Tackling the Most Common Cancer in American Men

Your age, race and family history are the biggest indicators for risk for cancer of the prostate – a gland found in men just below the bladder. In fact, you may be at higher risk for prostate cancer if:

- you are 65 or older
- you are a black American
- you have a relative who had prostate cancer

Although you can’t change the above, you can get screened for prostate cancer. Regular screening may allow for earlier detection and, thus, more treatment options. Beginning at age 50, all men should be screened annually for prostate cancer; black men should start at age 40. Talk to your doctor.

To make an appointment for a prostate cancer screening with a Cleveland Clinic urologist, call 866.585.6476.

Prostate Cancer is Highly Curable

Treatments for prostate cancer include radiation therapy, hormone medications, chemotherapy and cryotherapy (freezing the gland to temperatures that are lethal to cancer). The Glickman Urological Institute offers all of these treatments, including two of the most advanced forms of radiation therapy available today – brachytherapy (the implantation of radioactive seeds into the prostate) and conformal external beam therapy (a beam of radiation directed through the skin to the prostate).

And if treatment requires removal of the diseased prostate, Cleveland Clinic offers a conventional open surgical procedure, as well as a minimally invasive surgical option known as laparoscopic prostatectomy. This procedure, which was pioneered by Cleveland Clinic urologists, requires only tiny incisions and offers patients less discomfort and a shorter recovery time than conventional prostatectomies. Cleveland Clinic also offers robotic laparoscopic prostatectomies. Robotics is the latest technology to assist surgeons in performing minimally invasive surgeries.

For more detailed information on robotic surgery for prostate cancer, call for a fact sheet: 866.585.6476.

Visit Us Online

The Glickman Urological Institute’s Web site is newly expanded to provide the information you need the most.

Visit clevelandclinic.org/urology to:
- find information on a condition
- learn about our physicians
- get directions to our various locations
- view educational videos

Would you like to receive Urology Notes free via e-mail? You can sign up for that on our Web site as well. And while you’re there, tell us what you think of it. We appreciate your comments and suggestions.

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Pediatric Urologists are There When – and Where – You Need Them

Because they are still developing, children require specialized care when being treated for medical conditions. The pediatric urologists at Cleveland Clinic are specially trained to deal with urologic conditions that kids commonly experience, including urinary tract infections, bed-wetting and undescended testicles, and are also experts at treating more complex conditions such as birth defects of the kidneys and bladder and urinary reflux. Cleveland Clinic offers minimally invasive options as treatment for selected conditions.

If you live in Northeast Ohio, Cleveland Clinic pediatric urologists may be available near you. In addition to our main campus, our pediatric urologists practice in Beachwood, Mayfield Heights, Strongsville and Westlake.

For an appointment, call 866.585.6476.

There are Many Ways to Treat Erectile Dysfunction

If you’ve been prescribed medication for erectile dysfunction (ED), also known as impotence, and it is not effective, you should know that there are many other treatment options available – some of which are injection therapies, devices, implants and sex therapy.

ED is a common problem, affecting about one in 10 adult men. For more information on dealing with ED and finding a treatment option that is right for you, call 866.585.6476 to receive a fact sheet.

Kidney Cancer: Be Aware of the Symptoms and Your Options for Treatment

Kidney cancer, which most often occurs in men between the ages of 50 and 70, rarely produces symptoms in its early stages. Eventually, though, a tumor in one of the kidneys may trigger one or more of the following:

- blood in the urine (most common symptom)
- persistent pain in the back, just below the ribs
- a lump in the abdomen
- general symptoms such as persistent fatigue, unexplained weight loss, recurrent fevers, high blood pressure, swelling in the ankles

Options for treating kidney cancer include surgery to remove the kidney, chemotherapy, radiation therapy, hormone therapy, and biological or immunotherapy.

Sometimes the disease is tightly confined to a specific region. In this case, treatment may involve removing only the affected portion of the kidney. This procedure, known as a partial nephrectomy or nephron-sparing surgery, was pioneered at the Cleveland Clinic Glickman Urological Institute by its chairman, Andrew C. Novick, M.D. Cleveland Clinic has performed more than 2,000 of these surgeries to date, which is the largest number of any hospital in the world.

“The advantage of a partial nephrectomy is the preservation of the function of the involved kidney,” Dr. Novick says. “In properly selected patients, these have proven to be highly successful procedures.”

For an animated DVD explaining the procedure or to make an appointment with a Cleveland Clinic urologist who specializes in diagnosing and treating kidney cancer, call 866.585.6476.

The Future Home of the Glickman Urological Institute

Construction is under way to build a new 10-story tower to house the Cleveland Clinic Glickman Urological Institute. The Glickman Tower is being built to meet the demands of our expanded services for an increasing patient population. The new tower, which will be adjacent to Cleveland Clinic’s Miller Pavilion - the new home of the Heart and Vascular Institute, is expected to open in the fall of 2008.

clevelandclinic.org/urology

Ranked one of the top two urology programs in the nation.

(U.S. News & World Report, 2006)