



1. **Call to Order** by Man To Man Facilitator, Paul Zatz
2. **Welcome** and introductions of first time attendees
3. **Mission Statement:** The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.
4. **Meeting Minutes:**

Speaker: Dr. Robert Carey is a board-certified urologist with a fellowship in robotics and laparoscopy and endourology. Medical education: Medical College of Georgia, graduate education at MIT Technology. Professional experience: Currently with Urology Treatment Center, Sarasota. He has been a Fellow of the National Institute of Health. He is a former professor at the University of Lucerne in Switzerland.

Conquering Prostate Cancer

How Medicine, Faith, Love, and Sex can Renew Your Life.

- Every patient is different. The body habitus is different, the stage, location of the cancer, prostate size.
- Robotic Surgery: Dr. Carey uses the DaVinci System at Sarasota Memorial Hospital. The surgeon sits on the console at the far left. The robotic arms are in the middle and the computer interface is on the right. There are four foot pedals that help control the way we look at the surgery and allows us to be able to switch from two left hands to one left hand and to apply energy as we need it. Hopefully it will help with the longevity of the surgeon by allowing the surgeon to work in an ergonomically environment. Magnification is 15 times. The surgeon has a true three dimensional image.
- Types of robotic surgery: Urologic (kidney, bladder, ureter, prostate) and cardiac.
- Benefits of robotic surgery: early continence (due to ability to achieve maximum urethral length), less pain, decreased hospital stay, early catheter removal,
- Monitoring a person's risk for prostate cancer: consider the PSA absolute value (now and in previous years), PSA velocity, amount of PSA that is bound to

proteins and is free, digital rectal exam, tissue diagnosis, Gleason grade, clinical stages. Staging uses bone scans, CT scans and MRI's. Also consider family history and ethnicity.

- If your PSA is less than 10, your Gleason score is 6 or less, the chances of your bone scan, CT scan, or MRI showing advanced disease is much less than 1 in 200. People with a higher grade of prostate cancer will benefit more from these tests.
- Androgen deprivation: only when absolutely necessary. Risks of procedure: bone mineral density decreases, increase chance of heart attack or stroke and it is a form of chemical castration.
- PSA screening: if you go out 10, 15, or more years you will see that screening and intervention does save lives. Death rates in the United States have gone down 4% per year every year since the advent of prostate cancer screening.
- Ninety-nine percent of all men will live at least five years, 92% 10 years, 61% at least 15 years. Prostate cancer is curable if caught locally, but if identified distally, only 34% will survive at least five years.
- High risk patients (PSA greater than 10, T2c or higher, Gleason 7, and larger prostate) benefit from robotic surgery.
- Preservation of potency: Dr Carey suggests men and their spouses go through a careful sexual health inventory for men before surgery. When robotic surgery is used there is no thermal gadgetry. The surgeon is able to carefully dissect away the neurovascular bundles, use clips on the pedicles, so you don't have any heat energy there and you just clip and cut.
- Salvage therapies: robotic surgery can be done after proton therapy, after IMRT therapy, and after high-intensity focused ultrasound therapy. Surgery takes longer and higher risk for incontinence or rectal injuries or bladder injuries, or ureteral injuries.
- Diet to promote remission of cancer and prevent progression of cancer. Increase whole grain foods, improve the glycemic index of your diet, improve the use of vegetables (broccoli, cauliflower, brussel spouts), and eat organic.

5. Adjourment