



NEWS RELEASE

For Immediate Release

**Contact: Catie Holm
Phone: (208) 381-2894**

ST. LUKE'S MSTI TO OFFER FREE PROSTATE CANCER SCREENING

September is Prostate Health Awareness Month

Boise, ID (September 1, 2006) – In 2006, The American Cancer Society estimates that 1,200 new cases of prostate cancer will be diagnosed among men in Idaho, 140 of these men will die of the disease. In that light and in recognition of Prostate Cancer Awareness Month, St. Luke's Mountain States Tumor Institute (MSTI) is offering free prostate cancer screening exams in September.

Prostate cancer is a silent killer because early stages of the cancer have no symptoms. According to the American Cancer Society approximately 26,214 men will die from the disease this year while another 237,600 cases will be diagnosed.

“One in six men will develop prostate cancer, a statistic similar to that of breast cancer in women,” said Avery Seifert, MD, a urologist with St. Luke's Mountain States Urology. “Awareness and early detection are the keys to curing patients. Every man 50 years of age and older should be tested regularly because prostate cancer can be eliminated if found early,” Dr. Seifert added.

There are two tests for prostate cancer that should be performed annually. The digital rectal exam (DRE) can often determine if the prostate is enlarged or has had spots, which could indicate problems. The other is a blood test, which looks for and determines the levels of a prostate specific antigen (PSA). Higher levels of PSA can indicate prostate cancer.

A DRE can detect prostate cancer about 25 percent of the time. However, when combined with a PSA blood test, the indicators of prostate cancer can often be found early enough to cure the patient. Prior to the use of the PSA test, most prostate cancer cases were diagnosed at a late and incurable stage. Now, only about 25 percent of cases are diagnosed at an incurable stage.

(MORE)

Although the cause of prostate cancer is not known, the literature on the disease states that there are three main factors that increase a man's risk for having the disease:

- **Age** – The risk factor for developing prostate cancer in one's lifetime increases with age. Most cases are diagnosed after a man reaches the age of 65. However, since the introduction of the PSA test, more men are being diagnosed at a much earlier age.
- **Race** – African American men have the highest risk of developing this disease.
- **Family history of prostate cancer** – There is strong evidence to suggest a genetic link to the development of prostate cancer. Any man with a father or brother with prostate cancer more than doubles a man's risk.

It's important to get screened, but a lot of people don't have insurance, or can't afford to pay for screenings, which is why community members and organizations get together to raise money to help others. The third annual Putts for Prostates Invitational Pro-Am was held July 21 at Shadow Valley Golf Course. The organizers of this tournament had been looking for a way to make a difference in the battle against prostate cancer and now raise funds to provide free prostate cancer testing for area residents.

This September, in connection with Prostate Cancer Awareness Month, St. Luke's MSTI will be offering the screening tests for prostate cancer for FREE. *Call St. Luke's* at 381-1200 for an appointment.

FREE Prostate Cancer Screening Clinics

Monday, September 18
6 - 8:30 pm
St. Luke's MSTI Boise
100 E. Idaho St.

Wednesday, September 20
6 – 8:30 pm
St. Luke's MSTI Meridian
520 S. Eagle Rd.

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