



Wellness News

Raising Awareness of Prostate Health

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Prostate Health Awareness Month

September is Prostate Health Awareness Month! Throughout the month various programs across the nation take aim at heightening awareness about the importance of early detection and treatment in combating prostate-related diseases, including benign prostatic hyperplasia (BPH) and prostate cancer.

Sanofi-aventis, a world leader in cancer treatment, is proud to support **Prostate Health Awareness Month**. Sanofi-aventis is dedicated to saving lives through raising awareness and educating men about BPH and prostate cancer, the importance of early detection, available treatment options, and other men's health issues. Our extensive research and development efforts are focused on health care challenges and we strive to discover, develop, and produce innovative therapies that enhance people's lives.

This newsletter is dedicated to increasing prostate health awareness through education and encouraging early detection. It provides important information about risk factors, screening, early detection, treatment, tips for maintaining prostate health, and patient support resources.

BPH

BPH, also known as an enlarged prostate gland, is a common condition in men over 50 years of age. According to the National Institutes of Health, BPH affects more than 50% of men over 60 and as many as 90% of men over 70 years of age. Although it is not cancer, BPH has symptoms that may be similar to the symptoms of prostate cancer.

Prostate cancer

Prostate cancer is a serious health concern for all men. It is the most commonly diagnosed cancer and the second leading cause of cancer-related death in American men. This year about 186,320 new cases of prostate cancer will be diagnosed. One in 6 men will develop prostate cancer in his lifetime.

Talk to your doctor about early detection and how you can help to reduce your risk of BPH and prostate cancer.





What causes BPH?

What causes BPH is not well understood. Other than increasing age, no definitive risk factors are known. BPH affects more than half of men over age 60. BPH is not cancer, but it has symptoms that may be similar to the symptoms of prostate cancer.

What causes prostate cancer?

No one knows exactly what causes prostate cancer. But research has shown that men with certain risk factors are more likely than others to develop prostate cancer. A risk factor is anything that increases your chance of developing a disease. The good news is that some risk factors can be changed or completely eliminated to help lower your chances of many cancers, including prostate cancer.

Age is the main risk factor for prostate cancer. The older you are the more likely you are to develop prostate cancer. While it is very rare in men younger than 40, the risk increases rapidly after 50 years of age. In the United States, most men with prostate cancer are older than 65 years.

Family history: Having a father or brother with prostate cancer doubles your chances of developing the disease.



Race: Prostate cancer is more common in African American men than in Caucasian men. African American men are also more likely to be diagnosed at an advanced stage of the disease and twice as likely to die of prostate cancer as Caucasian men. Prostate cancer is less common in Hispanic, Asian American, Pacific Islander, and Native American men.

Nationality: Men living in North America, northwestern Europe, Australia, and the Caribbean islands are more likely to develop prostate cancer, while men living in Asia, Africa, and Central and South America are less likely. The reasons for this are unclear.

Dietary factors: A diet high in fat may be associated with an increased risk of prostate cancer.

Some medical studies have also shown that obese men may be at greater risk for having more advanced prostate cancer and of dying from prostate cancer. High levels of physical activity, particularly in older men, have been shown to lower the risk of advanced prostate cancer.

If you think you may be at risk of BPH or prostate cancer, you should talk with your doctor. Your doctor may be able to suggest ways to reduce your risk.

Recognizing prostate health problems

Certain symptoms can warn you about prostate health problems. Often, men with prostate cancer have no symptoms at all, particularly in the early stages of the disease. That's why regular screening is so important—to catch prostate cancer early in its most treatable form.

When symptoms of BPH or prostate cancer do appear they can include:

- Urinary problems
 - The need to urinate frequently, especially at night
 - Inability to urinate, or a weak or interrupted urine flow
 - Pain or burning feeling while urinating
- Frequent pain in the lower back, hips, or upper thighs
- Difficulty having an erection
- Painful ejaculation

These symptoms may also be caused by other prostate-related disorders. Men who experience any of these symptoms should see their doctor as soon as possible.

Taking a team approach to treatment

Prostate specialists often work together as a team to plan your treatment. The specialists you need vary depending on your treatment. Your team may include:

- Urologist: A specialist and/or surgeon who treats the urinary system and the male reproductive system
- Medical oncologist: A specialist who treats cancer with such medications as hormonal therapy or chemotherapy

- Radiation oncologist: A specialist who treats cancer with radiation therapy

Other members of your healthcare team may include:

- Nurses
- Nutritionist
- Social worker
- General practitioner
- Therapist or psychologist

Early screening and early detection: Your allies in the fight against prostate cancer

"Screening" means looking for signs and symptoms of disease in people who have no symptoms. Regular screening is important because it helps to detect cancer at its earliest stages, even before any symptoms have developed. The earlier prostate cancer is detected, the better your treatment options and chances of beating it. Men over the age of 50 should get screened for prostate cancer every year. Some men who may be at higher risk, such as African Americans, or men with a family history of prostate cancer, should start screening earlier.

Screening for prostate problems can be performed quickly and easily in a physician's office using two tests:

- **DRE** The DRE or digital (finger) rectal exam. DRE allows the doctor to feel the prostate for size and any abnormal areas
- **PSA** (prostate-specific antigen) blood test. PSA is a chemical produced by certain prostate cells and released into the blood. Generally, a higher level of PSA is a warning sign for prostate problems

Both tests can detect problems in the prostate, but they cannot show whether or not the problem is cancer. Your doctor will use the test results to decide whether to check further for signs of cancer. If the results of these screening tests indicate that you need further testing, do not panic. Most men who undergo further testing are not found to have prostate cancer.

A range of treatment options for BPH

Men with BPH usually need treatment at some time. However, studies show that as many as one third of all mild cases of BPH clear up without any treatment at all. But for men whose BPH is more severe, several treatment options are available.

- **Drug treatment:** Drugs are used to relax the muscles in the prostate and bladder, shrink the prostate, or at least stop prostate growth
- **Minimally invasive therapy or surgery:** Partial or entire removal of obstructing (blocking) prostate tissue

Many treatment options are available for prostate cancer

There are many treatment options available for prostate cancer. Your healthcare team will take into consideration many factors such as your age, your feelings and concerns about treatment, other health conditions, the stage of the cancer and prognosis before deciding on the best course of treatment. One or more of the following treatments may be recommended.

- **Watchful waiting:** This approach involves closely watching the cancer until symptoms appear or change
- **Surgery:** Part or entire removal of the prostate gland to stop growth of the cancer
- **Radiation therapy:** Uses high-energy rays (such as x-rays) to kill or shrink prostate cancer cells
- **Hormonal therapy:** Stops the prostate cancer cells from getting the hormones they need to grow
- **Chemotherapy:** Works by killing the cancer cells or stopping them from dividing

The earlier prostate cancer is detected, the better your treatment options and chances of beating it.

Questions to ask your doctor

It is natural to have many questions for your doctors. It often helps to make a list of questions and concerns before your appointment. Here are some questions to get you started. Take this card with you to your next doctor's appointment.

Questions to ask your doctor about BPH

1. What conditions do my symptoms suggest?
2. What is involved in the tests you want me to take? Will I be uncomfortable?
What will you learn from the results?
3. What are my test results? Can I have a copy of the results?
4. What steps can I take to improve the health of my urinary system?
Are there foods or drinks I should avoid or seek out?
5. If diagnosed with BPH, what are the treatment options available for my condition?

Questions to ask your doctor about prostate cancer

1. Am I at risk of prostate cancer?
2. Do I need a DRE or PSA test?
3. What is PSA doubling time? What is PSA velocity?
4. What can I do to help reduce my risk of prostate cancer?
5. What other tests do you recommend for prostate cancer?
6. What doctors or specialists should be involved when discussing prostate cancer?
7. If diagnosed with prostate cancer, what are the treatment options available for my condition?

Tips for healthy living

It's important for men with prostate health problems to lead a healthy lifestyle. A healthy lifestyle includes eating nutritious foods, maintaining a healthy weight, and staying active as long as you can. According to the American Cancer Society, it is estimated that one third of all cancer deaths each year in the United States are related to excess weight, poor nutrition, and lack of physical activity.

The following tips may help you take control of important areas in your life.

Eating healthy foods

Good nutrition can make you feel better during and after your treatment. The American Cancer Society recommends the following for healthy eating:

- Eat 5 or more servings of fruit or vegetables each day
- Eat more high-fiber foods like whole-grain breads, cereals, and beans. Cut down on the amount of fat you eat

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich food	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov .				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; <small>for kids aged 2 to 8, it's 2</small>	Eat 5 1/2 oz. every day

Source: US Department of Agriculture.

The importance of a healthy weight

The American Cancer Society recommends maintaining a healthy weight. Eating a healthy diet and being active can help with prostate health. If you are having problems maintaining a healthy weight, ask your doctor about recommending a nutritionist who can help.

Staying active

The American Cancer Society recommends that men be physically active:

- Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable

Exercise includes any activity that gets your body moving and burning calories. Try to find an activity that suits you and that you enjoy—this will help you stick with it. *Always talk to your doctor before starting an exercise regimen.*



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Online Patient Support and Resources

For more information about BPH or prostate cancer, please contact the organizations and Web sites listed below.

BPH Information:

American Urological Association
www.auanet.org/patients

The nation's leading voluntary urologic healthcare organization that promotes research, patient/public education, and advocacy.

National Kidney and Urologic Diseases Information Clearinghouse

<http://kidney.niddk.nih.gov/kudiseases/pubs/prostateenlargement>

Strives to increase knowledge and understanding about diseases of the kidneys and urologic system among people with these conditions and their families, healthcare professionals, and the general public.

Urology Channel

www.urologychannel.com/prostate/bph/index.shtml

Provides comprehensive information about urologic conditions.

Prostate Cancer Information:

American Cancer Society
www.cancer.org

A nationwide, community-based, volunteer organization dedicated to eliminating cancer through research, education, advocacy, and service.

American Urological Association
www.auanet.org/patients

The nation's leading voluntary urologic healthcare organization that promotes research, patient/public education, and advocacy.

National Cancer Institute
www.cancer.gov

Part of the US Federal government's National Institutes of Health, the NCI supports research, training, and education concerning the causes, diagnosis, prevention, and treatment of cancer.

National Prostate Cancer Coalition (NPCC)

www.fightprostatecancer.org

Through awareness, outreach, and advocacy, the Coalition strives to reduce the burden of prostate cancer on American men and their families. The Drive Against Prostate Cancer is a NPCC program for mobile screening for prostate cancer. The program provides free and confidential screening to more than 10,000 men each year in communities across America—no appointment or health insurance required.

Prostate Cancer Foundation
www.prostatecancerfoundation.org

A nonprofit foundation providing funding for research to prevent and cure prostate cancer, create public awareness of prostate cancer issues, and provide advocacy for patients living with prostate cancer.

Us TOO® International
www.ustoo.org

A nonprofit organization started by prostate cancer survivors that provides education, information, and counseling to men living with prostate cancer as well as to their loved ones.

Pace Race

www.pacerace.org

The Pace Race, launched in 2002 by the Prostate Cancer Education Council (PCEC) and sponsored in part by sanofi-aventis, is a 5k run/walk to increase national awareness of prostate cancer. With events spread throughout the entire country, the Pace Race series has the ability to touch men and women of all walks of life. For more information on the Pace Race or PCEC, please call (303) 316-4685.