

Stress and Prostate Cancer: A Psychoanalyst's Perspective

A Conversation with Charles E. Daly, PhD

Based on your clinical experience, is there a relationship between stress and prostate cancer?

In my practice, I do not personally see a relationship between stress and prostate cancer. A lot of people are stressed, and if stress causes cancer, then I think more people would have the disease. However, I am familiar with the research by Dean Ornish, MD, suggesting that comprehensive lifestyle changes, including stress reduction, may affect the progression of prostate cancer. There is a lot in the literature saying stress and cancer are related.

Would you name some of the most frequent causes of stress for men you work with in your clinical practice?

There are several major causes of stress I've witnessed with clients. Work, including holding onto one's job and supporting family, contributes to severe stress and also deep depression. Inability to show emotion is stressful for many men. Another key cause of stress involves *externality* and men focusing on what they think they should have versus what they actually have.

What are some helpful strategies men might consider to reduce stress?

I can suggest a number of strategies against stress and toward greater wellness.

- ♦ Exercise, including belonging to a gym, and even with a gym partner such as a spouse or friend.
 - ♦ Yoga, which I've seen work wonders for people that are serious about it.
 - ♦ Quiet time, including meditation, is a necessity for people that want to keep their mind in one place.
 - ♦ Fun is something people do not have enough of and I think it is a good idea to legislate it.
 - ♦ Thinking outside of one's world is very freeing.
- Doing what you love, and if you cannot find something you love, do something you like. It is a privilege to do what you love in your work, but that is not very common. The idea of quality is missing in society, and by focusing on what we love, or at least like, we appreciate quality.

What are some areas men are slow to acknowledge or perceive about the role of stress in their lives? Where and how do they most often resist helping themselves?

Men do not have a clue about how stress impacts relationships with their spouse and family members. Men see stress as a weakness instead of a call to action. Many men are in denial. They would benefit from opening up and softening through cultivating their feminine side. Women are generally more aware of the impact they are having in relationships with one another, and men need to develop these skills.

Since all aspects of our lives influence our health, including our relationships, what are some ways that families can work together toward reducing stress in everyday life?

Families need to appreciate one another. People need to think more about how they spend their lives. Once the moment is gone, it is gone and we cannot gain it back.

(Continued on Page 5)

In This Issue About Prostate Cancer (PC)

<i>Topic</i>	<i>Page</i>
Stress and PC: A Psychoanalyst's Perspective	1, 5
Perspectives from the Bedroom	2
American Lifestyle Increases PC Risk	2
Active Work Decreases PC Risk	3
New Genetic Risks for PC Identified	4
Butting Heads about DRE	5
Tasty Treats for your Health	6
Healthy Shopping List	6
Reducing PC Risk Through Diet	7

www.apcap.org

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



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.

Board of Directors:

Hank Porterfield (*Chair*), Terry Roe (*Vice-Chair*), Col. James R. Anderson, John Campbell, Kelly Largey, Tony Porterfield, Patrick Roe, Col. (Ret.) James E. Williams, Jr., USA

Scientific Advisory Board:

Mitchell C. Benson, M.D., NY Presbyterian Hospital
William J. Catalona, M.D., Washington University M.C.
Anthony Cantanese, M.D., Somerset Medical Center
E. David Crawford, M.D., University of Colorado, H.S.C.
Robert C. Flanigan, M.D., Loyola University M.C.
Philip Kantoff, M.D., Dana Farber Cancer Institute
Eric Klein, M.D., Cleveland Clinic
Paul Lange, M.D., University of Washington
Herbert Lepor, M.D., NYU Medical Center
Judd W. Moul, M.D., Duke University Hospital
Mark Moyad, M.D., University of Michigan
Alan Partin, M.D., Johns Hopkins
Arthur T. Porter, M.D., The Detroit Medical Center
Peter T. Scardino, M.D., Memorial Sloan Kettering Can. Ctr.
Paul Schellhammer, M.D., E. Virginia Medical School
Eric Small, M.D., University of CA at San Francisco
Ian M. Thompson, M.D., University of Texas Medical Center
Nicholas J. Vogelzang, M.D., Nevada Cancer Institute
George Wilding, M.D., University of WI Cancer Center

Newsletter Publisher:

Terry Roe

Newsletter Editor:

Jeannine Walston of Healing Focus, www.healingfocus.org

Perspectives from the Bedroom

Updates about Erectile Dysfunction

Two recent studies linked erectile dysfunction (ED) with cardiovascular disease. Men should be aware that ED is not a symptom of prostate cancer. However, ED is a side effect from prostate cancer treatments. Therefore, by preventing prostate cancer, men are potentially preventing prostate cancer related ED.

Prostate cancer is a family disease. ED can hurt the unity of a happy marriage. In addition, male children might be susceptible to prostate cancer through the genetic link to the father.

Sex Might Help Reduce Prostate Cancer Risk

Frequent ejaculations, especially in 20-something men, may reduce the risk of prostate cancer later in life, according to a study in the *British Journal of Urology International*. Researchers compared men diagnosed with prostate cancer to those without. They found men who had five or more ejaculations weekly while in their 20s reduced their risk of getting prostate cancer later by a third.

American Lifestyle Increases Prostate Cancer Risk

Populations with low risk of prostate cancer moving to a high risk area shifted to a higher risk profile, according to a population migration and nutritional epidemiology study of prostate cancer by June Chan, ScD, of the University of California, San Francisco.

Chinese men in China had risk of prostate cancer at the rate of 3 per 100,000. The risk three generations later after they moved to the U.S. increased to 100-120 per 100,000. This increase suggests that changes to cells in the body and not DNA affects prostate cancer risk.

Chinese people a few decades ago ate low fat, low protein, and low meat diet. Their diet was full of grains and vegetables. Processed foods were rare. In contrast, Americans eat a diet with high fat, high protein, and high refined sugar. These dietary changes are considered the cause of an increased incidence of prostate cancer.

Active Work Decreases Prostate Cancer Risk

Men with jobs that require them to be physically active may be at a decreased risk of developing prostate cancer, according to a University of California, Los Angeles study published in the February 2008 *Cancer Causes Control*.

Researchers studied more than 2,100 men who worked at the Rocketdyne facility in the San Fernando Valley of California conducting nuclear and rocket engine testing. Many employees were exposed to radiation and chemicals that may have increased their risk for certain cancers. The research team identified 362 men who developed prostate cancer and compared them to 1,805 men of similar age and socioeconomic status without prostate cancer.

Researchers evaluated company records to rank job descriptions by the amount of physical activity required and any harmful exposures workers experienced.

Physical activity was separated into jobs with varied amounts of exertion. Men with low physical activity jobs were primarily managers, supervisors, analysts, administrators, and senior engineers. Men with highly physically active jobs were masons and bricklayers, metal fitters, welders, packers, painters, tool and die makers, truck drivers, lift operators, and janitors.

The study found that the men who developed prostate cancer were less likely to hold the more physically active jobs. In addition, men that got cancer were more likely than the control group to be highly exposed to the known or suspected carcinogens evaluated in the study.

These findings are supported by other studies suggesting continuous physical activity, but not intermittent activity, is required to lower the risk of prostate cancer. Although science has not yet demonstrated the biologic mechanisms lowering prostate cancer risk through physical activity, some have speculated that activity can alter hormone levels in some men.

Those involved with the study emphasized that men who have a desk job need to engage in regular physical activity to counterbalance it.



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

Amount: \$25 _____ \$50 _____ \$75 _____ \$100 _____ \$250 _____ Other _____

Visa/Mastercard # _____ **Exp. Date** _____ **Check #** _____

Signature _____

**IF YOUR EMPLOYER HAS A MATCHING GIFT PROGRAM,
PLEASE ENCLOSE THE APPROPRIATE FORM.**

Mail to: APCaP, 15248 South Tamiami Trail, Suite 1000, Fort Myers, FL 33908

New Genetic Risks for Prostate Cancer Identified

A number of efforts are underway to use genetic testing in prostate cancer diagnosis. Currently, prostate specific antigen (PSA) testing of the blood is considered the best way to diagnosis the disease, combined with digital rectal examination. However, these testing methods, particularly the most commonly used PSA, are not 100 percent effective as diagnostic tools. As a result, scientists are evaluating other ways to collect information in men to identify prostate cancer.

Research over many years has demonstrated the disease has a genetic link. Through new technology scanning DNA, researchers identified small variations in tiny DNA regions that were more common in men who had prostate cancer compared to men who did not. This research resulted in the discovery of genetic variants that appeared to be linked to prostate cancer. Tests to identify gene variants associated with prostate cancer to assist in diagnosing the disease are being evaluated by a number of researchers.

A combination of variations in five specific regions of DNA can help predict a man's risk of getting prostate cancer, according to a company called ProActive Genetics. After more testing in larger groups of men, scientists expect to offer a test this year that will analyze DNA in blood or saliva samples submitted through the mail for a cost less than \$300.

This test is supported by studies indicating men with four or five gene variants had a 4.5-fold increase in their risk as compared to men with none. Studies also suggested that men who had four or five of these variants combined with a family history of prostate cancer increased their risk nearly ten fold compared to men with none of those risk factors.

Nearly half of the cases of prostate cancer in the study among the approximately 5,000 men with an average age in the mid-60's could be attributed to the five gene regions and a family history. The study, by scientists at Wake Forest University School of Medicine, the Karolinska Institute in Sweden, the Harvard School of Public Health, and Johns Hopkins Medical Institutions, appeared in the January 31 2008 *New England Journal of Medicine*.

Results published in the February 2008 *Cancer Research* from the University of Michigan reflect similar work. **Viewing a major problem with the PSA test as only looking for one prostate-specific protein instead of multiple markers, the Michigan team is assessing a test evaluating four prostate cancer genetic markers in urine.** In 234 men, this test identified 80 percent of the group that had prostate cancer. This test was able to rule out prostate cancer in 61 of the men whose biopsies were negative. Researchers noted that this test might be a tool after men receive an elevated PSA score to collect more information toward the most accurate diagnosis.

Three other studies published in the February 2008 *Nature Genetics* identify at least ten genes that raise a man's prostate cancer risk. **This research conducted around the world, including at facilities such as the National Institute of Health and The Institute of Cancer Research in Britain, illustrates a growing trend toward using multiple genetic markers in prostate cancer diagnosis and treatment.** Researchers hope these findings lead to better screening, targeted drugs, and ultimately help predict men that are susceptible to the most aggressive form of prostate cancer.

This is certainly a sign of scientific progress and increased understanding about prostate cancer. However, how does this test help men protect themselves against the disease? How does it help men make decisions about their health?

Some experts suggest that men have the new test once in their lifetime when they are young and perhaps around 35 years old. Those at high risk for prostate cancer due to their genetics might then choose to start prostate cancer screening earlier than the usual age of between 45 and 50.

Others have concerns that this type of testing could lead to more screening and subsequent treatments since this testing does not identify which prostate cancers are more dangerous. Over-treatment is already considered a problem with this disease since many prostate cancers grow slowly and are ultimately harmless without treatment interventions. Unnecessary treatments should be avoided since they impact quality of life, relationships, and finances. **The best ways to evaluate prostate cancer risk, improve diagnosis, and treatment will continue to be researched and debated by community experts.**

Butting Heads about DRE

Prostate cancer screening is most commonly done through measuring the prostate specific antigen (PSA) in the blood. Another screening tool is the digital rectal examination (DRE). The DRE is conducted by a physician who feels the prostate through the rectum to identify any abnormalities in the prostate. Some men have an aversion to this test, but new research indicates it is important.

According to a report in the December 2007 *Urology*, DRE should not be excluded from prostate cancer screening protocols. Researchers compared clinical test results and survival outcomes between patients diagnosed with prostate cancer by DRE alone versus PSA alone.

Prostate cancer was significantly more likely in men with abnormalities in both DRE and PSA than in those detected by either test alone. These findings suggest that eliminating DRE from screening protocols would miss a significant proportion of patients with a clinically important and potentially curable prostate cancer. Researchers emphasized that PSA and DRE testing must be done on a regular basis, especially since persistent changes over time are as important as the results at any one point in time.

Prostate Cancer Quick Facts

- ◆ Prostate cancer is expected to kill more than 27,000 men nationwide this year, with an estimated 220,000 new cases predicted for 2008.
- ◆ It affects the walnut-sized prostate gland, part of the male reproductive system.
- ◆ Prostate cancer can be detected before symptoms even appear by screening the blood for unusually high concentrations of prostate-specific antigen (PSA), a protein produced by the prostate gland.
- ◆ High PSA levels may prompt additional testing, like a needle biopsy, to confirm or rule out a diagnosis of cancer.

Stressed Out?

- ◆ 33% of Americans feel they are living with extreme stress
- ◆ 75% say that money and work are the leading causes of stress
- ◆ 48% feel that their stress has increased over the past 5 years

Source: American Psychological Association study, 2007

Stress and Prostate Cancer

(Continued from Page 1)

Along with the outside world of the family, there is the inside world. Individuals suffer when they do not pay attention to themselves. Self-nurturing is referred to as “self full.” Each person needs to provide self-care, and this ultimately enhances relationships within a family.

Can you provide an example of a client in your practice that had prostate cancer and how you worked with him around stress and lifestyle issues?

I worked with a 40 year old dealing with advanced prostate cancer and suggested simple things such as several nights weekly at the gym with his wife, entertainment events, as well as enjoying his environment and life around him. He had a strong willingness to break himself down. A key healing factor was that he was willing to look outward to the internality of his family and connect with that love.

What did you learn about stress, family, and lifestyle as you went through prostate cancer?

I was diagnosed with prostate cancer 17 years ago. Shortly after my diagnosis, I was admitted to the hospital. I could not sleep for 4 days. My wife was sick with the flu at home. It was only when a friend visited me that I cried. Then, I could finally sleep. Discharging the emotions is necessary.

After surviving prostate cancer, I felt lucky and with gratitude. However, when you go through something and survive, you lose that moment of grace over time. My life changed, but I do not always feel it. And yet, my understanding and awareness of mortality is integrated into my work with all clients, especially those that are ill. Cancer illustrated for me my own powerlessness. Certain things you cannot control.

I was raised in a strict Irish family, and I realized early on in my life that having things was not enough. I needed to develop an internal self and a center. For me, faith, and how this manifests for each person varies according to their spirituality and/or religion, has been a center for me against stress instead of a strategy.

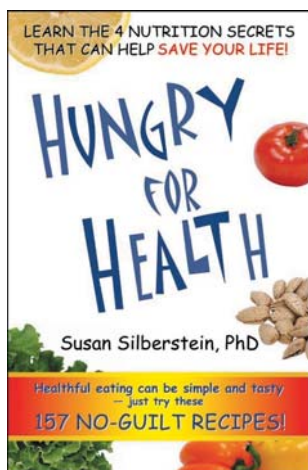
Dr. Daly lives in New Jersey where he maintains a practice in psychoanalysis.

Tasty Treats for your Health

Are you hungry for health?

Well, we hope so!

We recommend you check out Hungry for Health by Susan Silberstein, PhD, featuring her favorite recipes for health and healing with 157 delicious, nutritious dishes to help prevent and reverse disease. More information is available at www.hungryforhealth.net.



Here are two of Dr. Silberstein's recipes! Families, please share these recipes with one another. We hope you enjoy them!

Guacamole

3 large ripe avocados

1 tsp sea salt

1/4 C lemon juice

3 cloves garlic

1 small tomato, finely chopped

1/2 medium onion, finely chopped

Blend avocados, salt, lemon juice and garlic in a food processor until creamy. Mix in a bowl with the chopped ingredients. Serve chilled over bed of Boston lettuce with corn chips.

Yield: 4-6 servings

Very Berry Smoothie

1 ripe banana

1/2 C frozen or fresh strawberries, chopped

1/2 C frozen or fresh raspberries

1 C apple juice

1 T maple syrup

1/2 C crushed ice (optional)

Blend all ingredients except ice until smooth.

Add ice if desired and blend again.

Yield: approximately 16 ounces

Healthy Shopping List

Prostate Cancer Prevention Grocery Shopping List!

- ♦ Vegetables of all colors, including dark leafy greens
- ♦ Legumes (lentils and other beans)
- ♦ Whole grains
- ♦ Healthy oils such as olive and nut oils
- ♦ Nuts and flax seeds
- ♦ Tomatoes
- ♦ Garlic, onions, and ginger
- ♦ Herbs such as turmeric
- ♦ Fish without heavy metals
- ♦ Green tea

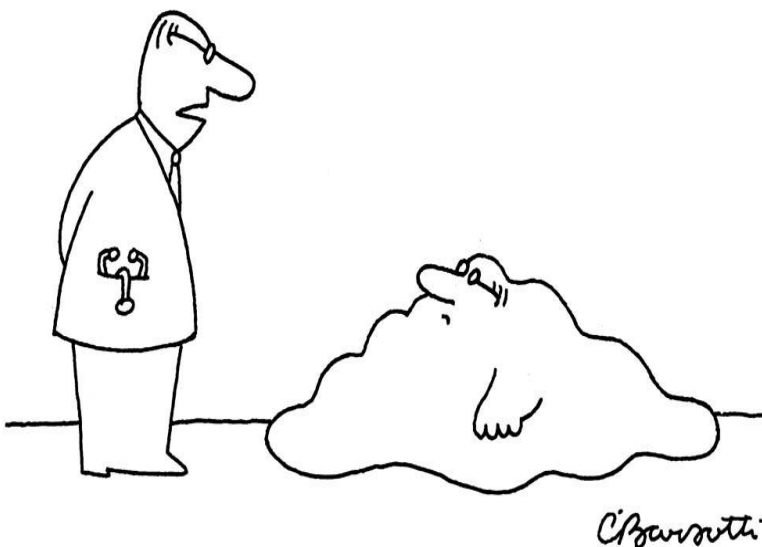
And consider avoiding the following foods

- ♦ Fats from animals
- ♦ Proteins such as cooked red meats
- ♦ Cheese and milk
- ♦ Some oils including canola

One in six 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



"Be honest—how much are you exercising?"

© The New Yorker Collection 2006 Frank Cotham from cartoonbank.com.
All Rights Reserved.

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

Reducing Prostate Cancer Risk Through Diet

A tremendous amount of research has been conducted to assess how foods impact prostate cancer. The following list contains research results, some of which have been featured over the last few years here in Male Call. They have been compiled from the website www.foodconsumer.org, an online resource operated by a number of professionals in food, health, and environmental sciences.

- 1) Plant based diet and plant nutrients may impact the progression and clinical outcome of people affected by prostate cancer.
- 2) Drinking lots of green tea a day was linked with reduced risk of advanced prostate cancer, but not localized prostate cancer, according to Japanese researchers. This adds to a growing body of evidence suggesting that green tea may provide protection against cancer. The study published in the *American Journal of Epidemiology* found those who drank five or more cups of green tea a day were 48 percent less likely to develop advanced prostate cancer.
- 3) Eating just one serving or more of broccoli and cauliflower a week may reduce risk of prostate cancer by up to 45 percent, according to a study published in the *Journal of the National Cancer Institute*.
- 4) High dietary intake of selenium may reduce risk of prostate cancer in certain groups of men, particularly with high vitamin E and multivitamins, according to a study from the Cancer Prevention Program at Fred Hutchinson Cancer Center.

5) Eating tomatoes and broccoli together can maximize their protective effect against prostate cancer, according to a study published in *Cancer Research*. Tomatoes and broccoli are two vegetables known for their cancer-fighting properties. The new research indicates that together they are more effective in shrinking prostate tumors compared to when they are used separately.

6) Eating just one portion of salmon per week may decrease the risk of prostate cancer by about 43 percent, according to a study by Swedish researchers, who say the effect is mainly due to the omega-3 fatty acids in the fish.

7) Drinking pomegranate juice may help slow the growth of prostate cancer, suggests a small study published in *Clinical Cancer Research*. The study found it took a longer time for men who drank pomegranate juice to double PSA in their blood.

8) A hot pepper compound known as capsaicin may help men fight prostate cancer, according to a study published in *Cancer Research*. The study found the hot pepper component induced deaths of about 80 percent of prostate cancer cells growing in mice.

According to these studies and others, eating a plant-based diet with no or reduced meat helps prevent prostate cancer.

Prevent Prostate Cancer by 2015

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.

One Person at a Time... Help us expand Male Call readership! Send us names and addresses of your loved ones to help broaden local and national educational efforts about prostate cancer prevention through the Alliance for Prostate Cancer Prevention (APCaP)! We will mail anyone at no charge a new issue of Male Call four times annually with the latest news about prostate cancer prevention! Email us names and addresses, or send a list of your favorite people to the APCaP office on the following page! Thank you!



Prevent Prostate Cancer by 2015

1888-50-APCAP or 1-888-502-7227

Email: info@apcap.org

Alliance for Prostate Cancer Prevention
15248 South Tamiami Trail, Suite 1000
Fort Myers, FL 33908

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.

RETURN THIS FORM TO RECEIVE OUR FREE QUARTERLY NEWSLETTER

Name: _____ Company: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Fax: _____ Email: _____



Mail to: APCaP, 15248 South Tamiami Trail, Suite 1000, Fort Myers, FL 33908