## Not as forgiving

## Prostate cancer is one of big 3 diseases

BY KURT KUBAN Special Writer

There are situations in life when the old proverb "better late than never" just dosen't fit. Take, for example, the case of men getting checked for prostate engest.

oncer.

Of the 185,000 men that were diagnosed with the disease last year in the United States, over 39,000 will die because of it. That's roughly one in five. The reality is that of these 39,000, many, if not most, could have experienced a longer life had they gone to see their doctor

experience a longer line has they gone to soe their doctor soener.

Let's face it — most men don't like to go te the doctor. Many wait until t':3y feel sick or are prodded by a significant other before dragging themselves into their doctor's office. With some illnesses, this "if it ain't broke, don't fix it attitude won't have such serious reprecussions. However, prostate cancer is not as forgiving as most diseases. It, along with colon and lung cancers, is considered one of the big three. Together, they account for over half the cancer deaths in males each year, with prostate cancer the second leading killer.

The key to saving a patient with prestate cancer is to have it diagnosed before the cancer spreads beyond the prestate, which is a walnut-sized gland located just below the bladder.

The problem is that there are no noticeable symptoms until it is too late. By the time a man begins to see blood in his urine, or has related back pains, the cancer is in its later stages and has most likely spread beyond the prestate into areas such as the spine and pelvis.



"If the can-cer is confined to the prostate, there are a lot

■ Although diet and lifestyle seem to play a role in some cases, prostate cancer has no

there are a lot to the prostate, there are a lot to the prostate, there are a lot of treatments available. The prognesis is quite different if the cancer has spread, said Jorge Torriglia, at urelogist with Oakwood Hospital in Dearborn who specializes in prostate procedures. A lithough diet and lifestyle seem to play a role in some are susceptible to developing the disease at the play a role in some chown causes. All men are susceptible to developing the disease as they get older, though for some, the risk is much greater.

The two groups of mains that are at the highest risk of getting genetic makeup are a frican. A marieans and individuals prognetic makeup are a frican. A marieans and individuals prognetic makeup are a frican. A marieans and individuals prognetic makeup are a frican. A marieans and individuals prognetic makeup are the fricant account when determining at what point in one's life to begin undergoing regular checkups. The rule is that high-risk patients should be steened beginning at the age of 40. All other men should begin to be checked at age 50," Torriglia said.

The prostate cancer is the should begin to be chacked at age 50," Torrigia said.

The prostate gland's main function is to produce fluid for the semen. Traditionally, males who had prostate cancer, especially in years past, were reluctant to discuss it with anybody because of the sensitivity of the issue. Plus, reproduction the comes less of an issue as man ages.

Prostate cancer is one of these discusses that has been around

shape of the gland, and the blood teat is used to determine the lovel of prestate-specific antigen (PSA), a substance produced only in the prestate, that is in the blood.

When the PSA level is elevated it is indicative of something being wrong with the gland. Still, despite the fears of most men, many dectors believe the rectal exam is the best tull-take method of determining if a patient has prestate trouble.

"It frectal examl is extremely toleroble and simple, and takes less than a minute," said Zvi Levran, a Livonia urologist who says he has performed thousands of the examinations himself. "I can tell you — any man, any age — if you have anything wrong, if it is benign, if it is suspicious or if it is positive."

Gerard Graham, a Livonia resident who learned he had prostate cancer when he was 55, agrees.

"It's not that bad. There is no

prostate cancer when he was 55, agrees.
"It's not that bad. There is no discomfort and it's over in seconds," said Graham, a semi-retired lawyer who is now 68. "I recommend to all my friends to at least get the PSA test. There is no reason to hide your head in the sand, because that is not going to accomplish anything," Considering the death toll that prostate cancer has wreaked on those who failed to get screened early enough, that is pretty

early enough, that is pretty sound advice.

sound advice.

"Remember, prostate cancer kills, so you need to be checked, especially if it runs in your family." Torrigite said." It is very important. Any male approaching middle-age should start thinking about it. A rectal exam and a blood test can save your life."

#### **MEDICAL BRIEFS**

#### **Vaccine** program

program

Providence Hospital and Medical Centers is sponsoring an immunization clinic for children from 4-7 p.m. in the Mission Health Medical Center, 37696 Seven Mile Road at Nowburgh. The fee is \$5 per child and covers all vaccines (except chicken-pox). Don't forget to bring your child's immunization records. For more information call (877) 345-6500.

#### Hair loss study

Man who are experiencing hair loss are being sought for a research study at Henry Ford Hospital. The study, conducted by the department of Dermatology, is investigating the effectiveness of an annoved drug to treat gating the effectiveness of an approved drug to treat male pattern hair lose. Patients should be 42-60 years old and currently suffering from hair lose. Medication, doctor visits and parking are free. Patients will be compen-sated for their time. Call (313) 916-8847 or (313) 916-9759.

#### Macrobiotics

Macro Val of Garden City offers macrobiotic cooking classos. Upcoming sories include beginning cooking, picnic foods, sum-mer pasta salads, vitality foods and all naturally sweet desserts. Learn

step-by-step recipes and participate — hands on. For more information and to register for an upcoming class call (734) 261-2856. Dates include Aug. 2.6-9 p.m.; Aug. 9, 6-9 p.m.; Aug. 16, 6-9 p.m. and Aug. 30, 6-9 p.m. and Aug. 30, 6-9 p.m.

#### Restless leg

Restless Leg Syndrome, granter southeaut Michigan area support group will meet from 1-230 p.m. Tueaday, Aug. 31 at Henry Ford OptimEyes, 35184 Contral City Parkway in Westland. For information cell Lillian Eory at (734) 641-1135 ar OptimEyes at (734) 427-5200.

#### 40-30-30 support

Dr. Martin Tamler and Sharon Ostalecki will host the first meeting of the 40-30-30 auppart group in Livonia. Please bring any questions, reciped or ideas that will help others who are on the 40-80-30 nutritional program. The meeting will be held from 7-9 p.m. Tuesday, Aug. 24 at the Livonia Civic Center Library (3277 Five Mitebetween Farmington Road and Hubbard.) There is no charge. Call (248) 344-0890 or visit their Website http://community. site http://community. mlive.com/cc/Fibromyalgia

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