



## New Treatments Fight Prostate Cancer

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Prostate cancer is the most frequently diagnosed cancer among American males. This year, almost 220,800 Americans will be diagnosed with it, among which will be about 15,480 Floridians. The key is to catch the prostate cancer early, when it is very treatable and usually is curable. Depending on the age of the prostate cancer patient and the stage of the cancer, multiple treatment options might be available. Here are the most effective, proven and latest

modalities of treatment:

**Surgery:** This involves complete removal of the prostate with the option of pelvic lymph node dissection. Recently, a futuristic robotic surgery has been utilized for prostatectomy. The surgeon operates multiple robotic arms by remote control. tiny cameras attached to the robotic arm, not only can magnify the operative fields 10 to 35 times but also can create a three dimensional stereoscopic image, giving the surgeon a feeling that he is working inside the patient. This allows the surgeon greater visualization, enhanced dexterity, precision and control. As a result, patients have shorter hospital stays, less pain, less risk of infection, less blood loss, less scarring and faster recovery.

**External beam radiation therapy:** A new radiation treatment technique called RapidArc Radiation Therapy is now available to treat Prostate Cancer. It delivers image- guided intensity modulated radiation therapy (IG-IMRT). It precisely images the prostate tumor before each radiation treatment is given, with a single rotation of the radiation machine. **This latest radiation technique can turn a 20-minute treatment time into a highly precise 90-second treatment time for many prostate cancer patients.** By shortening the treatment time, the benefits to the patients are obvious; the cancer can be treated with great precision in significantly less time, minimizing side effects of treatment and improving the patient's quality of life. Patients are much more comfortable with a positive emotional and physical impact.

Though prostate cancer cannot be prevented, some steps can be taken to reduce the risks. These involve maintaining good health, avoiding red meat and high fat diet, doing regular exercise. Visit your physicians on a regular basis to check the prostate, and if you are over age 50 (for African Americans, over age 40), have a blood test done called prostate specific antigen (PSA).

Bay County Cancer patients have many treatment options available. If you are diagnosed with prostate cancer, before undergoing any treatment, you should talk with several cancer specialists, including a radiation oncologist, to find out which treatment option is best for you.