

DOC TALK

David M. Adams, M.D. is a native of Monticello, Utah, and earned his undergraduate degree from Southern Utah University in Cedar City. He attended medical school at Tulane University School of Medicine in New Orleans, Louisiana.

Dr. Adams completed both a general surgery internship and a urologic surgery residency at Penn State Milton S. Hershey Medical Center in Hershey, Pennsylvania. He is a member of the American Urologic Association. He and his wife, Tasha, have two daughters. In addition to his work as a physician, Dr. Adams enjoys movies, golf, and travel. Dr. Adams has been practicing in Logan, Utah and is excited to now be providing care in southern Utah.

David Adams, MD



PROSTATE CANCER

by David Adams, MD



Prostate cancer is the most common non skin cancer in men. It is estimated that 1 in 6 men will be diagnosed with prostate cancer during their lifetime. Risk factors for developing prostate cancer include a family history of the disease, especially among first-degree relatives, obesity, recurrent prostate infections/inflammation and the so called Western diet which is high in saturated fats and red meat.

Screening, through monitoring PSA levels and a digital rectal exam, is recommended annually for men over 50 with at least a 10 year life expectancy. It is wise for men with a strong family history to begin screening in their 40s. It is important to screen for prostate cancer because by the time a person becomes symptomatic from the disease, it is likely very advanced and incurable. Early detection is the key to successful treatment.

Prostate cancer can be divided into low risk, intermediate risk, and high risk disease. The risk is based on the PSA level and other characteristics of the cancer determined by the biopsy. Most cancers detected by screening are low and intermediate risk. Prostate cancer, especially the low risk variety, tends to grow very slowly and may take 10 or more years to cause symptoms or threaten a man's survival.

There are several treatment options available for men diagnosed with prostate cancer. Most commonly men undergo surgery to remove the prostate or have radiation treatments. The most troublesome long-term effects of surgery can be incontinence and erectile dysfunction, which can have a significant effect on quality of life. Fortunately, there are several treatments available for a man if he is suffering from either problem.

There are several forms of radiation to choose from also. External beam radiation is radiation delivered from outside the [\(continued on back\)](#)

(continued from front page) body focused onto the prostate. There are also ways to deliver the radiation internally to the prostate either with radiation pellets/seeds or implanted catheters. Only an urologist and radiation oncologist can help decide which radiation approach is appropriate for an individual.

Obviously the best treatment for prostate cancer is prevention. A good thing to remember is “what is good for your heart is good for your prostate”. Do what your mother told you and eat your fruits and vegetables. These contain the antioxidants, minerals, and vitamins needed to maintain heart and prostate health. Make sure to get enough fiber as this has shown to prevent both colon and prostate cancer. Omega-3 fatty acids found in fish and fish oil supplements can be beneficial also. A Multivitamin is important but make sure it does not contain much more than the daily recommended allowance of any vitamin or mineral. Super doses of vitamins and minerals are rarely beneficial and often detrimental. And finally, regular exercise, maintaining a healthy weight, smoking cessation and keeping alcohol consumption to a minimum (2 drinks per day for men) will do your body and prostate good.

EVENTS AND CLASSES

Classes take place in the Radiation Conference Room, 400 East Entrance--544 S. 400 E.

September

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| Meditation & Stress Busting | Mondays at 11 a.m. |
| 1 STEPS to Wellness
<i>Optimize Exercise</i> | 11:35 a.m. |
| 8 Coping STEPS for Couples | 4 p.m. |
| 12 Care Connections
<i>General Support Group</i> | 11:35 a.m. |
| 15 Breast Friends
<i>Breast and Ovarian Group</i> | 11:35 a.m. |
| 19 Yoga | 11:35 a.m. |
| 22 I Care: Self-care for Caregivers | 4 p.m. |
| 26 Care Connections
<i>General Support Group</i> | 11:35 a.m. |
| 27 Look Good, Feel Better
<i>Call Deb to register at 688-5092</i> | 4 p.m. |
| 28 Lympho-cise
<i>Call Deb to register at 688-5092</i> | 4:30 p.m. |



UPCOMING AND SPECIAL EVENTS

Please submit any ideas for future newsletters to Deb Christensen at 688-5092 or at deborah.christensen@imail.org