

Health Awareness

Prostate Cancer Can Have Surprising And Serious Consequences

(NAPSA)—There are a number of concerns a man diagnosed with prostate cancer will talk to his doctor about—but there’s one consequence of cancer that could end up affecting him in unexpected ways. However, by educating himself, he may be able to better deal with this consequence.

This problem happens when tumors spread to the skeleton, a condition known as “bone metastases.” The bone metastases can lead to serious complications, known as “skeletal-related events,” which can include broken bones or spinal cord injury, or procedures such as surgery or radiation to the bone. This can have a major impact on a man’s ability to do the things he wants—like participate in hobbies, walk the dog, or play a round of golf.

“Some patients with prostate cancer might never understand the risks associated with the spread of cancer to the bone until they have a fracture. If patients know the right questions to ask their physicians, they might be more aware of the complications associated with bone metastases,” said Fred Mills, prostate cancer survivor and chairman of the board of the Us TOO International Prostate Cancer Education & Support Network.

Us TOO International is a non-profit, grassroots source of peer-to-peer support and free materials for men and their families to make informed choices on prostate cancer detection, treatment options and coping with ongoing survivorship. Founded in 1990 by prostate cancer survivors and their families who recognized that “cancer affects us, too,” the grassroots 501(c)(3) non-profit is headquartered in Illinois and works with volunteers in 325 affiliated support group chapters worldwide.

Us TOO partnered with biotechnology company Amgen and a board of medical advisors to create an educational resource, called the Bone Health in Focus™ report. This is available to help prostate cancer patients and their care-



Newly available tools can aid doctor-patient communication on prostate cancer and bone health.

givers learn more about how cancer can affect their bones. The report features the results of physician and patient surveys, personal stories of prostate cancer patients, and practical tips and tools for effective communication—including a list of questions to take with you to your next appointment with your health care provider.

While roughly 90 percent of patients with advanced prostate cancer may experience bone metastases, a recent Harris Interactive study revealed that familiarity with the term “skeletal-related events” is very low among patients with metastatic prostate cancer—and that fewer than one in 10 (7 percent of 186) advanced prostate cancer patients were aware of the potential for bone complications.

“Management of bone health is an essential part of the treatment plan for prostate cancer patients,” said Gerald Andriole, M.D., a leading urologist and prostate cancer expert. “Patients and their caregivers should be aware of the implications of bone metastases early on in their treatment regimen.”

For more information or to download a free copy of the Bone Health in Focus™ report visit www.BoneHealthInFocus.com or access Us TOO International’s newly released Advanced Prostate Cancer Resource Kit at www.UsTOO.com.