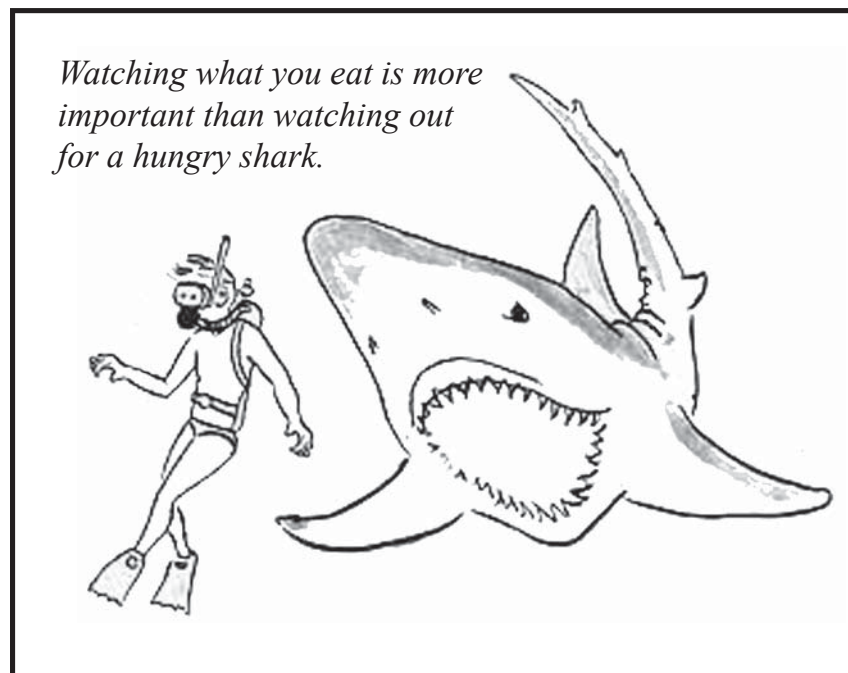
A man over 50 is four times more likely to die from prostate cancer than getting killed by a gun.

There are many federal and state gun control laws on the books aimed at protecting people. However, there are 22 states that do not have laws mandating insurance companies to cover prostate cancer screenings compared to 49 states mandating coverage for breast cancer screenings.

4

A man is 108,000 times more likely to die from prostate cancer than being eaten by a shark.

Sharks are what they eat and so are humans. Eating too much can lead to rapidly growing prostate cancer. Men with a body mass index of 32.5 or greater is 33 percent more likely to die from prostate cancer if diagnosed.



5

A man is 4,500 times more likely to die from prostate cancer than getting killed by a dog bite.

Most people treat their dogs like members of the family. Prostate cancer runs in the family: you are twice as likely to get prostate cancer if just one close relative (father, brother) has it.

6

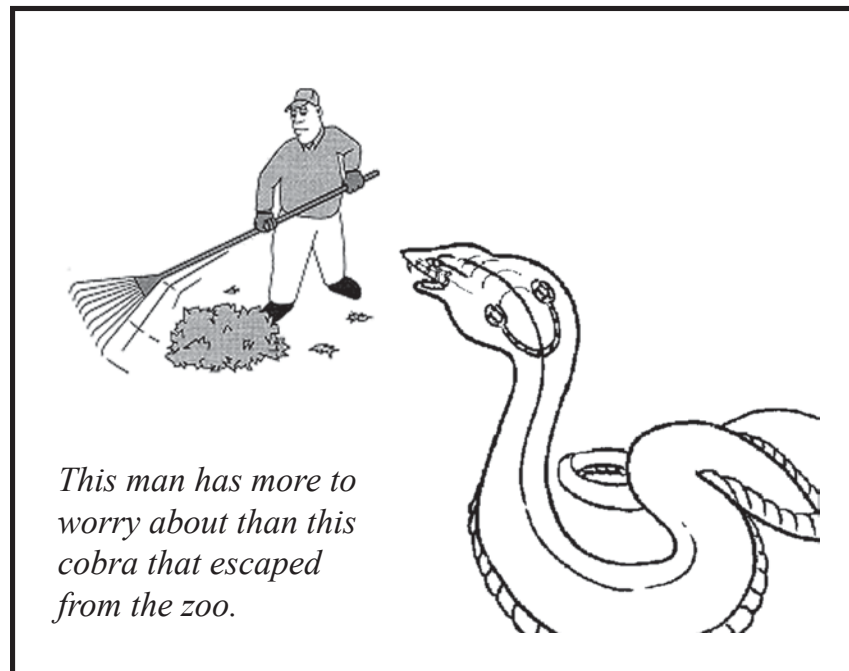
A man is 900 times more likely to die from prostate cancer than dying in a mountain climbing accident.

A test for prostate cancer takes only 10 minutes, far less time than it takes to climb a mountain. If caught early, 99 percent survive.

7

Unlike a snake bite, prostate cancer doesn't give you blurred vision and a rapid pulse.

In fact, prostate cancer had no symptoms in its early stages. That's why early detection is so important.



8

An African American man is 2.5 times more likely to die from prostate cancer than anyone else.

Studies are needed to find out exactly why African American men are at higher risk of getting and dying from prostate cancer. A black man dies every 90 minutes from prostate cancer.

## Chapter 3

# GETTING DAD SCREENED

### CONVINCE HIM TO GET SCREENED

#### What you will need:

- An accomplice
- A large car
- Baseball bat
- 8 feet of rope
- Dog crate
- A doctor's appointment
- Hand truck
- Ear plugs



*If dad resists, take dog out of crate and put unconscious dad inside.*

- 1** Tell Dad you love him and you want him to live a long healthy life.
- 2** Tell him that one in six men get prostate cancer but 99 percent survive if it's caught early through annual screening.
- 3** Give him the phone number of a trusted doctor and offer to call for him and make the appointment.
- 4** Drive him to doctor's office, sit with him and talk or play a game like Checkers or Parcheesi.

#### If he resists:

- a.** Put in earplugs in case of complaining or screaming.
- b.** Club him with a baseball bat.
- c.** Tie his hands behind his back with the rope.
- d.** Stuff him in a dog crate.
- e.** Have your accomplice help you pick up the dog crate onto the hand truck.
- f.** Roll the hand truck to the vehicle and load it in.
- g.** Drive to the Doctor's office for screening.

## HOW TO CATCH AN EVASIVE DAD

Some dads won't get screened no matter you tell them. They think they're invincible and will walk out of the room before you are able to subdue them.

Don't worry, you're not alone.

### What you will need

- A shovel
- Long sticks
- Grass clippings
- Handcuffs
- Ladder



*The shovel is to be used only for digging a hole. Shovels can leave deep cuts. If you need to knock dad out, use a baseball bat.*

- 1** Dig a large 10 foot deep hole in the front lawn.
- 2** Cover with long sticks and grass clippings.
- 3** Next time dad steps out to mow the lawn, distract him as he approaches the trap and watch him fall in.
- 4** Throw down handcuffs for him to put on.
- 5** Lower down the ladder for him to climb out.
- 6** Drive him to the doctor.

## Chapter 4

# PROSTATE CANCER SURVIVAL CHECKLIST

- Allium vegetables.** Garlic, onions and chives may also reduce your risk of getting prostate cancer. The foods contain flavinoids that have demonstrated reduction in tumor growth in lab studies.
- Annual doctor's appointment for screening.** There is no substitution for annual screening when preventing death from prostate cancer.



*Many believe men are more afraid of the doctor than sky diving.*

- Bathroom scale.** Keep an eye on your weight. Keeping a healthy weight within the normal body mass index parameter reduces the risk of dying from prostate cancer.
- Calendar.** Circle the day you got screened this year on next year's calendar.
- Cruciferous vegetables.** Broccoli and cabbage may be reducing the risk of prostate cancer. Three or more servings per day can reduce risk as much as 41 percent.
- Daily vitamin.** While it's better to get the nutrients your body needs to help prevent prostate cancer through food, vitamins can help bolster your daily needs.



**Fruit.** Five servings or more of fruit per day can cut the risk of prostate cancer in half. Fruit helps, in part, by containing fructose which stimulates the body's ability to create Vitamin D, a nutrient believed to reduce prostate cancer risk.



*Apples cause zero known deaths among American men each year, prostate cancer kills more than 27,000.*



**Green tea.** Rich in polyphenols (believed to slow the growth of cancer), green tea has shown to reduce cancer malignancies.



**Mushrooms.** A great source of selenium believed cancer fighter in lowering PSA levels and inhibiting tumor growth.



**Running shoes.** While exercise hasn't shown a direct connection to prostate cancer risk, exercise helps reduce testosterone, a chief contributor to prostate cancer.



**Soy.** A substance that affects the body similarly to the estrogen found in humans. Scientists believe it can balance out testosterone levels in men, reducing prostate specific antigen (PSA) in the blood.



**Tomatoes.** They contain an antioxidant called lycopene. Some studies have shown that a regular intake of lycopene supplements lowers risk by about 15 percent while other studies show that consumption of tomatoes lowers risk by as much as 26 percent.



**Vitamin E.** Consuming about 50 milligrams of Vitamin E can reduce risk of prostate cancer by one-third and the death rate by 41 percent. Vitamin is found in food including pecans and sesame seeds.

## Chapter 5

# PROSTATE CANCER SCREENING & TREATMENT 101

### WHAT TO KNOW ABOUT GETTING SCREENED

- 1 Talk to your doctor about screening for prostate cancer.
- 2 Screening doesn't show whether you have prostate cancer, only whether you need further testing.
- 3 Prostate cancer screening consists of two examinations:
  - **A blood test** that measures levels of Prostate Specific Antigen or **PSA**.
  - **A physical exam** of the prostate, the Digital Rectal Exam or **DRE**.

These exams can be done together to increase the accuracy of diagnosis.



*Medical gloves are necessary tools when getting a Digital Rectal Exam (DRE).*

## When to Get Screened

The right age to start PSA testing depends on your level of risk:

- Annual screening should start at **50** for the general population.
- Men with one risk factor should start annual screening at **45**.
- Men with more than one risk factor should start screening at **40**.
- Some men choose to take a single test at an earlier age, **35 or 40**, to establish a “baseline” level for future comparison.

## WHAT TO KNOW ABOUT GETTING TREATMENT

### The Right Treatment for Each Man Depends on His Individual Case

1

For **early or local prostate cancer** that has not spread outside the prostate gland or nearby area, the most common treatment options are:

- **Deferred Treatment:** wait and watch closely for signs the disease is progressing.
- **Surgery:** the surgical removal of part or all of the prostate, and other nearby areas if necessary, also known as prostatectomy.
- **Radiation:** killing cancer cells with radiation, either with an external beam of radiation, or by implanting tiny radioactive “seeds.”

Depending on the treatment, side effects can range from short to long term incontinence or impotence, to other effects like pain and depression.

2

For prostate cancer that has returned after initial therapy, options depend on the case. Some may require observation, some 'salvage' radiation treatment and some may proceed to hormone therapy.

3

For advanced or metastatic prostate cancer that has spread to the bone or other parts of the body, the most common treatment options are:

- Hormone Therapy: starving the cancer cells of the testosterone by using drugs that inhibit testosterone production
- Chemotherapy and Radiotherapeutic Agents: taking medications that are toxic to cancer cells. Generally used to treat cancers that have become resistant to hormone therapy
- Biophosphonates: medications that strengthen bone, to prevent damage and pain from bone metastasis, and to counteract bone weakness that can be caused by hormone therapy.

4

For all patients:

- Complementary and Alternative Medicines (CAM): treatments in addition to, or instead of conventional treatments, from natural medicines and supplements to whole alternative medical systems.
- Investigational Treatment: some patients enroll in research studies known as clinical trials, to try promising new therapies or techniques. It is always appropriate to talk to your doctor if you are interested in participating in a clinical trial.

## Chapter 6

# WHAT OPPONENTS OF THE PSA DON'T TELL YOU

We need a better test. The prostate specific antigen blood test (PSA) is not perfect. There are false positives and false negatives, meaning it will tell you have prostate cancer when you don't and you don't have prostate cancer when you do. Still, it works, it saves lives and countless prostate cancer survivors are thankful for that controversial test. Here's what opponents of the PSA aren't telling you:

1

**THE FACTS.** Since widespread use of the PSA test began in 1991:

- Five-year survival rates have risen from 75 percent to 99 percent.
- The incidence of advanced prostate cancer at the time of diagnosis decreased by 75 percent.
- Watchful waiting leads to advanced disease 23.2 percent of the time, according to a study by the University of Toronto.

2

**MONEY.** A PSA test with follow up biopsies can cost thousands of dollars per person. Given that prostate cancer is the most commonly diagnosed non-skin cancer and many men including African Americans, who are at higher risk for prostate cancer, do not have insurance (20 percent<sup>1</sup>); the government would be forced to pick up the tab for preventative healthcare. This is a big reason why the National Cancer Institute and the Center for Disease Control and Prevention, leading government agencies, opposes prostate cancer screening and funds studies to discredit the PSA test.

**3**

**LOWER NUMBER OF DEATHS.** Since 1997, prostate cancer deaths have fallen 35 percent. It's a direct result of early detection and advances in treatment. Don't just take our word for it, Call the American Cancer Society.

**4**

**THE PAP SMEAR.** Testing for cervical cancer has just as many false positives and false negatives<sup>2</sup>. Try telling women not to get tested.

**5**

**DR. THOMAS STAMEY.** Stamey made a name for himself about 18 months ago for calling the "PSA era in the U.S. over" and discrediting the test. The media even called him the inventor of the PSA test, making the news more dramatic. Fact: Dr. William Catalona, former chief of Urology at Washington University School of Medicine in St. Louis, was the first to demonstrate the use of blood tests detecting prostate specific antigens<sup>3</sup>. In July of 2004 (two months before his remarks about the PSA came out in the news), Stamey was named to the scientific advisory board of the Health Discovery Corporation, a biotechnology company focusing on creating new biomarkers for cancer<sup>4</sup>.

**6**

**DARTMOUTH UNIVERSITY.** Two studies discrediting the PSA test released by Dartmouth University in the last three years were funded, in part, by the National Cancer Institute and published in the government agency's journal.

### **(Footnotes)**

<sup>1</sup> U.S. Census Report 2005.

<sup>2</sup> WebMD.com

<sup>3</sup> Urological Research Foundation.

<sup>4</sup> Marketwire.com

– Health Discovery Corporation Press Release

## Chapter 7

# SAVING LIVES FROM PROSTATE CANCER

1

**Write a Letter.** It's not like you're a shipwreck survivor putting a message in a bottle or making a giant fire spelling 'SOS' on the beach. Writing a letter to support the cause is easy. We'll write it for you, just sign your name. Members of Congress need to know this is an important issue. Why? Prostate cancer has a greater caseload than breast cancer but only half the federal funding for research.



*A message in a bottle is not required to support the cause by writing letters to Congress.*

2

**Volunteer.** Volunteering in the prostate cancer cause is simple. There's no blood to give or organs to donate. The National Prostate Cancer Coalition's *Drive Against Prostate Cancer* travels the nation offering free screenings and we could use your help.

3

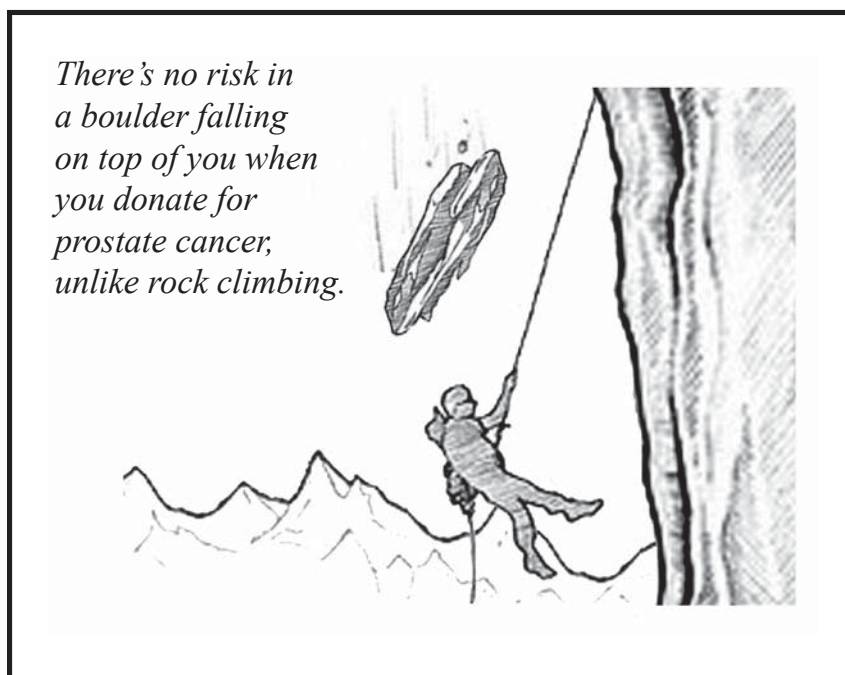
**Organize an Event.** It's not like having to put together a search and rescue team. The point is to have fun while helping the cause. If you have a lot of friends, throw a house party. If you're a runner, collect pledges and run for the cause. If you're a bowler, collect pledges and bowl for the cause.

4

**Get educated.** Mountain climbers need to study the rock face, weather reports and sometimes calculate how much oxygen they'll need to reach the top. All you need to know are the risks of getting prostate cancer and to get screened every year.

5

**Donate.** In a worst case scenario, rock climbers have been known to sever an appendage to escape from being pinned under boulders. When it comes to prostate cancer, we're not asking for an arm and a leg. Every dollar counts.



**To help out in the fight against prostate cancer, call 888-245-9455 today or log onto [www.fightprostatecancer.org](http://www.fightprostatecancer.org)**



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Cancer Coalition***

**awareness. outreach. advocacy.**