

PROSTATE



AWARENESS

Research & Treatment

VOLUME 2
Spring
2010

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Prostate Awareness
Research and Treatment

Addressing the needs
of men getting a yearly
PSA Blood Test
and planting the seeds
for a healthy future

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Treatments

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for Benign Prostatic
Hyperplasia

First Annual Charity Gala
2010



Join the fight against prostate
cancer in our community

Make a donation

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Prostate Awareness Research and Treatment

Addressing the needs of men getting
a yearly PSA Blood Test and planting
the seeds for a healthy future

BPH SYMPTOMS INCLUDE:

- FREQUENT URINATION, ESPECIALLY AT NIGHT (**NOCTURIA**)
- STRONG OR SUDDEN URGE TO URINATE (**URGENCY**)
- WEAK OR SLOW URINE STREAM
- BACKFLOW OF URINE CAUSING BLADDER OR KIDNEY INFECTIONS
- FEELING THAT THE BLADDER HAS NOT FULLY EMPTIED AFTER URINATION

BPH OFTEN RESPONDS TO MEDICINES THAT EITHER...

RELIEVE TENSION AROUND THE URETHRA
(CARDURA, FLOMAX, HYTRIN, AND UROXATRAL)

OR

REDUCE THE SIZE OF THE PROSTATE ITSELF
(AVODART AND PROSCAR)

What are prostate problems?

The prostate is a walnut-sized gland found only in men. It sits just below the bladder and surrounds the urethra, the tube that carries urine through the penis. Its function is to make fluids for semen.

The prostate grows naturally with age, usually without problems. In some men, the enlarged prostate compresses the urethra, making urination difficult and causing benign prostatic hyperplasia (BPH).

Benign Prostatic Hyperplasia (BPH)

Benign prostatic hyperplasia (BPH) or “enlarged prostate” is a non-cancerous increase in the size and number of cells that make up the prostate. BPH is almost always found in older men, and the chances of having BPH go up with age.

During puberty, the prostate goes through a phase of very rapid enlargement, but this levels off once puberty is completed. Starting in mid-life, the prostate begins growing again, but very slowly.

It is thought that these periods of growth result from increased levels of male hormones such as testosterone. Testosterone is produced throughout a man’s life, and the prostate enlarges over the course of many years due to exposure to the hormone.

Due to the slow progression of this growth, most men do not notice any symptoms of BPH until they are older and the prostate has grown to a size that impinges on the outflow of urine from the bladder.

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Questions and Answers

How is BPH diagnosed?

The first step to diagnosing BPH is asking questions to your physician about your symptoms and past health. The next step in diagnosis is a physical exam. Tests may include a urine test (urinalysis), a blood test (serum creatinine), and a digital rectal exam, which lets your doctor feel the size of your prostate. In some cases, a prostate-specific antigen (PSA) test is done to help rule out prostate cancer. (Prostate cancer and BPH are not related, but they can cause some of the same symptoms).

How is BPH treated?

As a rule, you do not need treatment for BPH unless the symptoms bother you or you have other problems such

as backed-up urine, bladder infections, or bladder stones.

If urinary symptoms become more frequent, then benign prostatic hyperplasia will require treatment. In some cases, if prescribed medicines do not relieve the symptoms, surgery may be required.

When to call a Doctor?

- You are not able to urinate completely
- Urination is painful
- Fever over 100° F, chills, and body aches
- Lower back pain below your rib cage (flank pain)
- Presence of blood or pus in your urine or semen
- A burning sensation while urinating
- Painful ejaculation

Surgical Treatments for Benign Prostatic Hyperplasia

Each one has its own risks and benefits

TURP (Transurethral Resection of the Prostate)

is the surgical removal of part of the prostate gland.

Usually requires hospitalization and is done using a general or spinal anesthetic.

Prolieve Thermodilation Therapy is an in-office procedure, using a medical device that both heats the prostate and dilates the prostatic urethra.

Greenlight Laser is a therapy that evaporates prostatic tissue. It is performed under anesthesia by

placing a telescope into the urethra up to the level of the prostate. Often considered outpatient surgery, it may be subject to change based on a patient's condition.

HOLEAP (Holmium Laser Enucleation of Ablated Prostate) is a laser procedure in which entire lobes of the prostate are enucleated and removed. It is a safe and efficacious method of surgical treatment, giving the patient the advantages of reduced perioperative blood loss, a shorter hospital stay, and the circumvention of postoperative irritative symptoms.



Patient Profile

Prashad Durga

A 65-year-old man originally from Asia was diagnosed with prostate carcinoma in December 2009. Over the last several months Prashad and his family researched different methods of treatment for the disease. After coming across many websites and foundations offering help, he decided to further look into Dr. Sanjay Razdan. Upon discovering that Dr. Razdan was fellowship trained in the Robotic Prostatectomy method and learning that he had done more than 1,000 surgeries, Prashad knew Dr. Razdan was the doctor for him. He then submitted an application to our foundation, after which the Founder and Board of Directors came to the conclusion that he was a perfect candidate to receive help from the organization.

A Simple Thank You From The Heart

By Prashad Durga

Dear Prostate Awareness Research & Treatment,

Words cannot express my gratitude toward all that you have done for me and my family. I want you to know that the kind attitude and willingness the organization had put forth helped me in my time of crisis. The efficiency, kindness, and expertise have been valuable in keeping up with my recuperation. Your foundation gave me another day to look forward to, a new lease on life. I promise to use this gift to educate my peers about my experience with my prostate cancer and inform them about preventive methods.

“...The efficiency,
kindness, and expertise
have been valuable
in keeping up
with my recuperation...”



How You Can Help

P.A.R.T. provides services to friends like you, including early detection information, diagnosis, and treatment.

Each day all across the world people of every age hear the three most life-threatening words:

“You Have Cancer”

From that day their lives are forever changed...

Please help us bring new hope and make a huge difference in the lives of many!

Be a part of P.A.R.T.

I would like to become a member of the P.A.R.T. Foundation and pledge my support of:

\$ 25 \$ 50 \$ 100 \$ 150 Other _____

Your generous gift will make a huge difference-to those currently being treated for cancer.

“Help P.A.R.T save another life.”

For more information please contact us at (305) 232-9570

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P.O.C. Yusley Duran, Executive Director

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Prostate Awareness Research and Treatment

First Annual Charity Gala 2010

The P.A.R.T. First Annual Gala had numerous donors and sponsors who gave their commitment to help support the foundation's dream and continue its mission.

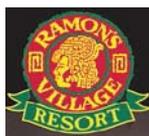
The event featured live entertainment, a silent auction, dinner and dancing.

The incredible success of this gala was achieved with the commitment of our founders: Sanjay Razdan, MD., MCh. – President, Steve Dwoskin – Vice President, Victor Noffra – Board Chairman.

We are grateful for the extraordinary work, sponsorship, and donations of our Gala Committee Members: Alexia Echevarria, Lorena Gomez, Carole Seikaly and Georgia Sitta.

Special thanks to all 2010 sponsors, donors, and attendees for making this event a success.

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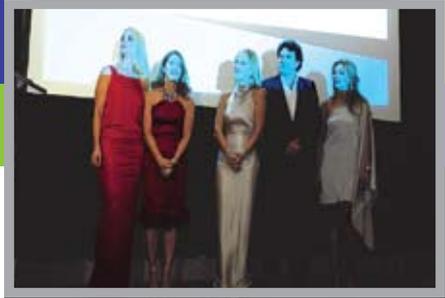


First Annual Charity Gala 2010





P.A.R.T CEO Sanjay Razdan, M.D., MCh.
Board Chairman Victor Noffra



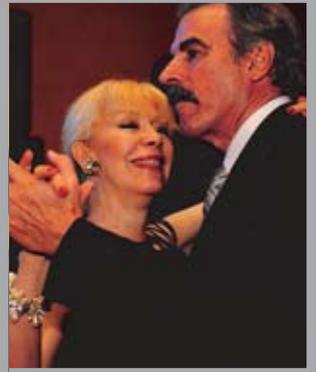
Gala Committee: Alexia Echevarria, Lorena Gomez,
Georgia Sitta, Evelio Gomez, Carole Seikaly



Patient Norman Rothfeld
and wife Mrs. Rothfeld



Victor Noffra, Chairman of the
Board interviewed by reporter
Natalia Vanegas



Cancer Survivor
Henry George and Mrs. George



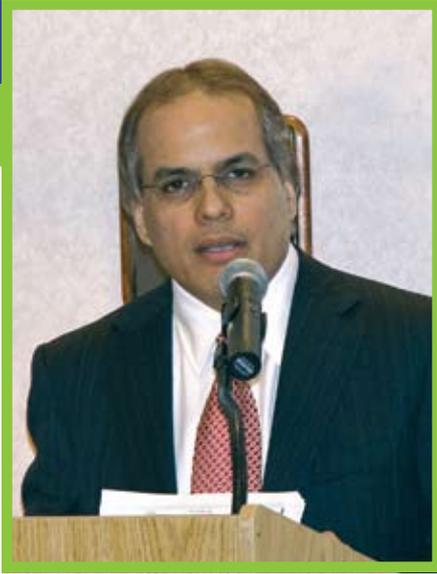
Patient Gabriel Torres Family



President Sanjay Razdan, M.D., MCh.;
Vice President Steve Dwoskin and Mr. Poug Moul

2010 Gala Attendees

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Gerardo Aguirre
Mari Alarcon
Ana Aleaga
Peter Alexopoulos
Peter Alexopoulos
Peny Alexopoulos
Ivo Alonso, MD
Ivelisse Alonso
Michelle Ammiratta
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Dr. Sanjay Razdan, M.D., MCh.

OUR FOUNDER

Dr. Sanjay Razdan specializes in urologic oncology with special interest in prostate diseases. He offers over six years of experience in robotic prostate surgery for prostate cancer. He is the founder and medical director of the Urology Center of Excellence and the International Robotic Prostatectomy Institute at Jackson South Hospital. As one of the global leaders in robotic prostate surgery for prostate cancer, Dr. Razdan has one of the largest repertoires for a single surgeon in the world.

Dr. Razdan's love for and dedication to his profession and patients go beyond his dynamic enthusiasm. He puts talent into his work and goes the extra mile to ensure positive outcomes in patients with prostate cancer.

“Together we can and we will defeat prostate cancer, winners... for life!”

P.A.R.T Mission

Our mission is to create awareness about diseases of the prostate, especially prostate cancer. Prostate cancer is the second leading cause of male death in the United States and the leading cancer amongst men. Every year over 232,090 men are diagnosed with prostate cancer that has already metastasized. However, if detected early, prostate cancer is mostly treatable.

Prostate Awareness Research and Treatment (P.A.R.T) is a non-profit organization committed to providing cutting-edge surgical technology, innovative medical research, and the best comforting patient care available. It is our priority to help patients and their families deal with prostate cancer and its debilitating effects.

Our Goals

- Awareness about prostate diseases
- Patient education through monthly newsletters
- Medical research
- Striving to find a cure for prostate cancer

The funds raised through donations will be used to provide assistance to patients who cannot afford treatment. Dr. Razdan will donate his time and expertise and perform a robotic prostatectomy on one patient a month, all expenses paid by P.A.R.T. We believe in treating and providing the best support services such as patient mentoring, education, and creating awareness, prevention, and treatment options for the patient and their family members.

*“Sometimes it’s the
smallest decisions that can
change your life forever”*

VOLUME 2, SPRING 2010

Prostate Awareness Research & Treatment

P.A.R.T. magazine is published periodically by our foundation to keep our friends and families informed about the progression of prostate cancer awareness and treatment innovations. It is mailed at no charge to select donors and sponsors, as well.

If you want to be a P.A.R.T.'s mailing list and receive a free monthly letter, just go to our website and fill out your name, address, and why you are interested in updated and informative prostate information.

SPECIAL THANKS TO:

Dr. Ashish Sabharwal for providing us with all the medical information

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First Annual Public
Awareness Conference”*



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