



CANCER ANSWERS

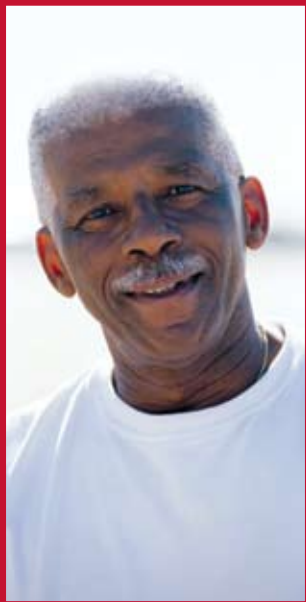
EVERYTHING YOUR HEALTHCARE SHOULD BE

Detecting Prostate Cancer

Because approximately 90 percent of all prostate cancers are currently detected in the earliest stages, the cure rate is very high. In fact, nearly 100 percent of men diagnosed at an early stage will be disease-free after five years.

Two simple methods are at the forefront of prostate cancer screening:

- A digital rectal examination (DRE), in which the doctor feels the prostate gland through the rectal wall
- A blood test, in which a blood sample is tested for the presence of a substance called **prostate-specific antigen (PSA)**



Managing His Prostate Cancer—Close to Home



Special
Men's Cancer
Issue



Donald Willis

Donald Willis, at age 70, was no stranger to the PSA test—a simple blood test for levels of a prostate-specific antigen, a protein produced by the prostate gland. Benign conditions, such as inflammation, can increase a man's PSA levels—but so can cancer.

Four years ago, Donald's PSA levels began a steady rise. When they spiked this past August, his primary care physician referred him to John Upshaw, M.D., a urologist with Memorial Hospital. "Of the six samples Dr. Upshaw biopsied, five were cancerous," Donald explained.

"After age 50, a man's chance of having prostate cancer increases substantially," said Dr. Upshaw. "Donald was at an even greater risk since his father, an uncle, and his own brother had the disease."

Because Donald presented with intermediate-risk disease, a combination of image-guided radiotherapy and brachytherapy was recommended. He completed five weeks of radiotherapy first. Then Dr. Upshaw joined James Maze, M.D., a radiation oncologist with Memorial Hospital, in performing Donald's brachytherapy, a minimally invasive procedure to implant dozens of tiny seeds that release small doses of radiation over a period of 10 months.

"I'm feeling good," said the father of four who is a semi-retired contractor and has been the pastor of the Fenton Baptist Church for the past 38 years. He and Mary, his wife of 50 years, are confident that his treatment at Memorial Hospital was the best they could have found anywhere.

"Folks ask if I'm going to Houston, and I tell them, 'Nope, they take care of me at Memorial as well as anywhere else can,'" he said. "I brag on them to a lot of people." ■

INSIDE THIS ISSUE

- 2 Testicular Cancer: What Men Need to Know
- 3 Basic Facts About Bladder Cancer
- 4 What Every Man Can Do to Prevent Cancer

Speechless No More



John Upshaw, M.D.

Testicular Cancer: What Men Need to Know

Early detection is the key to successful treatment of testicular cancer. The disease has a cure rate as high as 95 percent when found early. That's why it's a good idea for men to check their testicles and scrotum for changes on a monthly basis.

Steps for Performing a Self-Exam

Following are the steps for performing a self-exam, which is best done after a warm bath or shower:

1. Cup one hand under your scrotum and feel for changes.
2. Place your index and middle fingers under the testicle with thumb on top.
3. Roll the testicle between your thumb and fingers, feeling for any lumps on the testicle. Spend about 30 seconds to one minute examining each testicle.
4. Repeat the above on the other testicle.

Testicles should feel firm and smooth. It is normal if one testicle is slightly larger than the other. But if you feel lumps or swelling, see your doctor immediately.



Chris and Kim Golightly

Chris Golightly is a man of few words. The strong, silent type, it wasn't unusual for him to keep quiet—even when an abnormality in his groin kept getting bigger.

But there were a few things on his mind. He'd been laid off from his construction job at a local plant just months before Hurricane Rita destroyed his Moss Bluff home. A new job and building another house took time and energy, and life in a FEMA trailer with two kids provided little privacy.

He mentioned the condition to his wife, Kim, but neither was concerned. He'd had two abdominal hernias, and their son had had two

hernias near the scrotum. They'd been down this route before.

"It didn't bother me, so I didn't worry," Chris stoically explained. The abnormality still wasn't bothering him when he suffered a stroke at work.

"He'd given the company secretary paperwork about his load [of asphalt], but he couldn't answer any of her questions," Kim explained. "It worried her, so she sent their boss out to talk with him. By then, the right side of his face was drooping down."

Physicians at Memorial's Emergency Department were stymied. They called Chris the epitome of health. He didn't smoke or drink, had no family

history of strokes, clots, or heart disease, and he was active. There was nothing to indicate that this 34-year-old should have had a stroke.

"They kept asking if anything else was wrong," explained Chris. Kim told them about the hernia.

At 5 centimeters, it definitely got their attention. A series of blood tests measuring tumor markers indicated that Chris had elevated beta-human chorionic gonadotropin (β -hCG), a hormone produced by some tumor cells. The enlargement proved to be testicular cancer, not a hernia.

Cancer found in the testicles occurs most often in men between the ages of 20 and 39, and accounts for only 1 percent of all cancers in men. The National Cancer Institute estimates that there were 7,920 new cases and 380 deaths from testicular cancer in 2007. For unknown reasons, the disease is about four times more common in white men, especially those of Scandinavian descent, than in black men.

Urologist Stacy McBroom, M.D., with Memorial Hospital removed Chris' right testicle through an incision in his groin, a procedure called a radical inguinal orchiectomy, the most effective way to remove cancerous tumors of the testicles.

"We could not cut through the scrotum to perform the surgery, because if cancer is present, cutting through the scrotal skin would contaminate a different set of lymph nodes than the ones that drain the testicle," explained Dr. McBroom. "Besides enabling diagnosis, removing the testicle can prevent further growth of the primary tumor."

Additional treatment included three-and-a-half weeks of daily image-guided radiation therapy at Memorial Hospital's Cancer Center.

"The medical linear accelerator rotates around the patient, delivering radiotherapy from different angles, in higher doses, more quickly and with greater precision," said James Maze, M.D., radiation oncologist with Memorial Hospital. "As a result, small tumors, such as those in testicles, may undergo treatment while healthier, surrounding tissue is spared."

Only 20 years ago, a diagnosis of testicular cancer was grim news. But dramatic advances in diagnosis and treatment have significantly improved survival rates.

"Most testicular tumors are discovered by patients themselves—either by accident or while performing self-examination," Dr. McBroom explained. Testicular cancer usually presents as an enlarged, painless lump. The lump typically is pea-sized, but sometimes it might be as big as a marble or even an egg.

While there's nothing to suggest a connection between Chris' stroke and the cancer, he's taking no chances and having regular checkups. Still a man of few words, he's speechless no more. ■

LEARN MORE about cancer treatment at Memorial. Visit www.lcmh.com and select "Cancer Center" from the "Find it Fast!" menu.

Bladder Cancer: A Little Knowledge Goes a Long Way

Each year, almost 55,000 Americans learn they have bladder cancer. The good news: Experts estimate that 94 percent of those diagnosed at an early stage will be alive five years later.

Early detection could help save your life. Here are the facts:

- **Fact #1.** Warning signs can include blood in the urine, pain during urination, and changes in bladder habits—having to urinate more often or feeling as if you need to but can't. See your doctor if even one of these symptoms appears.
- **Fact #2.** Bladder cancer is more likely to affect men, older adults, and Caucasians rather than women, young people, African-Americans, and Hispanics.
- **Fact #3.** The greatest risk factor for bladder cancer is smoking. Another possible risk factor is exposure to chemicals in the workplace called arylamines. Occupations traditionally exposed to high levels of arylamines include leather workers, painters, metal workers, and rubber workers. Fortunately, some of these chemicals have been removed from the workplace.
- **Fact #4.** Bladder cancer, while highly curable if caught early, often returns. If you've had bladder cancer in the past, get regular checkups.



James Maze, M.D.

Men and Leukemia



James Gaharan, M.D. Advancements in radiation and chemotherapy treatments for leukemia have resulted in a dramatic increase in survival rates in the past 30 years. "But our best results are still achieved with early diagnosis," said James Gaharan, M.D., a hematologist/oncologist with Memorial Hospital.

Since risk increases with age, adults are more likely to get blood cancer, such as lymphoma, leukemia, and multiple myeloma. These cancers affect the body's blood-making system, including bone marrow, which produces blood cells, and lymph nodes, a network of thin tubes, similar to blood vessels,



that branch into all parts of the body.

"Many people think of leukemia as a child's disease, but it actually affects 10 times more adults than kids and occurs most often in the elderly," said Dr. Gaharan. "Men are even more likely to have leukemia than women, and Caucasians get the disease more than any other racial or ethnic group."

Symptoms

Early symptoms of leukemia are similar to those of the flu or other common diseases, and include:

- Fever
- Fatigue
- Aches in bones or joints
- Headaches
- Skin rashes
- Swollen glands (lymph nodes)
- Frequent infections
- Unexplained weight loss
- Bleeding or swelling of gums
- An enlarged spleen or liver, or a feeling of abdominal fullness
- Slow-healing cuts, nosebleeds, or frequent bruises

Since these symptoms are similar to other illnesses, see your family physician for an accurate diagnosis. ■

FIND THE RIGHT DOCTOR FOR YOU.

Visit www.lcmh.com and click on "Physician Finder."

What Every Man Can Do to Prevent Cancer

The three most common cancers in men are prostate, lung, and colorectal cancer. How can you reduce your risk?

- If you smoke, quit. Smoking is a risk factor for these cancers and other diseases.
- Watch your weight. Obesity is a risk factor.



- Limit saturated fat in your diet. A diet high in animal fat may be linked to increased cancer risk.
- Eat soy. Some studies indicate it can help prevent prostate cancer.
- Taking aspirin or ibuprofen regularly may reduce your risk for colorectal cancer. Multivitamins containing folic acid also may help.
- Follow your doctor's advice regarding routine cancer screenings. If you don't have a doctor, get one. A regular checkup by a primary care physician can help detect disease before you show any symptoms.



Lake Charles
Memorial Hospital

Everything Your Healthcare Should Be.

1701 Oak Park Blvd.
Lake Charles, LA 70601

Non-Profit Org.
U.S. Postage
PAID
Lake Charles
Memorial
Hospital

CANCERANSWERS

Kathy DeRouen
Vice President of Marketing

Jamie Gaines
Communications Manager

This publication is published quarterly by Lake Charles Memorial Hospital. The information in this newsletter is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician.
© 2008 Printed in U.S.A.



Printed on Recyclable Paper

6133M