

The Winston Informer

Issue XIX

This Issue: Prostrate Cancer Detection

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Cynthia Winston,
Chiropractic, P.C.
2200 W. Roosevelt Road
Broadview, IL 60155
Phone: 708 345-0223
Pager: 708 243-1514
Fax: 708 345-0269
www.drcwinston.com

September 2004

It may start with a weak flow of urine or the need to frequently urinate. You could experience interrupted flow of urine or difficulty urinating. There could be pain or burning when urinating or blood in the urine. You could have constant back, hip, or pelvic pain. You could even experience painful ejaculation or have blood in the semen.

Know the signs of prostate cancer

These are some of the symptoms that may be caused by prostate cancer. Contact your primary care physician immediately if you experience any of these symptoms. Your future health or life may depend on making this call and having your prostate examined.

About the prostate

The prostate is a gland that's part of your reproductive system and is located just below your bladder (an organ that collects and eliminates urine), and in front of the rectum (the lower part of the intestine). The prostate normally is the size of a walnut and surrounds part of the urethra (a

tube that empties urine from your bladder).

A little about cancer

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death. Cancer is caused by both external factors (tobacco, chemicals, radiation, and infectious organisms) and internal factors (inherited mutation, hormones, immune conditions and mutations that occur from metabolism).

Prostate Tests

For the physical test, the health care provider does a digital rectal examination by inserting a lubricated gloved finger into the rectum. The doctor is feeling the prostate through the rectal wall for size, lumps or abnormal areas.

Prostate-specific antigen (PSA) is a laboratory test that measures the levels of PSA – a substance produced by the prostate. An increase amount is usually found in the blood of men who have prostate cancer. PSA levels may also be high in men with a non-cancerous

enlarged prostate. Benign prostatic hypertrophy (BPH), is another name for a non-cancerous enlarged prostate. PSA levels may also be elevated in cases of prostate infection and inflammation.

Transrectal ultrasound is an instrument inserted into the rectum that bounces sound waves off of the prostate. These sound waves, with the use of a computer, are used to create a picture called a sonogram. This procedure may also be used during a biopsy.

Biopsy is the removal of cells, tissues or fluid to view under a microscope and check for signs of disease. There is the Transrectal biopsy, where a needle is inserted through the rectum into the prostate so that a sample of tissue can be removed. There is also the Transperineal biopsy where a needle is inserted through the skin between the scrotum and rectum into the prostate so that a sample of tissue can be removed.

A pathologist will examine the sample of tissue to check for cancer cells. If such cells are present, he/she will use the Gleason

Prostate Cancer Facts

- *most common cancer in USA men*
- *second leading cause of death in men (after lung cancer)*
- *Black males are more likely to develop prostate cancer than white males.*
- *Black males are more likely to die of prostate cancer than white males.*
- *family history of prostate cancer results in a higher than average risk of developing prostate cancer*

score – a score from 2-10, that describes how likely the cells are a tumor that will spread. The lower the number, the less likely the tumor is to spread.

You can increase your chances of not having prostate problems by doing the following things:

1. Exercise at least 3 times a week for 30 minutes or more
2. Drink 8 or more 10-ounce glasses of water daily
3. Lose weight if you're overweight. Higher body weight increases your chances of getting cancer and dying from cancer.

4. Stop smoking today. Smoking increases your chances of getting cancer and dying from cancer.
5. Cut back on alcohol intake.
6. Eat at least 5 servings of fresh fruits or vegetables daily
7. Eat less red meat and pork.
8. Eat less fried foods or eliminate them all together
9. Never ignore the prostate disease signs
10. Starting at age 40, get an annual prostate examination. Start younger if you have a family history of the disease.

For more information

Visit your primary care physician. U.S. residents may call the National Cancer Institute's (NCI's) Cancer Information Service toll-free at 1-800-4-CANCER (1-800-422-6237) Monday through Friday from 9:00 a.m. to 4:30 p.m. Deaf and hard-of-hearing callers with TTY equipment may call 1-800-332-8615. The call is free and a trained Cancer Information Specialist is available to answer your questions.

Winston Update



Dr. Cynthia Winston

Cynthia Winston, Chiropractic, P.C.

Hours:

M, T, Th 9 a.m. - 6:30 p.m.
F, Sat 9 a.m. - 1 p.m.
Closed Wednesdays
(708) 345-0223

Ah Spa Inc.
2200 W. Roosevelt
Broadview, IL
708 345-7034

The information in The Winston Informer is for educational purposes only and should not be used to diagnose or treat illnesses. Consult your health practitioner before beginning any course of treatment.