



The Beacon

The Newsletter of
Med-Cert, Inc.
Volume 1
Issue 12
July 2004

Med-Cert Medical Management Resources

"Guiding your way to better health management"

What is Prostate Cancer?

Prostate cancer is a disease that affects the cells of the prostate. Normally, cells grow and divide in an orderly way. This is how the body grows and stays healthy. Sometimes this normal process of cell growth can go wrong. If abnormal cells continue to divide when they are not supposed to, they can form a tumor. Cancerous prostate tumors can, if untreated, spread to other parts of the body.

If symptoms occur, they may include difficulty starting urination, reduced force of stream of urine, urinating small amounts frequently, urinating more frequently during the night, painful urination and bone pain. **Often there are no symptoms, which is why screening is so important.**

The prostate gland is part of the male reproductive system. It is about the same size and shape as a walnut and weighs only about an ounce. The prostate surrounds a tube called the urethra that carries urine from the bladder out through the penis. The main function of the prostate is to produce fluid for semen.

Who is at risk of prostate cancer?

All men of appropriate age should ask their doctor to be screened for prostate cancer. The American Urological Association (AUA) encourages physicians to routinely offer prostate cancer testing to men who have an

anticipated lifespan of 10 or more years and are:

- Over the age of 50 years.
- Over the age of 40 years and have a family history of the disease (for example, a father or brother who was diagnosed with prostate cancer), or over the age of 40 years and African-American.

Getting Screened

The goal of early detection is to find the disease in its early stages when treatment is most likely to be effective. There are two widely used tests to aid in the early detection of prostate cancer.

- **PSA** - This simple blood test measures the level of protein called prostate-specific antigen (PSA). Normally, PSA is found in the blood at very low levels. Elevated PSA readings can be a sign of prostate cancer; however, PSA levels can be elevated for reasons other than cancer.
- **Physical Exam** - The digital rectal exam (DRE) is a simple, safe and only slightly uncomfortable physical exam performed by your physician.

The most comprehensive method for early detection uses both the PSA and DRE tests. Although PSA will detect most high-risk cancers, there can be cancers that will be missed by this test and can be detected by the physical exam. Therefore, using both tests together will give your doctor the most accurate information.

Facts & Figures

Prostate cancer is diagnosed every 2 3/4 minutes, over 230,000 new cases each year. It is the most commonly diagnosed cancer in America among men. An estimated 29,900 American men lose their lives to prostate cancer each year, one death every twenty minutes.

Prostate cancer incidence rates increased 192% between 1973 and 1992.

One in six American men are at lifetime risk of prostate cancer. If a close relative has prostate cancer, a man's risk of the disease more than doubles. With two relatives, his risk increases fivefold.

With three close relatives, his risk is about 97%. In the next 24 hours, prostate cancer will claim the lives of over 80 American men. Prostate cancer represents over 32% of all new cancer cases in American men. This year, more cases of prostate cancer in men under the age of 65 are expected than the combined number of men of all ages who are victims of leukemia, Hodgkin's disease, and brain tumors.

For More information on prostate cancer, write, e-mail or call

National Prostate Cancer Coalition

1154 15th Street

Washington, DC 20005

(888) 245-9455

(202) 463-9455

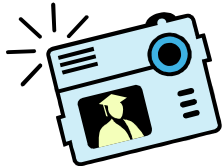
info@pcacoalition.org

You can also visit the following web site, which provides more information and resources

www.pcacoalition.org

Did You Know...

Cooking vegetables usually results in at least some destruction of vitamin C. However, one study revealed that vegetables that were boiled in a stainless steel pan retained more of their vitamin C than vegetables that were boiled in a non-stick pan or a glass dish on the stovetop.



Take a Picture

Monitoring potentially unhealthy changes in moles may be best done with your camera.

Compared to people who did only basic skin self-exams, patients in a recent study who took pictures of their own skin and used the pictures as a reference tool did a better job of detecting new moles or changes to their moles over time. Moles that change shape or have irregular borders may have the highest risk of turning cancerous.

Benefit: Actively patrolling your health can make your RealAge as much as 12 years younger.

Clear as Day



If you want to see clearly for years to come, do not forget your shades.

Research suggests that age-related macular degeneration, an eye condition that can lead to blindness, will grow more common in populations where the average life span is increasing. However, you can help safeguard your eyes against macular degeneration by wearing shades when in the sun.

Benefit: Safely getting enough sun can make your RealAge as much as 1.7 years younger.

Quotable Quote

"You can't have a better tomorrow if you are thinking about yesterday all the time."

Charles F. Kettering

Expert Advice

Q: I have recently developed floaters in one eye. How can I get rid of these irritating things?

A: Floaters are a normal part of aging. In fact, most people over the age of 20, and certainly those over 40, have floaters. They are old retinal cells that have sloughed off from the back of the eye and gotten stuck in the clear gel that fills the eyeball. For most people they are a benign, if irritating, problem. There is one exception. The sudden appearance of many new floaters, as though you are seeing a swarm of flies, might suggest a tear in your retina, a condition that requires immediate treatment. However, there is no treatment for age-related floaters; most people seem to get used to them over time.

Ann Sumers, M.D., Spokesperson for the American Academy of Ophthalmology

Q: I love playing sports, but I notice my balance is not as good as it once was. Are there any exercises to help me with activities as diverse as tennis and ice-skating?

A: There are all kinds of exercises geared to improving balance. Since one of the main reasons for decreasing balance is a loss of leg strength, try doing squats and lunges, holding on to the arm of a stale chair for support. Yoga also emphasizes and strengthens balance. You may want to take a class or get a tape. If this is all new to you, you might consider getting help from a personal trainer for a bit, just to make sure you are doing everything correctly and safely.

Richard Cotton, Chief exercise physiologist, in San Diego, CA.

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Healthy Foods for the Kid in You

Those yummy foods that warmed our tummies in childhood are not just for kids.

CHOCOLATE MILK made with skim or low-fat milk and sugar-free chocolate makes a calcium-rich, low-cal snack.

PB&J sandwiches combine protein and mono-unsaturated fats to keep arteries clear as well as niacin, magnesium and folate, which prevent certain birth defects.

POPCORN is high in fiber and many mini-bags of microwave corn have fewer than 100 calories.

Recipe Corner



Veggie Pizza

1 cup very warm water
1 pkg. Active dry yeast
1 cup whole wheat flour
1 tsp. extra virgin oil
½ tsp sugar
½ tsp salt
Unbleached flour



Mix yeast into water to dissolve. Add sugar and oil. Beat in whole wheat flour. Add enough white flour to make a very stiff dough. Cover and put in warm place to rise until double. Oil a large baking sheet or pizza pan and spread dough with oiled hands. Let rise 20 minutes. Bake 8 minutes at 375 degrees. Take out of oven and QUICKLY top with your favorite thick LOW FAT spaghetti sauce. Sprinkle lightly with oregano. Add veggie pepperoni slices (a lot of them), any lightly sautéed vegetables you want, and top with grated mozzarella (low fat or veggie). Use 8 oz. for a large pizza. Bake eight more minutes, until done



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the NPCC website, Real Age - Health Tools and Tips for Living Younger, the magazine "Remedy",

RecipeSource web site, and the Quotation Ring web sites.