

PROSTATE CANCER

Although one out of every six men in the United States will be diagnosed with prostate cancer, the good news is that only one in every 35 men will die of it. But for many men, survival isn't the only issue when it comes to this disease. Concern about maintaining sexual function can also be a factor when facing a diagnosis of prostate cancer.

At Rush University Medical Center, doctors look at the whole person and work with patients to find treatment solutions that combat the disease and allow them to lead full lives. And unlike other programs where men see only a single specialist, patients who go to the Coleman Foundation Comprehensive Prostate Cancer Clinic at Rush meet a team of experts, which includes specialists in radiation oncology, medical oncology and urology.

Screening for Prostate Cancer

Because prostate cancer tends to grow slowly, when diagnosed early, there is usually time to treat it before it becomes life threatening. However, since symptoms typically occur when the disease has advanced, it's important that men have their prostates screened as part of their routine physicals, starting around age 50. This typically involves a digital rectal exam and a serum blood test, which detects elevated PSA levels. These simple evaluations can be done by a primary care physician or a urologist at Rush.

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About the Coleman Foundation Comprehensive Prostate Cancer Clinic

The prostate cancer clinic offers a team approach and provides comprehensive consultation with the goal of educating patients about their diagnoses and offering treatment recommendations tailored to each person's specific cancer. Specialists explain in detail the best treatment options. A dietitian is available to discuss nutrition and, if desired, a psychosocial oncologist can offer insights on dealing with the emotional and psychological effects of a prostate cancer diagnosis.

To make an appointment with a physician at Rush or for more detailed information on these services, call (888) 352-RUSH (7874). Or visit www.rush.edu to learn more about programs and physicians at Rush, and for additional health information.

*Kalyan Latchamsetty, MD
urologist*



Finding a Treatment That's Right for the Individual

When there is a diagnosis of prostate cancer, patients and physicians work together as a team to determine a plan of action and whether steps should be taken immediately or a watch-and-see approach is more appropriate. The answer depends on how aggressive the cancer is, the man's age and his priorities for quality of life.

Specialists at Rush have training in the latest treatment advances in their areas, including the following:

- Prostatectomy (prostate removal) with the da Vinci robotic system – in addition to traditional (also called “open”) and laparoscopic approaches to removing the prostate, doctors at Rush perform minimally invasive surgery with the da Vinci robotic system, which uses three-dimensional images to help surgeons perform highly complex procedures with great surgical precision.
- Cryosurgery – a procedure in which the prostate is frozen, wiping out the prostate and the cancer. Doctors at Rush have used cryosurgery longer than any other hospital in Chicago.
- Brachytherapy – a type of radiation treatment in which radioactive “seeds” are placed inside the prostate.
- Intensity modulated radiation therapy (IMRT) – an advanced mode of high-precision radiation therapy.
- TomoTherapy – a form of IMRT that uses computed tomographic images to help accurately deliver radiation to cancerous areas while minimizing the effects to surrounding tissues.
- Hormone therapy – a therapy that can make prostate cancers shrink or grow more slowly by reducing the body's level of male hormones that stimulate prostate cancer cells to grow.
- Strategies to restore bladder function (e.g., surgery) and potency (e.g., medications, vascular therapy and mechanical devices).

It's How Cancer Care Should Be

Customized treatment plans using the most advanced therapies and procedures. A team approach. Health care professionals dedicated to treating the whole person, not just the disease. Quite simply ...

IT'S HOW MEDICINE
SHOULD BE

Guidance and Support

Rush is committed to helping patients and their families cope with the psychological, emotional and spiritual effects of cancer. In partnership with the American Cancer Society, Rush offers a patient navigator who meets with patients and family members to assess individual needs and provide vital support, including information about available treatments, community services and programs. And through the Cancer Integrative Medicine Program at Rush, patients have access to therapies that complement their medical treatments, such as acupuncture, biofeedback, massage, yoga, and nutritional and herbal counseling.

Advancing Medicine Through Research

At Rush, doctors are researchers as well as clinicians. Through clinical trials they can bring to patients the latest in diagnosis and treatment. Rush was among the first to look directly at the effects of vitamin E and selenium, both separately and together, in preventing prostate cancer. And, urologists at Rush have investigated how to use a patient's own immune system to seek and destroy cancer cells.

Quality Care

Consistently ranked among the nation's top hospitals by *U.S. News & World Report*, Rush has twice earned Magnet status from the American Nurse's Credentialing Center — the highest honor in nursing. It has also been named among the top 10 academic medical centers in the country by the University HealthSystem Consortium in its annual quality and accountability performance ranking. And, Rush's cancer program was awarded an Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer. These honors reflect Rush's ongoing commitment to providing unparalleled care by working collaboratively to pool knowledge and exchange opinions based on expertise and experience.

PLEASE NOTE: All physicians featured in this publication are on the medical staff of Rush University Medical Center. Some of the physicians are in private practice and, as independent practitioners, are not employees of Rush University Medical Center.