

#17 8/20/13



Prostate Cancer

The following are some interesting facts about this disease

2013

Did you know that

- Prostate cancer is the most diagnosed cancer in American men, second only to non-fatal skin cancer.
- In the average American family, the husband has a greater risk of developing prostate cancer than the wife has of developing breast cancer.
- More than 2.5 million men are living in the USA today with a history of prostate cancer.
- 238,590 American men are forecast to be diagnosed with prostate cancer this year.
- 29,720 American men are forecast to die from this deadly disease this year.
- Every 17 minutes, 24/7, an American man dies from prostate cancer.
- The 5-year survival rate approaches 100% if malignant prostate cancer is detected in its early stage.
- The 5-year survival rate drops to 28% if malignant prostate cancer spreads to other parts of the body.
- Prostate cancer usually has no symptoms in its early stage and there are no self-tests for this disease.
- 1 out of every 6 men will be diagnosed with prostate cancer in their lifetime.
- 1 out of every 8 women will be diagnosed with breast cancer in their lifetime.
- This year, more men are forecast to be diagnosed with prostate cancer than women are forecast to be diagnosed with breast cancer.
- Men have a higher death rate from prostate cancer than women have from breast cancer.
- African American men have the highest prostate cancer incident rates in the world.
- African American men have a prostate cancer mortality rate that is more than twice as high as that of the white men with prostate cancer.
- NCI provides more than twice as much research funding for breast cancer than for prostate cancer.

The above information comes from the American Cancer Society and the National Cancer Institute (NCI) documents. These documents are available at www.cancer.org and www.cancer.gov.

Many cancer research centers and advocacy groups suggest that every man consider having a prostate cancer test at age 40 to establish a baseline for future reference. Men with a family history of prostate cancer and African American men should consider having this test at age 35. The basic prostate cancer test consists of a simple blood test called a PSA (prostate-specific antigen) and a DRE (digital rectal exam). Both of these simple tests can be conducted in the local doctor's office.

Did you know that 49 states now mandate that breast cancer screenings are covered by insurance, but only 28 states and the District of Columbia currently mandate that insurance companies provide coverage for routine prostate cancer screening? In California, your insurance company or Medicare covers the cost of these prostate cancer tests, with the usual co-pay, for men who are in the eligibility zone for testing.



20 Tips for New Prostate Cancer Patients

Be an Advocate for Your Personal Well-Being



1. Prostate cancer is very treatable. It is not a death sentence.
2. It's normal to be scared and angry and it's okay to grieve, but don't lose focus.
3. Expect to be depressed for awhile, but never give up. You are not alone.
4. It's your life to live. Take control of your situation and become proactive.
5. Don't be afraid to ask for help. Join a local prostate cancer support group.
6. Research available treatment options through the many media sources.
7. Become an advocate for your personal health. You need to do your homework.
8. Keep learning every day. Frequently there is new information available.
9. Don't hesitate to enlist your loved ones for support. They are there for you.
10. Share your experience and feeling with family and friends and don't be afraid to ask them for their support.
11. Open yourself to a new perspective on life and take time to smell the flowers.
12. Research your diagnosis and ask family, friends, and your support group to help.
13. Don't rush into anything. Get second or third opinions before you decide on a treatment option. Decisions take time.
14. For consultation, see a board certified urologist, oncologist and/or radiologist.
15. Before the appointment, write your questions down on paper. Give your doctor a copy of your questions.
16. Never be afraid to ask questions. The most important question may be the one that you were afraid to ask.
17. Write the answers down on paper or ask your doctor if you can use a tape recorder. A tape recorder expedites the appointment.
18. Include your partner or a friend when visiting your doctor. They may hear something that you don't hear during your appointment. Review your findings.
19. Listen carefully, but question what you hear or read. Keep an open mind.
20. Prostate cancer is a family disease. Don't shut your family out, especially your partner. Plan your future together.

Prostate Cancer Support Groups

Located in these counties

Amador - Colusa - El Dorado - Nevada - Placer - Sacramento - Sutter - Yolo - Yuba

Group	When	Where	Contact
Cameron Park*	1st Thursday 3:00 - 4:30 pm	Marshall Medical Cancer Center 3581 Palmer Drive, Suite 202 Cameron Park, 95682	Dick Montgomery 916-213-5593 richardmontgomery773@gmail.com
Carmichael*	3rd Thursday Odd Months Jan, Mar, etc 1:30 - 3:30 pm	Mercy San Juan Physician's Plaza 6555 Coyle Ave Carmichael, 95605 Conference Room 150	Beverly Nicholson, RN 916-537-5237 Beverly.Nicholson@DignityHealth.org
Davis	2nd Monday Even Months Feb, Apr, etc 7:00 - 8:30 pm	Yolo Library - Davis Branch 314 East 14th Street Davis, 95616	Ray Biancalana 530-756-6408 rjalana@yahoo.com
Grass Valley	4th Thursday 4:00 - 5:30 p.m.	Sierra Nevada Memorial Hospital 155 Glasson Way Grass Valley, CA 95945-5723 Building 2, Classroom A	Virginia Wyman, RN 530-346-6680 virgwyman@foothill.net
Jackson	2nd Tuesday 6:00 - 7:00 pm	Sutter Amador Hospital 200 Mission Blvd Jackson, 95642 2nd Floor, Oakview Room	Jerry Trottier 209-223-9133 trottier@volcano.net
Marysville	2nd Wednesday 5:30 - 6:30 p.m.	Rideout Cancer Center 618 5th Street Marysville, 95901	Mike Fortwengler 530-741-1384 mikefort723@mac.com
Roseville	2nd Thursday 6:30- 7:30 pm	Sutter Roseville Medical Center One Medical Plaza Drive Roseville, 95661 Conference Room 13	Jessica Brest 916-781-1591 brestj@sutterhealth.org
Sacramento*	3rd Thursday Even Months Feb, Apr, etc 1:30 - 3:30 pm	U.C. Davis Cancer Center 4501 X Street Sacramento, 95817 Cancer Center Auditorium	Beverly Nicholson, RN 916-537-5237 Beverly.Nicholson@DignityHealth.org
Woodland	2nd Monday Odd Months Jan, Mar, etc 7:00 - 8:30 pm	Senior Center 2001 East Street Woodland, 95776	Gil Walker 530-661-6449 walkergil@hotmail.com

For additional prostate cancer support groups in California, see www.prostatecalif.org

For over 30 years, the **second** opinion has been offering second opinion consultation to cancer patients. They use a unique panel format in which doctors, patients and their family members participate. Consultations are provided at no charge. the **second** opinion is a 501(c)3 non-profit agency. Located in San Francisco. Call 415-775-9956. Visit the web at <http://thesecondopinion.org>

Notes:

Contact the contact person for the latest information regarding the date, time, and location for the meeting.

* Indicates group is sponsored by Us TOO International, Inc.

Please forward your corrections and/or comments about this listing to wdoss@surewest.net