

MALE *Call*™

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APCaP - Alliance for Prostate Cancer Prevention

Male Worries about Getting Older

In a survey of 1,000 men evaluating concerns with getting older, 32 percent were concerned about their pension, 13 percent about prostate cancer, 7 percent about their weight, 4 percent about baldness, and 2 percent about impotence. More than 22 percent said they were not worried about any of those things or did not know.

The survey, which was conducted in the United Kingdom on behalf of the Prostate Cancer Charity, aimed at assessing the level of public awareness about prostate cancer and health risks.

The poll also found that only 13 percent of men surveyed knew the prostate gland was important for sexual function. Forty percent thought it was important for opening and closing the bladder, 10 percent thought it for for making urine, 8 percent thought it was for storing it, and 29 percent of men did not know.

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 fluid that becomes part of semen, the white fluid that contains sperm.

In This Issue About Prostate Cancer (PC)

Topic	Pages
Male Worries About Aging	1
Letter from APCaP's Chairman	1
American Veggie Consumption	2
Vitamin D and PC	3
Healthy Behaviors to Reduce Cancer	4
Work Out, or Break Down?	4
Male Baldness Drug Linked to PC	5
New PC Diagnostic Test	5
News from the Lab	6
Tools for Health, Leveling the Playing Field	7

Letter from APCaP's Chairman

In early May 2007, the Food and Drug Administration (FDA) issued preliminary approval of the vaccine Provenge, developed by Dendron, for treatment of men with advanced prostate cancer. FDA then requested the completion of a 500-man study before Dendron's Provenge might receive FDA approval. Prostate cancer advocates, and many of the 50,000 men now suffering from advanced prostate cancer, expressed extreme disappointment and called for the raising of voices to reverse the decision.

To ameliorate the plight of men and their loved ones affected by prostate cancer, APCaP is committed to pushing even harder for principles set out in our charter—that prevention and early detection are the two most important keys in controlling prostate cancer and advanced disease. Prostate cancer deaths have decreased compared to 10 years ago. We believe increased awareness and use of the prostate specific antigen (PSA) test are major contributors to this reduction. As we call for increased funding to study new prostate cancer treatments, we believe more emphasis on prevention and PSA testing are also necessary.

Our brothers with advanced disease deserve immediate consideration. We believe FDA must allow compassionate use of the drug while Dendron additional study is being completed. Compassionate use allows patients access to an unapproved cancer therapy before FDA approval when enough evidence exists of its potential efficacy. We also believe that immediate emphasis should be placed upon developing other vaccines that have shown promise in preliminary trials.

Working together, we can defeat prostate cancer.

Best Regards,
Henry A. Porterfield
Chair, APCaP

R e d u c e Y o u r R i s k f r o m 1 i n 6



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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Americans Are Not Eating Enough Veggies

Less than one-third of American adults are eating the amount of fruits and vegetables recommended by the U.S. Centers for Disease Control and Prevention (CDC). The goal is to have 75 percent of Americans eating two servings of fruit and three of vegetables each day by 2010.

Data about the low consumption of veggies in America came from a telephone survey of more than 305,000 adults in 2005. The rate of fruit and vegetable consumption has remained unchanged since 1994, and the U.S. is only about halfway to the goal the CDC hopes to reach three years from now.

According to the survey, senior citizens were more likely to eat more veggies. Younger adults, ages 18 to 24, ate the fewest vegetables. Seniors also ate the most fruit. However, people ages 35 to 44 ate fruit the least with fewer than 28 percent consuming the recommended daily amount.

March was National Nutrition Month. Evidence indicates that eating more fruits and vegetables can lower a person's risk for chronic diseases such as certain cancers and cardiovascular disease.

Additional information on National Nutrition Month is available at www.eatright.org. The Produce for Better Health Foundation has nutritional information, cooking advice, and shopping tips at www.fruitsandveggiesmorematters.org. Information regarding 5-A-Day for Better Health, a CDC-led program to increase fruit and vegetable consumption, is available at www.5aday.gov.

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

Vitamin D Boost Against Prostate Cancer

Previous research indicates vitamin D impacts prostate cancer risk. Sources of vitamin D include seafood and dairy products, and the body also makes vitamin D naturally when skin is exposed to sun.

One reason researchers think vitamin D might protect against prostate cancer is that this cancer is more common in sun-starved northern countries (where people often have a vitamin D deficiency) than in sunny regions.

Prostate cancer is also more common in African American men than in those of European descent. When exposed to the same amount of sunlight, individuals with darker skin make less vitamin D than those with lighter skin.

A study published in the March 2007 *PLoS Medicine* analyzed data from 1,066 men enrolled in the U.S. Physicians' Health Study who developed prostate cancer between 1982 and 2000, and 1,618 cancer-free men of the same ages. Two-thirds of the men diagnosed with cancer had insufficient blood levels of specific metabolites in the body required for vitamin D absorption in the winter and spring. Almost one-third had a vitamin D deficiency.

These findings suggest that many U.S. men have suboptimal levels of circulating vitamin D. This study also reveals an association between low levels of these two vitamin D metabolites and aggressive prostate cancer, which is consistent with the theory that vitamin D helps to prevent the progression of prostate cancer. These results suggest that improving vitamin D status through increased moderate exposure to sun and vitamin D supplements might reduce prostate cancer risk, particularly in men with a specific genotype called FokI.

Because the study participants were mainly of European descent, the researchers caution that these results may not apply to other ethnic groups and note that further detailed studies are needed to understand fully how vitamin D affects prostate cancer risk across the population.

This information was compiled from the research article "A Prospective Study of Plasma Vitamin D Metabolites, Vitamin D Receptor Polymorphisms, and Prostate Cancer," and accompanying editor's summary, available at <http://medicine.plosjournals.org>.

www.apcap.org

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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Healthy Behaviors Reduce 50 Percent of Cancers

Many Americans are concerned about potentially developing cancer. According to the American Cancer Society (ACS), at least 50 percent of cancer deaths could be prevented through healthy lifestyle factors, including not smoking or using other tobacco products, maintaining a healthy body weight, getting sufficient physical activity, eating a healthy diet, limiting consumption of alcohol, and getting cancer screening tests. Research indicates that cutting cancer death rates by 50 percent nationally would save about 280,000 lives every year in the U.S.

In an effort to guide people toward a reduced cancer risk, ACS launched a one-year program in January 2007 called the **Great American Health Challenge** to encourage a commitment to the following actions to reduce cancer risk.

- **Check** – Find out which cancer screening tests are appropriate based on age and family history, and discuss these with your doctor. Screening can prevent cancer or detect it at its earliest, most treatable stage.
- **Move** – Be physically active most days of the week; strive for at least 30 minutes of exercise – over and above your usual activities – on five or more days.
- **Nourish** – Aim for a healthy body weight and eat a well-balanced diet that includes plenty of fruits, vegetables and whole grains, and limit consumption of red meats, especially high fat and processed meats.
- **Quit** – Stop smoking, or join the fight against tobacco as an advocate for smoke-free communities.

To get started, log on to www.cancer.org/greatamericans or call 1-800-ACS-2345 and enroll in the Great American Health Check.

www.apcap.org

Work Out, or Break Down?

According to the National Cancer Institute (NCI), physical activity probably reduces men's risk for prostate cancer by 10 percent to 30 percent.

NCI says that the likely association between physical activity and prostate cancer is based on a small number of studies that evaluated the role of physical activity in men who developed prostate cancer. Most of these studies indicate that inactive men have higher rates of prostate cancer compared to men who are very physically active.

How much exercise and what type of physical activity are necessary? CDC recommends that adults "engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week," or "engage in vigorous-intensity physical activity for at least 20 minutes on three or more days of the week." Examples of moderate-intensity and vigorous-intensity physical activities can be found on the CDC Physical Activity Page at www.cdc.gov/nccdphp/dnpa.

Individuals who are physically active may reduce their risk for other types of cancer. NCI states that with physical activity, colon cancer can be reduced by 40 to 50 percent, breast cancer can be reduced by up to 40 percent, and endometrial cancer and lung cancer can be reduced 30 to 40 percent. After a cancer diagnosis, quality of life and prognosis also appear to be impacted by exercise.

More information about physical activity and cancer can be found on the NCI website at www.cancer.gov/newscenter/pressreleases/PhysicalActivity.

CDC Physical Activity (PA) Definitions

Moderate-Intensity PA

Some increase in breathing or heart rate, a perceived exertion, activity that burns 3.5 to 7 Calories per minute (kcal/min).

Vigorous-Intensity PA

A large increase in breathing or heart rate, a significant perceived exertion, or activity that burns more than 7 kcal/min.

Hair Loss Drug Lowers PSA Counts

The hair-loss drug Propecia interferes with the PSA test and causes inaccurate readings in some men that can mask the presence of prostate cancer, according to research published in the December 2006 *Lancet Oncology*.

The study followed 308 men aged 40 to 60 with male-pattern baldness. For 12 months, 247 men took Propecia daily, while 61 took a placebo. PSA readings declined in men taking Propecia. Compared to readings at the beginning of the study, the readings at the end were a median of 48 percent lower. The effect was slightly greater on men in the 50 to 60 age group. Men on the placebo experienced no significant changes in the PSA reading.

As estimated 4 million men worldwide use Propecia, whose active ingredient is finasteride, which prevents the breakdown of testosterone. Previous research already indicated that the high doses of finasteride in the prostate-enlargement drug Proscar could reduce PSA levels. However, the new study is the first to show the lower levels in Propecia do the same.

Men taking Propecia should note that the drug might suppress their PSA score. A previously safe reading could be false. Men taking Propecia need to work with their doctors to determine the most accurate predictor of prostate cancer. Oncologists also suggest that men track the actual number of their PSA results. In addition, if the doctor says the PSA results are "normal", men should then ask for their specific score and track their numbers over time.

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.

On the Horizon: New Prostate Cancer Diagnostic Test

Scientists at St. George's University of London, are evaluating a blood test that uses DNA (or genetic) markers to identify prostate cancer cells that are shed into the bloodstream. **The researchers have demonstrated that by measuring the DNA marker levels, not only can an accurate diagnosis of cancer be made, but the cancer stage can be identified.** In addition, certain markers, if switched on, will hopefully give information on how quickly the cancer will develop, and, therefore, when treatment must be introduced.

The current, most widely used method of detecting prostate cancer is the serum PSA test, which is not 100 percent accurate. Increased levels of PSA are elevated in non-malignant conditions, such as benign prostatic hyperplasia, prostatitis, and even urinary tract infections. This new test, which is able to detect one prostate cancer cell among a sample of 100 million blood cells, is 95 percent accurate.

Because of its inaccuracy, most elevated serum PSA results are followed up. This is done using a core needle biopsy involving needles and tissue removal. Some men will invariably have a biopsy in which the result will be negative for prostate cancer. Researchers hope the new test, with its increased accuracy, will encourage men who suspect they have prostate problems to seek medical attention early on, enabling early treatment and hopefully leading to less men having prostate biopsies.

"Many men fear seeking medical help, even when they suspect they have prostate problems, for fear that the diagnosis will involve painful and undignified tests. This simple, speedy, non-invasive test means patients need not fear traumatic tests to diagnose prostate cancer," said Brigadier John Anderson, Chief Executive of the Prostate Research Campaign UK that has partly funded the research.

According to the researchers, the test could be introduced on to the market next year in the United Kingdom.

News from the Lab: Curry, Green Tea, and Tomato-Broccoli Against Prostate Cancer

Curry

Curcumin, a turmeric root extract, has been shown to possess activity in the treatment and prevention of cancer, multiple sclerosis, and Alzheimer's disease. Curry powder is a mixture predominantly composed of tumeric root extract and other spices such as coriander and fenugreek.

Findings from laboratory research in the March 1, 2007 *Cancer Research* indicate that curcumin inhibited the growth of tumors in mice and enhanced the effects of both gemcitabine (a type of chemotherapy) and radiation therapy. The researchers concluded that their data supports additional studies with curcumin in combination with traditional forms of chemotherapy or radiotherapy.

Green Tea

Another study in the same *Cancer Research* issue suggests that a component of green tea (known as EGCG), combined with low doses of the cox-2 inhibitor painkiller Celebrex, may be able to slow prostate cancer growth.

The current study found that a combination of EGCG and Celebrex was 15 percent to 28 percent more effective in slowing the cancer cell growth than either agent alone. These findings support previous research indicating that when given individually, a component of green tea, and cox-2 inhibitors, helped fight prostate cancer in animals.

"Celebrex and green tea have a synergistic effect – each triggering cellular pathways that, combined, are more powerful than either agent alone," Hasan Mukhtar, PhD, a researcher involved in the study, said through the American Association for Cancer Research. "Prostate cancer typically arises from more than one defect in the cellular mechanics, which means that a single therapeutic might not work fighting a particular cancer long-term. If tests in human trials replicate (the results of this study), we could see a powerful combined therapy that is both simple to administer and relatively cost effective," Mukhtar said.

Tomato-Broccoli Combo

The combination of tomato and broccoli had the largest anti-prostate cancer effect in rats compared to either food alone, a supplemental dose of lycopene, finasteride, a drug prescribed for men with enlarged prostates, or castration. According to the study in the January 2007 *Cancer Research*, the rats were fed a diet of 10 percent tomato and broccoli powder daily over 22 weeks.

"When tomatoes and broccoli are eaten together, we see an additive effect. We think it's because different bioactive compounds in each food work on different anti-cancer pathways," said study co-author John Erdman. The study showed that eating whole foods is better than consuming their components. "It's better to eat tomatoes than to take a lycopene supplement. Cooked tomatoes may be better than raw tomatoes. Chopping and heating make the cancer-fighting constituents of tomatoes and broccoli more bioavailable." The study authors stated that instead of powder, men might consider consuming daily 1.4 cups of raw broccoli and 2.5 cups of fresh tomato, or 1 cup of tomato sauce, or 1/2 cup of tomato paste.



"I'll want to run a few tests on you, just to cover my ass."

**Prevent Prostate
Cancer by 2015**

Tools for Your Health

New Harvard Cancer Prevention Resource

The Harvard Center for Cancer Prevention has a new interactive tool that estimates your risk of cancer and provides personalized tips for prevention. Anyone can use it, but it's most accurate for people age 40 and over who have never had any type of cancer. *Your Disease Risk* can't tell you if you'll get cancer or not, but it can tell you where to focus your prevention efforts – because the best way to fight cancer is to stop it before it starts! Their website is www.yourdiseaserisk.harvard.edu.

American Journal of Men's Health

American Journal of Men's Health (AJMH) is a new quarterly journal publishing cutting-edge information about specific issues related to men's health and illness. It features original articles, research briefs, editorials, health policy, legislative updates, and other articles. Their inaugural March issue contains articles about prostate cancer. Check it out at <http://jmh.sagepub.com>.

Public Library of Medicine

Most full-text articles of research results in medical journals are only available through costly subscriptions. *PLoS Medicine*, an open-access, peer-reviewed medical journal published monthly by the non-profit Public Library of Medicine (PLOS), is available free of charge at <http://medicine.plosjournals.org>. The website also provides summaries of the study results.

Leveling the Field

ACS's report *Cancer Facts & Figures for African Americans 2007-2008* states that African Americans had the highest death rate of any racial and ethnic group for all cancer combined and for most major cancers.

Death rates for African Americans with prostate cancer are 2.4 times higher than for Caucasians, and death rates for African American breast cancer patients are 1.4 times higher than for Caucasians. African Americans are more likely to be diagnosed with cancer when it's at a more advanced stage when there are fewer and less effective treatment options. In general, African Americans are less likely to survive five years after being diagnosed with a major cancer.

"Access to insurance and health care, as well as health education, play an important role in one's health, but a lot of African Americans do not have access to these tools," Dr. Durado Brooks, the American Cancer Society's director of prostate and colorectal cancers, said in a prepared statement.

This report highlights the "need for more focus on improving socioeconomic factors and providing educational opportunities that can help further lessen cancer's unequal burden on African Americans," Brooks said.

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.

Since its inception in January of 2005, the quarterly APCaP Newsletter, *Male Call*, has shared references to reliable resources about prostate cancer, profiled current research about prostate cancer prevention, and interviewed leading doctors and other health care professionals in the field. We have emphasized that research suggests an improved diet, more frequent exercise, reduced stress, a cleaner environment, and other more balanced lifestyle factors may reduce the risk of prostate cancer.

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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