

Fatalistic Beliefs about Cancer Cause Many to Ignore Prevention Advice

New survey results indicate that Americans think there is **nothing they can do to prevent cancer**. As a result, many Americans are not proactively taking action to protect themselves against the disease.

The survey asked respondents if they agreed with three statements about cancer. About 47 percent of those surveyed agreed with the statement, "It seems like almost everything causes cancer," while 27 percent agreed, "There's not much people can do to lower their chances of getting cancer." Additionally, 71.5 percent of American adults agreed, "There are so many recommendations about preventing cancer, it's hard to know which ones to follow."

People who maintained at least one of these three beliefs were **less likely than others to exercise weekly and eat five daily servings of fruits and vegetables**. People who believed that it's hard to know what to do were more likely to smoke. All three beliefs, the researchers say, were associated with lower levels of education.

The study, which analyzes data from the National Cancer Institute's Health Information National Trends Survey, is the first national survey in almost 20 years to assess Americans' knowledge about and attitudes toward cancer prevention.

"Many Americans seem to feel afraid and helpless in regards to cancer, which may be exacerbated by conflicting news reports and a general lack of education on the causes and prevention of cancer," said Jeff Niederdeppe, Ph.D., professor at the University of Wisconsin, Madison. "They say 'well, there is nothing much you can do about it' and, as our survey shows, they indeed do nothing about it."

Despite availability of cancer information, the researchers conclude, there has been little progress in changing the belief that "everything causes cancer" in the last 20 years. Niederdeppe says that the media's reporting of conflicting information about cancer prevention influences public perceptions.

What can you do to potentially prevent prostate and other types of cancer?

- ♦ Increase consumption of fruits and vegetables
- ♦ Limit intake of meat and dairy products
- ♦ Exercise moderately or vigorously several times weekly
- ♦ Do not smoke or drink alcohol
- ♦ Eat organic as much as possible
- ♦ Use non-toxic products at home for cleaning and personal hygiene
- ♦ Conduct a life inventory to identify unhealthy components
- ♦ Be willing to make changes, step by step
- ♦ And many others!

The study reveals the startling facts. By age 40, one-third of men have already developed small carcinomas (cancers) of the prostate. By age 60, that figure rises to 60 percent. —READ MORE ON PAGE 5!

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APCaP seeks the collaboration of public/private business leaders, legislators, health providers/administrators, researchers, federal/state/local health officials, and prostate cancer advocates into coordinated cohesive forums to enhance and promote prostate cancer awareness, education, research, and primary/secondary prevention programs. This diversified stakeholder group seeks to reach out to men in their 40s and 50s, and their wives or partners, to educate them about the basics of prostate cancer and what can aid in its prevention. APCaP accomplishes this through physician lectures, a newsletter, and website. APCaP also evaluates and implements ambitious plans that are designed to eliminate prostate cancer as a health threat in the United States by 2015.

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RACE RESULTS

The 6th Annual Ray Perkins Memorial Race was held on Sunday, September 23, 2007 at Duke Island Park in Bridgewater, New Jersey. The event was a certified 5K run sponsored by APCaP. Approximately 200 runners joined the event on a warm, blamy day.

Top Male Winners (Name, Age, Time)

- | | | |
|--------------------|----|-------|
| 1. Neil Vanaatriak | 46 | 18:28 |
| 2. Thomas Diemar | 29 | 20:22 |
| 3. Mike Panzarella | 26 | 20:29 |

Top Female Winners (Name, Age, Time)

- | | | |
|---------------------|----|-------|
| 1. Danielle Stanton | 21 | 20:18 |
| 2. Amy Bublosky | 28 | 21:00 |
| 3. Courtney Stanton | 21 | 21:09 |

A special acknowledgement goes to the performance of one of our younger runners— Alex Esposito, age 13, who finished tied for 4th in the Men's Division with a time of 20:58 minutes.

Congratulations, Alex!

Do you have Questions about Prostate Cancer?

Call us Toll-Free!

Remember that you can have your prostate cancer questions answered on our Hot Line at

1-888-50-APCAP (1-888-502-7227) twenty-four hours a day. It's free. Your message will be responded to

within 24 hours. You will be talking with a prostate cancer survivor from APCaP's Board of Directors about symptoms, treatment options, basic tests, and related subjects. Please note that we are not doctors. If your question requires a physician's insight, we will try to obtain it for you.

CALL TODAY! *The call is on us.*

www.apcap.org

1-888-50-APCAP or 1-888-502-7227

Did You Know?

- ♦ 1 in 6 men will be affected by prostate cancer
- ♦ Only 50% of men over 50 have prostate cancer screening each year.
- ♦ When detected and treated in its early stages, the five year survival rate for prostate cancer is 100%.
- ♦ African American men have twice the incidence and mortality rate compared to Caucasians

Do Race and Ethnicity Impact Prostate Cancer Survival?

Prognosis for surviving prostate cancer is influenced by race and ethnic background, according to a new study of men in California in the August 2007 *Cancer*.

Researchers collected data on 116,916 men diagnosed with prostate cancer, including 108,076 whites and 8,840 Asians from the six largest represented Asian ethnicities (Chinese, Filipino, Japanese, Korean, South Asian, and Vietnamese). Prognostic factors and survival rates were compared among the men.

Asian (except South Asians) survival rates were equivalent or higher than whites. In addition, Asians had better outcomes than whites despite their higher risk profiles of older age, more advanced disease, and the use of non-curative therapies.

Japanese-American men were 34 percent less likely to die from prostate cancer compared with whites. However, South Asian men from India, Pakistan, Bangladesh, Sri Lanka, Nepal, and Bhutan were 40 percent more likely to die from the disease.

Factors that may influence the findings include diet, exercise, and genetics, as well as access to care and health insurance. More studies are needed to better understand the role of race and ethnicity in prostate cancer. Research findings may help doctors with planning treatments and communicating tailored information about potential outcomes to individuals.

Prevent Prostate Cancer by 2015

Prostate Cancer Molecule Discovered—

Mayo Clinic researchers have identified the first immune molecule in the form of a protein that appears to play a role in prostate cancer development and in predicting some prostate cancer outcomes. The protein is called the B7-H3 molecule. An article about these findings appears in the August 2007 *Cancer Research*. The newly discovered molecule stays attached to the surface of prostate cancer cells, which makes it a target

for therapy. In studying 338 prostate cancer patients, higher levels of this molecule also indicated greater cancer progression compared to patients with weaker levels. Scientists involved in the study predict that this finding will allow more customized treatment for men with prostate cancer. More research is needed about the immune molecule B7-H3 to understand exactly how the protein can be used in prostate cancer care.

Dear Reader...

INFORMATION IS POWER! APCaP welcomes donations from the public to support our prostate cancer educational efforts through our quarterly newsletter. Thousands of *Male Call* copies are distributed without charge. Our cost is significant to produce, print, and mail our newsletter. Won't you consider a gift to keep us going? WE ARE GRATEFUL FOR YOUR SUPPORT!

Tax deductible donation to APCaP, a not-for-profit 501(c)(3) organization

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Men (and Women) Make a Difference in Your Health NOW!

Doctors are increasingly emphasizing the tremendous health benefits of simple, yet powerful, interventions for health.

Medical professionals need to encourage men with low-risk prostate cancer to improve their diet, reduce calories and high saturated-fat intake, exercise, and evaluate other lifestyle changes, according to Stephen Freeland, M.D., from Duke University in a presentation at the inaugural meeting of Innovative Minds in Prostate Cancer Today (IMPACT) hosted by the U.S. Department of Defense Prostate Cancer Research Program.

Freeland explained that the majority of men with low-risk prostate cancer will likely die from other causes, especially heart disease. Therefore, these men should be encouraged to proactively protect against heart disease. He says what is healthy for the heart is also healthy for the prostate.

Reduce Weight

Both animal and human studies provide strong evidence that calorie reduction results in slower tumor growth. According to Freeland, the research is clear that weight reduction goes a long way in supporting the heart and working against cancer.

Cut High Saturated-Fat Intake

Research at Duke and other institutions suggest that high saturated-fat intake promotes tumor growth in animals. Duke studies also show that simple carbohydrates drive tumor growth. Freeland advocates avoiding foods such as candies, cookies, and ice cream. Potatoes and white bread should only be eaten in moderation, if at all.

Exercise

Moderate to vigorous exercise several times weekly helps with weight loss, protection against heart disease, resisting cancer, and more.

Freeland uses the term “**active surveillance**” versus “watch and wait” to reflect a more **patient focused, proactive strategy** for men dealing with low-risk prostate cancer. He thinks more doctors need to **focus on the whole patient, and not just the disease or tumor**.

Even men without low-risk prostate cancer will benefit from empowering lifestyle enhancements, and possibly prevent the disease.

What is the prostate?

The prostate is a walnut-shaped gland found only in men. It lies in front of the rectum, sits just below the bladder where urine is stored, and surrounds the tube that carries urine from the body (urethra). The gland functions as part of the male reproductive system by making a fluid that becomes part of semen, the white fluid that contains sperm.

Psychological Distress: Active Surveillance Versus Treatment

A study in the United Kingdom compared the psychological stress of men with early or localized prostate cancer using active surveillance versus immediate treatment. Researchers found that active surveillance was not associated with greater psychological distress through depression or anxiety than more immediate treatment for prostate cancer. The study is published in the September 2007 *British Journal of Urology*.

The study followed 329 men with localized disease. One hundred were on active surveillance, 81 were currently receiving treatment, and 148 had previously received radiation therapy. Overall, anxiety and depression were not significantly associated with management by active surveillance. One difference for those using active surveillance indicated higher anxiety scores significantly associated with being younger and with a longer interval since diagnosis. Depression was also significantly associated with a longer interval since diagnosis.

www.apcap.org
1-888-APCAP or 1-888-502-7227

Some Cancers are Preventable

A new book, Cancer: 101 Solutions to a Preventable Epidemic, offers empowering information and evidence about how to prevent some cancers. Many causes of cancer reside in our personal habits. Contamination of our bodies by carcinogenic (cancer causing) and hormone disrupting pollutants, as well as nutritionally deficient food, play key roles. The book suggests 101 positive, solutions-based strategies with practical advice and success stories to inspire action and protect families, communities, and future generations. Each solution is explained with resources for follow-up. You can find more information at www.earthfuture.com/cancer.

Cancer Promoting Hormones in Foods

Men who increase consumption of cancer-fighting vegetarian foods, and avoid foods such as dairy products and meat associated with tumor growth, may significantly increase chances of living longer after a prostate cancer diagnosis, according to a review in the September 2007 Nutrition Reviews.

High-fat, low-fiber diets raise circulating testosterone, estradiol, and insulin levels, which in turn may fuel prostate cancer cell growth. **Among men with the highest intake of saturated fat, the risk of dying from prostate cancer is three times higher than among men with the lowest intake.**

“For men diagnosed with prostate cancer, the key to improving the odds of survival is avoiding high-fat fare and instead choosing fruits, vegetables, beans and other cancer-fighting vegetarian foods,” said lead author Susan Berkow, Ph.D., C.N.S with the Physicians Committee for Responsible Medicine. “Many of the nutrients found in familiar foods appear to inhibit the growth of malignant cells.”

The review analyzed 76 published studies, including work by Dean Ornish, MD, indicating serum, or the clear portion of blood, from patients following a low-fat vegan diet inhibits the growth of cultured prostate cancer cells eight times more than serum from a standard diet group. Many studies have found that **patients on a low-fat, plant-based diet experience a significant decrease in PSA levels, a marker for prostate cancer progression.**

Revolutionizing Prostate Cancer Prevention

New research results about prostate cancer prevention studies conducted since the 1990s published over the next five years are poised to revolutionize the field, according to a Canadian study in the November 2007 Cancer.

The study reveals the startling facts. By age 40, one-third of men have already developed small carcinomas (cancers) of the prostate. By age 60, that figure rises to 60 percent.

The good news is that prostate cancer is often slow-moving. As a result of this slow growth, young men are positioned to potentially slow down, stop, and even reverse prostate cancer progression at an early stage. The researchers noted that sometimes prostate cancer takes decades to develop from a single prostate cancer cell into advanced-stage illness.

The study says that **limiting fat in the diet** might reduce prostate cancer risk. The China Study, a book by Colin Campbell, Ph.D., also demonstrates **links between animal fats, dairy, and cancer growth.** Many studies have revealed **prostate disease is also promoted by pesticide exposure, high testosterone levels, the increased oxidative stress.** The term oxidative stress refers to an increase in free radicals (harmful molecules), and a decrease in antioxidants (helpful, protective molecules). Supplements and foods with vitamins C, E, and beta carotene increase antioxidants in the body.

Vitamin E and selenium are noted as helpful against prostate cancer. Other research suggests that consuming more **green tea, soy, vitamin D, and lycopene (typically found in tomatoes) works against the disease.**

The Canadian study suggests that many prostate diseases are preventable, and low grade prostate cancer can be controlled in many men. Reducing the need for unnecessary surgery and other treatments that impact quality of life will also save men and their families from stress, medical costs, heartache, and more.

No Evidence that Widely Used Statin Drugs Protect Against Prostate Cancer

A large community-based study conflicts with previous findings that statins— drug often used for heart conditions— might cut one's risk of developing prostate cancer by reducing production of the male hormones that fuel cancer growth. These male sex hormones that can stimulate prostate cancer growth are called androgens and include testosterone and androsterone.

Researchers from the New England Research Institutes evaluated medical histories of 1,812 men, including 237 statin users, and analyzed their blood. *Their research question focused on whether or not statin drugs reduce androgen levels in the blood. They found that while men using statin drugs had lower blood levels of androgens such as testosterone, it was more likely attributable to poor health rather than the use of statin drugs.* These new findings appear in August 2007 Cancer Epidemiology, Biomarkers & Prevention.

Study scientists emphasized that their findings indicate statin drugs do not impact testosterone. Statins lower cholesterol and are commonly prescribed to treat and prevent heart disease. Since cholesterol is required for the production of male hormones researchers have theorized that statins may reduce production of these hormones. A large, recent study found that men using statin drugs were at lowered risk of developing metastatic or fatal prostate cancer, especially if the drugs were used over a long period of time. But other studies on statin use and prostate cancer risk have had mixed results, according to Susan A. Hall, Ph.D., a research scientist at the New England Research Institutes.

There was a significant association between statin use and level of total testosterone in the blood, but that association vanished when researchers considered the patients' age, body weight, and history of cardiovascular disease and diabetes. "We know that men with higher body mass index, diabetes and cardiovascular disease tend to have lower testosterone levels, and this largely accounted for the drop in testosterone in statin users," Hall said.

FAST FACTS:

Prostate cancer is the second most common form of cancer diagnosed among American men. This year approximately 220,000 new cases of the disease are expected to be diagnosed, and about 27,000 men will die of the disease.

First Genetic Test for Prostate Cancer

The first genetic test for prostate cancer has become available in the United Kingdom in September 2007. The test, called PCA3, looks for a gene in men's urine that is produced exclusively by prostate cancer cells. Research suggests that a PCA3 positive test is a highly accurate indication of prostate cancer. The test will be used in combination with a physical exam to determine if a biopsy is necessary. Reports indicate that the PSA test will still be routinely used with the PCA3 test reserved for high risk patients.

New Cancer Statistics

Cancer death rates have decreased for the majority of the 15 most commonly diagnosed cancers in men and women, including prostate cancer, according to a report from the National Cancer Institute, American Cancer Society, Centers for Disease Control and Prevention, and North American Association of Central Cancer Registries. All of those organizations have more information on their published analysis.



"Before we try assisted suicide, Mrs. Rose, let's give the aspirin a chance."

News from the Laboratory: More Prostate Cancer Fighting Foods

Pectins in Fruits and Vegetables Kill Prostate Cancer Cells

Pectin, a type of **fiber found in fruits and vegetables** and used in making jams and other foods, killed prostate cancer cells by up to 40 percent in laboratory experiments at the University of Georgia.

Many prostate cancer cells exposed to pectin in the study self-destructed. Researchers report that pectin even killed cells that are not sensitive to hormone therapy and therefore difficult to treat with current medications. These findings are published in the August 2007 *Glycobiology*.

This study adds to increasing evidence on the health benefits of pectin, which also **lowers cholesterol and glucose levels in humans**. Other laboratory studies suggest that **pectin can reduce metastasis and prevent lung and colon tumors**. Another study found that **pectin promoted cell death in colon cancer cells**.

Pectin is one of nature's most complex molecules with the potential to bind to several sites on cells and elicit several different cellular responses at the same time.

As more studies are conducted on the role of pectin against cancer, a simple way to boost pectin intake is to increase daily consumption of fruits and vegetables.

Grape Skin Extract Inhibits Prostate Cancer Cells

Laboratory experiments show that **muscadine grape skin extract (MSKE)** can inhibit growth of prostate cancer cells, according to researchers at the National Cancer Institute and their collaborators. The results appear in the September 1, 2007 *Cancer Research*.

The body uses different ways to prevent the development of cancer and also stop cancerous growth once it has started. Research indicates that MSKE significantly inhibits the growth of cancerous, but not normal prostate cells, primarily through **inducing cell death**. Resveratrol, another grape skin component, seems to act against prostate cancer by **blocking the cancer cell division cycle**.

Grapes and grape products with MSKE, which can be white or red, are labeled as muscadine. Grapes with resveratrol are typically red.

The study suggests that MSKE impacts cells from different stages of prostate cancer tumor progression, including through inhibiting tumor development at very early stages. NCI researchers emphasized that further studies of MSKE will be necessary to determine if it has potential as a chemopreventive or therapeutic agent.

PSA RECOMMENDATIONS:

As a reminder, current recommendations suggest healthy men over 50 have an annual PSA blood test. However, African Americans and people with a family history of prostate cancer should begin testing at age 40.

ATTENTION Male Call Readers!

Knowledge is power. Men and their families who become educated about prostate cancer will learn how to take better care of themselves and monitor their health.

APCaP is seeking feedback from Male Call readers about our newsletter content.

How can we improve Male Call? Have we helped you learn about prostate cancer and prevention? We are specifically looking for stories from our readers regarding ways in which the newsletter content has been helpful. Please send your feedback and stories to info@apcap.org, or to our mailing address listed on the back cover. Thank you!



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