

Prostate Cancer Prevention Newsletter

Prevent Prostate Cancer by 2015

Volume 1, Issue 4
September 2005



Lifestyle and Diet Changes Impact Prostate Cancer

After one year of comprehensive lifestyle changes, men with biopsy proven prostate cancer experienced decreased PSA levels, inhibition of prostate tumor growth, and a marked improvement in quality of life, according to a study published in the September 2005 *Journal of Urology*. These findings indicate that men with early stage prostate cancer who make intensive changes in their diet and lifestyle may stop or perhaps even reverse the progression of their illness. Dr. Dean Ornish and Dr. Peter Carroll of the University of California at San Francisco, and the late Dr. William Fair, featured in the Heroes of Medicine column of APCaP's June 2005 newsletter, directed the study.

The study evaluated 93 men with biopsy-proven prostate cancer that chose not to undergo conventional treatments for reasons unrelated to the study. The study participants were randomly divided into either a diet and lifestyle change group or a comparison group that was not asked to make any particular changes. None of the diet and lifestyle change participants needed conventional prostate cancer treatments such as surgery, radiation, or chemotherapy during the study, but six members of the comparison group underwent conventional treatments because their disease had progressed.

Blood chemistry levels improved in the diet and lifestyle change group. While PSA levels increased by about six percent in the comparison group, PSA levels decreased by four percent in the diet and lifestyle change group. Researchers also tested each man's serum, the liquid part of the blood without red and white blood cells, on prostate tumor cells grown in the laboratory. Serum from those men with a healthy diet and exercise program inhibited tumor cell growth by 70 percent, while the control group's serum inhibited cell growth by only nine percent.

Participants in the diet and lifestyle change group were placed on a vegan diet of fruits, vegetables, whole grains, and legumes supplemented with soy, vitamins, and minerals. They participated in moderate aerobic exercise, yoga, meditation, and a weekly support group.

"This adds new evidence that changing diet and lifestyle may help to prevent prostate cancer," said Dr. Ornish. "Changes in diet and lifestyle that we found in earlier research could reverse the progression of coronary heart disease may also affect the progression of prostate cancer. These findings suggest that men with prostate cancer who undergo conventional treatments may also benefit from making comprehensive lifestyle changes."



Yoga for Prostate Health

This study included yoga as a strategy for stress-management in the comprehensive lifestyle change program.

Yoga, which has been practiced for about 5,000 years, means "union" and aims at the realization of the unity of our whole being. It is usually taught as a sequence of physical poses and breath exercises. Yoga postures exercise the spine, which in turn nourishes the central nervous system, stimulates the lymphatic system and the liver meridian, both of which help to remove toxins from the body. The physical postures, breathing exercises, and meditation practices of yoga reduce stress, lower blood pressure, and regulate the heart. Certain yoga poses can help open and increase circulation, as well as build strength within the pelvic area. Yoga classes are taught in gyms, private studios, and health centers around the United States.

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 40's and 50's, 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

Consultant: 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 Catanese, 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 W. 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
Nick Vogelsang, M.D., University of Chicago Cancer Center
George Wilding, M.D., University of WI Cancer Center

Newsletter Editor: Jeannine Walston of Healing Focus,
www.healingfocus.org

Efforts to Reduce Cancer's Impact on Baby Boomers

After turning 50, a man's chance of developing prostate cancer increases rapidly, with more than 70 percent of all prostate cancer cases diagnosed in men over the age of 65. The baby boomer population of individuals born between 1946 and 1964 makes up about 30 percent of the current United States' population. The first wave of the 77 million baby boomers will be turning 60 during 2006. Also next year, those born at the height of the baby boom will be turning 50 and the youngest will be turning 40.

Without major advances against prostate cancer available to aging Americans, it's expected that over the next 10 years, the number of prostate cancer deaths could rise from 30,000 to 50,000 per year. Hormonal agents, chemotherapy drugs, vaccines, anti-inflammatory substances, dietary and lifestyle changes offer hope to men already diagnosed with prostate cancer.

During the next 10 years, the number of men diagnosed with prostate cancer is expected to increase by 40 percent from approximately 230,000 to over 300,000 a year. However, these numbers could be dramatically reduced through dietary and lifestyle changes aimed at prostate cancer prevention.

APCaP strives to educate the public about research findings associated with preventing and reversing prostate cancer disease. Through applying dietary guidelines and making other lifestyle changes, together we will save lives and move closer to our goal of preventing prostate cancer by 2015.

APCaP also sponsors educational events targeted at healthy men in their 40's and 50's, as well as their spouses, to increase awareness about prostate cancer. APCaP welcomes tax deductible donations that allow us to continue our work.

Prevent Prostate Cancer by 2015

Sexuality, Intimacy, and Prostate Cancer

“When I was diagnosed with prostate cancer, I immediately considered how the disease might impact my relationship with my wife. I also recognized why so many men are afraid of this disease. It hits deep at the male identity,” said George Mitchell, a 48-year-old seven-year prostate cancer survivor.

Men dealing with prostate cancer and their partners are often forced to confront physical and emotional side effects. Sylvie Aubin, PhD, with the Seattle Cancer Care Alliance and University of Washington School of Medicine, has worked with hundreds of men and their partners on sexual function and intimacy issues. Her research indicates a high rate of sexual dysfunction in men after treatment for prostate cancer. This dysfunction can involve decreased sexual initiation by the male partner and lower sexual satisfaction overall. Men and women have both reported an absence of feeling closeness to their partner and poor communication regarding their respective emotional states and sexuality.

Dr. Aubin has used relationship enhancement therapy as an intervention for men and their partners dealing with prostate cancer. Couples usually require 80 percent of therapy time on intimacy issues, and 20 percent on sexual function issues, including erectile dysfunction treatments and sex therapy.

Couples dealing with prostate cancer often spend more therapy time on intimacy versus sexual function issues, according to Dr. Aubin.

Under the category of intimacy issues, cognitive behavioral therapy is used to assess pleasure versus performance, expectations of change, and to help modify negative thoughts. Overall, half of session time is spent on couples therapy with emphasis on communication skills training, reinforcing skills training, and quality time management.

In summary, Dr. Aubin spends the majority of session time on couples therapy with an emphasis on intimacy issues as opposed to sexual function issues. Her work also raises the question, “What is the status of the couple’s relationship at baseline before dealing with prostate cancer and its treatments?” Intimacy between couples is often impacted by life stressors. A survey conducted by Dr. Aubin indicates that for couples mood and well-being are considered the most important issues, followed by sexual intimacy, and family stressors.

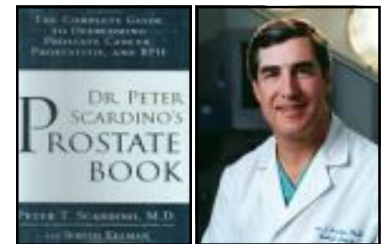
A presentation by Dr. Aubin about sexuality, intimacy, and prostate cancer can be found on the website of the American Society of Clinical Oncology at www.asco.org.

Guide to Overcoming Prostate Cancer

In The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH, Peter Scardino, MD, Chairman of the Department of Urology at Memorial Sloan Kettering Cancer Center, and member of APCaP’s Scientific Advisory Board, provides an informative overview of the prostate, risk factors related to prostate disease, diagnosis, treatment, and side effects.

Dr. Scardino’s book, including his chapters entitled Urinary Side Effects, Sexual Side Effects and Bowel Side Effects, also provides perspective on the kinds of physical and emotional responses common in prostate cancer patients and their partners. He explains that prostate cancer affects men in a very intimate place. The disease and its treatments carry some risk to normal sexual, urinary, and bowel functions. Dr. Scardino explains that while those side effects are much less common with high quality treatments and can be

managed effectively when they occur, the fear of losing erections and urinary control can be overwhelming.



While depression and anxiety are common for many cancer patients, for men with prostate cancer, these feelings may be more focused around sexual functioning and add another layer of emotional complexity to the disease experience. Partners may also be challenged to provide emotional support and understanding at a time when they are under significant stress themselves.

Dr. Scardino’s book, which was published in April of 2005, can be purchased online through Amazon.com and at bookstores nationwide.

Natural Approaches to Prostate Health by Elson Haas, M.D.

It appears that common diseases among men over 50 involve the prostate sex organ (and the colon and cardiovascular system). The modern lifestyle of stress; long hours of sitting, driving or TV watching; stuffing food and emotions; eating fast food, flesh and milk products; regular intake of sugar, caffeine, and alcohol; and environmental toxicity all set the stage for chronic, debilitating and degenerative diseases, including prostate enlargement (BPH Benign Prostatic Hypertrophy) and prostate cancer.

It ultimately is much better to stay young and in prostatic shape by maintaining sexual activity, getting regular exercise, managing stress levels, taking stretch and activity (and breathing) breaks from long periods of sitting and computer work, eating a low-fat, higher-fiber, more vegetarian and wholesome diet; and avoiding excess use of refined sugars, red meats and alcohol, while obtaining adequate essential fatty acids daily, such as from two teaspoons of flaxseed oil. Zinc, Vitamins C and E and the B vitamins, particularly B6 are important for a healthy prostate.

There are two herbs that are specifically useful in preventing and treating prostate diseases. They are *Serona Repens* and *Pygeum Africanum*.

Helpful Herbs For Prostate Health

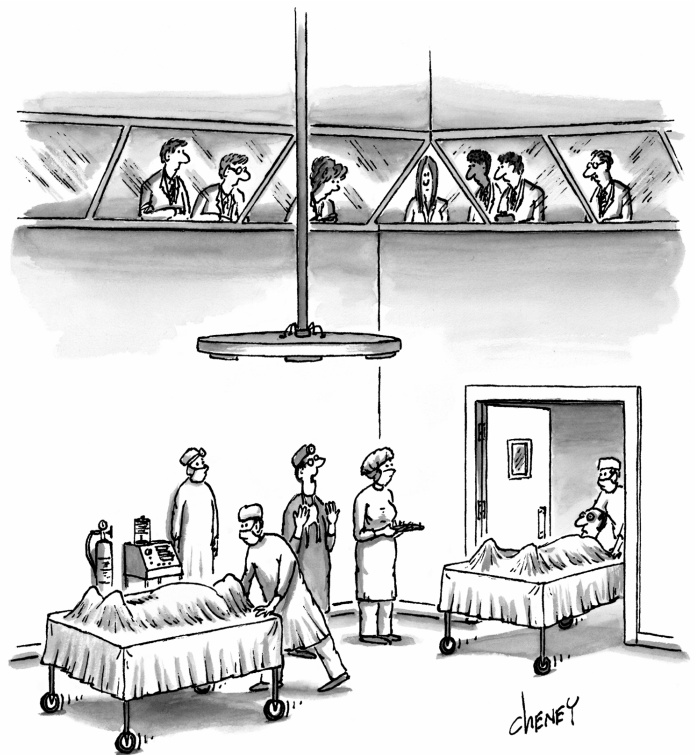
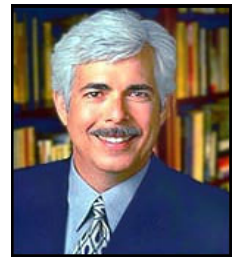
Saw Palmetto berry (*Serenoa Repens* and *Serrulata*) has been shown to effectively diminish pain, inflammation and enlargement of the prostate. It may work by inhibiting *dihydrotestosterone* (testosterone), thereby reducing its stimulation for cell multiplication. Saw Palmetto has been used for centuries and is also thought to have a mild aphrodisiac effect, as well as increasing sperm production and sexual vitality.

An herb from an African evergreen tree, *Pygeum Africanum*, has been shown in research to reduce prostatic enlargement and inflammation; it may also help stimulate libido. *Pygeum* has many natural chemicals that have anti-inflammatory and other positive effects on energy and bodily functions. Physical activity can reduce risk of chronic disease, improve balance and coordination, help with weight loss, and enhance quality of life.

These herbs work very well and offer less expense and less potential harm than drugs used to treat BPH. It is conceivable that if you follow the aforementioned lifestyle advice you can avoid prostate problems. Taking a test every couple of years is a good way to detect any problems early.

We can truly alter the aging process by the way we choose to live. Whether we can ultimately alter our longevity may not be as important as enhancing our health and vitality as we age.

Dr. Elson Haas is the author of several books and Founder and Director of the Preventive Medical Center of Marin, an integrated health care facility in San Rafael, California. He can be reached at 415-472-2343 or www.elsonhaas.com.



"Next, an example of the very same procedure when done correctly."

The New Yorker Collection 1998 Tom Cheney from cartoonbank.com
© All Rights Reserved

Informed Public: Learning about Prostate Cancer Without the Disease

How do you get healthy people thinking about prostate cancer? To achieve this goal, APCaP hosts educational events with talks by physicians about prostate cancer. APCaP strives to increase awareness about prostate cancer prevention through lifestyle changes and regular diagnostic tests.

In January of 2005, Anne and Chris Helmstetter, both 42 years old, of Bridgewater, New Jersey, attended a cocktail party at a local country club sponsored by Sanofi Aventis and hosted by APCaP. The event featured a lecture by Anthony Catanese, M.D., of Somerset Medical Center, and a member of APCaP's Scientific Advisory Board. APCaP recently spoke with Anne about her experience at this gathering.

Anne explained that the event was targeted at younger people in their 40s and 50s to provide information about prostate cancer. Dr. Catanese's lecture focused on the disease, how to become aware of symptoms, as well as prevention. Dr. Catanese emphasized prevention strategies such as exercise and a healthy diet, along with diagnostic tests that are necessary for monitoring prostate health.

"Health issues can sneak up on you over time. Prostate cancer was not something my husband or I thought about previously," remarked Anne. Through the experiences with her family members who have been affected by cancer, Anne understands the importance of early detection. She acknowledges, "If it hasn't affected you directly, you don't think about it. In reality, cancer is something that can strike you or your family anytime."

Anne explained that her husband has been investing more time in exercise since the APCaP lecture. In addition, at his next annual check up, Anne's husband Chris intends to talk with his physician about prostate health. Chris now refers to a prostate exam as something that needs to be done. As parents of two children ages 13 and 16, Anne and Chris strive to model healthy behaviors so that self-care is a way of life.

www.apcap.org

APCaP provided a handout at the event with information about prostate cancer, including a checklist of warning signs related to prostate cancer. Anne and Chris plan on referring to the checklist in the future, especially if symptoms arise.

"The APCaP event made me realize that my husband and I, as well as our peers, are getting older. And there are health issues that may impact us as we age. Prostate cancer should be as well known as heart attacks or breast cancer. It affects a lot of people. Men should be monitoring their prostate health as they age," said Anne.

For a schedule of APCaP events, please refer to our website at www.apcap.org.



Anne and Chris Helmstetter, and their two children, on a recent family vacation.

Did you know?

- 1 in 8 men will be affected by prostate cancer
- African American men have twice the incidence and mortality rate
- 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%

Five Steps to Starting a Fitness Program

Step 1: Assess your fitness level

The American College of Sports Medicine recommends starting with assessing and recording baseline fitness scores, including measurements of aerobic fitness, muscular fitness, flexibility, and body composition. Recording these numbers provides benchmarks against which to measure progress. Consider retesting six weeks after starting a program and then again every three to six months. Using these numbers, additional energy can be directed into areas that require more attention.

Step 2: Design your program

Fitness generally includes four components, including aerobic capacity, strength, flexibility, and weight control. The fourth component of weight control may be achieved through an exercise program and sensible eating.

In designing a fitness program, keep these points in mind:

- Consider fitness goals
- Plan a logical progression of activity
- Think about how to build activity into daily routines
- Plan to include different activities
- Allow time for recovery after exercise
- Put your fitness program on paper

Step 3: Assemble equipment

Step 4: Get started

- Start slowly and build up gradually
- Incorporate variety into the exercise routine. A typical session might include a five to 10-minute warm-up of slow walking, 20 to 40 minutes of aerobic activity, such as brisk walking, bicycling or rowing, 10 to 15 minutes of weight training, and a five to 10-minute cool-down of stretching. It could even consist of dancing.
- Break things up if necessary. All of the exercise doesn't need to be done at one time. To obtain aerobic health benefits, exercise can be performed in shorter but more frequent sessions. Ten minutes, three times a day, may fit better than one 30-minute session.
- Make it work for your lifestyle
- Listen to your body
- Be flexible

Step 5: Monitor progress

Retake personal fitness assessments every three to six months. Keep an exercise diary or logbook to help chart progress. Set new goals or try a new activity if motivation decreases. Exercising with a friend or family member also may help maintain motivation.

This information comes from the Mayo Clinic. For more detailed information about designing a fitness program, visit their website at www.mayo.com. Use this sheet for notes as you develop your fitness plan.

Cancer Facts and Figures 2005 from the American Cancer Society

What is Cancer?

Cancer is a group of diseases characterized by uncontrolled growth and the spread of abnormal cells. Cancer is caused by both external factors such as tobacco, chemicals, radiation, and infectious organisms and internal factors such as inherited mutations, hormones, immune conditions, and mutations that occur from metabolism. These causal factors may act together or in sequence to initiate or promote cancer growth. Ten or more years often pass between exposure to external factors and detectable cancer.

Can Cancer Be Prevented?

In 2005, approximately 570,280 Americans are expected to die of cancer. This translates to 1,500 people each day. Cancer causes one in every four deaths in the United States. Cancer is the second leading cause of death exceeded only by heart disease.

Many cancers can be prevented. All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. The American Cancer Society estimates that in 2005 more than 175,000 cancer deaths are expected to be caused by tobacco use.

Scientific evidence suggests that about one-third of the cancer deaths expected in 2005 will be related to poor nutrition, lack of physical activity, and excessive weight or obesity, and therefore could be prevented.

What are Signs and Symptoms of Prostate Cancer?

Early prostate cancer usually has no symptoms. With more advanced disease, individuals may experience weak or interrupted urine flow; inability to urinate, or difficulty starting or stopping the urine flow; the need to urinate frequently, especially at night; blood in the urine; or pain or burning with urination. Continual pain in the lower back, pelvis, or upper thighs may be an indication of metastatic disease. However, many of these symptoms are similar to those caused by benign conditions.

What Survival Rates are Associated with Prostate Cancer?

Ninety percent of all prostate cancers are discovered in the local and regional stages. The five-year relative survival rate for patients whose tumors are diagnosed at these stages approaches 100 percent. Over the past 20 years, the five-year survival rate for all stages combined has increased from 67 to 99 percent. The dramatic improvements in survival, particularly at five years, are partly due to earlier diagnosis but also to some improvements in treatment.

The information comes from the American Cancer Society's *Cancer Facts and Figures 2005* that can be ordered by calling 1-800-ACS-2345.

Nutrition and Prostate Cancer Guide

Evidence continues to grow about the benefits of nutritional approaches to cancer prevention. Nutrition and Prostate Cancer summarizes research to help those affected by or at risk for prostate cancer understand how key nutritional strategies can be incorporated into everyday life. The Prostate Cancer Foundation offers this free publication at www.prostatecancerfoundation.org.



JOIN APCaP TODAY!

Visit our website at www.apcap.org to join APCaP and receive mailings from our organization.

A special thanks to all of APCaP's volunteers who contribute to prostate cancer awareness, education, research, and programs.





Prevent Prostate Cancer by 2015

Alliance for Prostate Cancer Prevention
15248 South Tamiami Trail, Suite 1000
Fort Meyers, FL 33908
1-888-50-APCAP or 1-888-502-7227
Email: info@apcap.org



This newsletter is made possible in part by a generous grant from Sanofi-Aventis.

TAX DEDUCTIBLE DONATION
Alliance for Prostate Cancer Prevention

Name: _____ Company: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Fax: _____ Email: _____

Please accept my 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 _____

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