

PROSTATE



AWARENESS

Research & Treatment

VOLUME 2  
Spring  
2010

## In this Volume

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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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for Benign Prostatic  
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First Annual Charity Gala  
2010

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Join the fight against prostate  
cancer in our community

*Make a donation*

*Participate in our events*

*Enroll as a member*



## 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

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### 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.

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

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## Prostate Awareness Research and Treatment

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## 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.

## Special Thanks To 2010 Charity Gala Sponsors/Donors

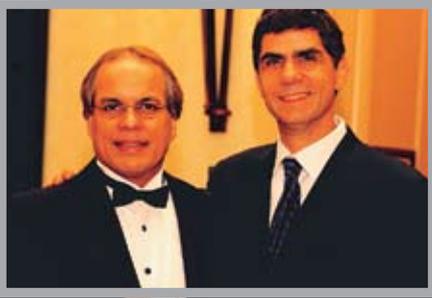


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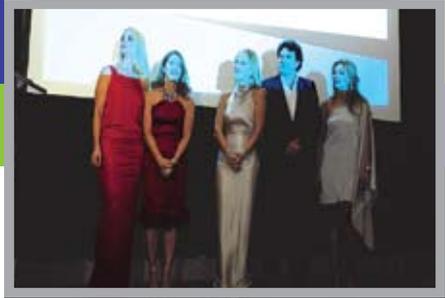


## First Annual Charity Gala 2010





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



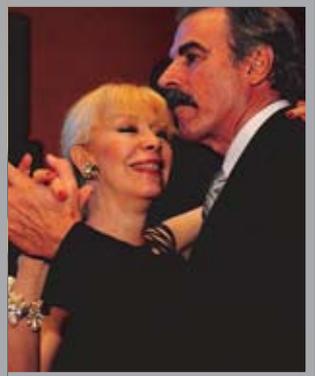
**Gala Committee: Alexia Echevarria, Lorena Gomez,**  
**Georgia Sitta, Evelio Gomez, Carole Seikaly**



**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**



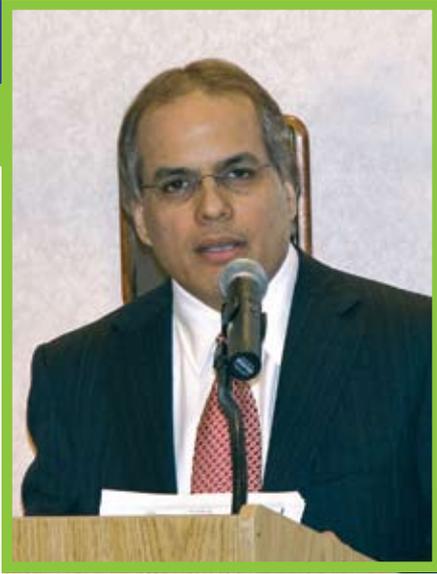
**Patient Gabriel Torres Family**



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

## 2010 Gala Attendees

Lily Aguirre  
Gerardo Aguirre  
Mari Alarcon  
Ana Aleaga  
Peter Alexopoulos  
Peter Alexopoulos  
Peny Alexopoulos  
Ivo Alonso, MD  
Ivelisse Alonso  
Michelle Ammiratta  
Alex Anez  
Americo Ansin  
Luis Arboleda  
Francisco Armendia  
Eduardo Bauoso  
Claudia Bauoso  
Carmen Beauchamp  
Gerardo Beauchamp, MD  
Manoj Bhatti  
Mrs. Bhatti  
Jenni Blanco  
Jennifer Blessing  
Jamil Bouchareb  
Mrs. Bouchareb  
Vanessa Cabrear  
Eric Calutti  
Lourdes Cao  
Addy Castillo  
Gil Castillo  
Mrs. Castillo  
Michael Chen  
Roxana Chiang  
Gina Coscolluela  
John Coscolluela  
Zeida Cruz  
Luis De Gongora  
Cecilia De Gongora  
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Alina Delgado  
Jose Delgado  
Gloria Delgado  
Yisel Duque  
Yusley Duran  
Steve Dwoskin  
Alexia Echevarria  
Herman Echevarria  
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Amalia Garcia-Azper  
Marli Garibotto  
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Victoria Larrauro  
Phillippe Ledan  
Eugenia Legorburu, MD  
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George Macropulos  
Manolis Macropulos  
Georgia Macropulos-Sitta  
Andrew James Malcom  
Manuel Marin  
Jenny Marin  
Mark & Kambour  
Leslie Martinez  
Evelino Martinez  
Griselda Martinez  
Cuque Matz  
Issac Matz  
George Medina  
Jeanette Mendoza  
Carlos Mendoza  
Dan Miguel  
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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

**EDITOR:** Shirin Razdan

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