

HealthWorks

A bi-monthly newsletter published by the Health Ministries Department of the North American Division

Volume 3, Number 4

JULY-AUGUST, 2001

US TOO, a non-profit organization, was created through the efforts of a small group of prostate cancer (PC) survivors. Since its inception, it has been organized to be run for and by men with prostate disease. It is an autonomous support organization dedicated to working in harmony with professional, business and lay groups which provide PC information and support to survivors and their families.

The first meeting of US TOO was held in 1990, at the University of Chicago Hospital. Since then, over 500 support groups have been initiated in the United States, Canada, Australia and Great Britain.

The primary objective is to give participants a forum to compare experiences and discuss matters of interest relating to PC and prostate disease. "Sharing is Caring," the credo of US TOO, describes our focus.

At most meetings a prominent member of the medical profession speaks on some phase of the diagnosis, staging and side effects of various treatments. Participants also have the opportunity to discuss individual experiences that may be of interest to the group. Rehabilitation and psychological support are important facets of monthly chapter meetings.

US TOO aspires to assist prostate disease patients in their understanding of the facts and circumstances of their particular situations. A doctor may inform a patient of opinions and recommendations. The patient can obtain additional opinions, but must make his own decision regarding treatment to be followed.

Our legend, "Learning to Cope through Knowledge and Hope," describes the thought behind this effort. Our ongoing purpose, challenge and theme is to enable members to share PC experiences and to be continually updated with the help of professionals in the field.

US TOO meetings begin with several reminders. First — "take control of your present and future health

problems through education and regular consultations with your doctor. Take control of your health 'basics'— diet, exercise and the reduction of stress."

Second, as in all related prostate disease problems, prevention and early diagnosis and treatment is the only way to beat the odds. US TOO suggests that one should use common sense and stay alert to their body signs by being conscious of the aging process.

Once PC is diagnosed, there is a tremendous sense of urgency and frustration. The urgency has to be controlled. No decision should be finalized before one personally researches all available medical information and contacts an US TOO support group.

All treatment options and their accompanying after-effects must be analyzed and evaluated. A final decision should be reached only after obtaining a second or even a third medical opinion.

After the standard digital rectal examination, a blood PSA (prostate specific antigen) test, ultrasound, needle biopsy and possibly a bone scan, the doctor may recommend a single or combination of treatments. Alternatively he/she may recommend no treatment at all. Whatever procedure is projected, the patient alone is the final decision-maker. The final decision should come on the basis of "informed consent"—that is, on the basis of having explored and investigated all medical avenues and options.

The second most important factor in making the decision is having the support of family, friends, a support group and medical professionals.

Some prostate disease specialists will "inadvertently" forget to review all of the accompanying after-effects and problems of rehabilitation that are endured by many prostate disease survivors.

*by Colonel James Williams, Jr.
US TOO International*



Prostate Cancer

The Silent Killer!

Facts: Prostate cancer is the second most common cancer among American men. Of 184,000 men diagnosed this year, 32,000 will die from the disease.

African-American men are diagnosed with prostate cancer thirty-five percent more frequently than Caucasians and are more than twice as likely to die of the disease. Mortality is higher in African-Americans than in all races for several reasons, including later stage of diagnosis and poorer survival experience. A considerable part of this difference in survival can be attributed to late diagnosis. PC strikes one out of every eleven white males and one out of every eight African-American males! PC can develop and spread with no warning signs and unfortunately many men shun the standard screening methods thus attributing to late stage diagnosis. There is good news, however. Prostate cancer and prostate disease are potentially curable when detected early. If prostate cancer is detected early it can be treated effectively, but early prostate cancer has no symptoms.

Who is at risk? Most cases of prostate cancer occur in men older than 50 and more than 75% of these cases are in men over 65. Having close relatives with prostate cancer also increases a man's risk of developing PC.

The best defense = early detection

Prostate cancer can usually be detected in its early stages by having a prostate-specific antigen (PSA) blood and a digital rectal exam (DRE) every year, starting at age 50. African-American men and men who have two or more close relatives (father or brothers) with PC should begin screenings at age 45.

Do You Know Your PSA



Most men are not even aware that they have a prostate until their late 30s or early 40s. Some men don't even pronounce it right and still call it "prostrate" (the act of falling down on one's face to worship). Many men still get their health information from street conversations, barber shop gossip, and buddy-to-buddy myths. But prostate cancer (PC) is serious business and every man (and his wife and family) needs to know a lot about it.

Acting like PC can't affect you and your family ignores the fact that this year more than 184,000 men will be diagnosed with it. I know because about three years ago I was one of them. I well remember my doctor telling me that my PSA was elevated. Back then, I didn't even know that one to four is normal and for African-American men 1 to 3.5 is normal. I've learned a lot in the last three and a half years.

I couldn't believe that God would allow this to happen to me. Me! The director of Health Ministries for the entire North American Division! I don't drink or smoke. I'm a vegetarian. I ran the Marine Corps Marathon. I've been faithfully married to my loving wife since 1962. How could God allow me to get prostate cancer? I went through some trying times. I wanted an audience with God to inquire why He had allowed such tragedy in my life, after all the work I had dedicated to His service. After my successful trek to the proton beam at Loma Linda University, I understand that I am human, frail and susceptible to all the diseases that Satan has brought into our world.

Every man over 50 (40 if you're an African-American or have a history of PC in your family) should know his PSA as well as he knows his name, his Social Security number, and his address. This number, combined with a digital rectal examination (DRE) will determine the true status of your prostate. Wives, ask your husband right now if he knows his PSA and when was the last time he had a DRE. If he doesn't know rush him to his doctor.

I know one church that has a goal to see that every eligible man is screened for PC. They have made appointments for every man to visit the doctors they have on site in their church. If you have a health exhibit or fair, make sure that one booth is dedicated to provide screening and information about PC. The church can be our greatest avenue for reaching our men and pointing out the urgent need for more education. We don't know what causes prostate cancer but we can be alert and vigilant. The burden for caring for our health rests on our own shoulders.

*by DeWitt S. Williams EdD MPH CHES, Editor
Director, North American Division Health Ministries*

What is the prostate gland?

The prostate is part of the male reproductive system. Its major function is to secrete a fluid to nourish semen during reproduction. The prostate is about the size of a walnut, but it can grow with age. It is located below the urinary bladder, in front of the rectum surrounding the urethra. The urethra is the canal for the discharge of urine that extends from the urinary bladder to the outside.

Meatout in Missile Town!



The hallways began to swell with anxious health enthusiasts, arriving some 45 minutes before the opening. The event: The 1st Annual North Alabama **Great American Meatout** (“Meatout”—a 17 year-old annual campaign held nationally around the first day of Spring). The “Meatout” encourages individuals to kick the meat habit (for at least one day) and consider the healthier plant-based diet. The location: the prestigious Von Braun Center in Huntsville, home of the world’s largest Space and Rocket Center.

The action-packed four-hour session began with attendees sampling an array of culinary delights from a dozen exhibit booths. Next, Kim Richardson, local TV anchor/medical reporter introduced the “Tofu Lady” Paula Eakins, M.S. as she entertained the packed room by performing a heart healthy cooking show. Three names were drawn from the audience to come on stage and be the “taste testers”.

Lastly, special guest speaker Mr. Howard Lyman silenced the audience with his powerful testimony as a fourth generation cattle rancher – turned vegan! Mr. Lyman (arguably this nation’s authority on “mad cow disease”) successfully co-defended Oprah Winfry in her lawsuit filed by the Texas cattlemen.

The Lord truly attached His blessings on the occasion, first by providing additional advertisement on the dangers of “madcow” thorough the media just prior to the event. As a result, over 300 people packed the facility – one of the largest “Meatout” events in the South! Secondly, during the event, the Holy Spirit moved upon the crowd to make necessary dietary changes, including the camera person and security guard! “It exceeded my greatest expectations,” said one attendee. When the crowd was asked if they wanted the “Meatout” next year—a resounding YES was echoed.

Curtis and Paula Eakins, president and vice president of Health Seminars Unlimited Inc. hosted the “Meatout” event. In addition, they conduct vegetarian gourmet cooking shows, natural health seminars and host the weekly TV program called *Abundant Living* aired on 3ABN. Why not host a “Meatout” event in your community? You may contact them at 256-859-1982 or email them at hseminars@aol.com for information. The servant of the Lord says, “...I am instructed to say to health-reform educators, Go forward. The world needs every jot of the influence you can exert to press back the tide or moral woe.” Counsels on Health pg. 444

Hydrotherapy and Natural Remedies Workshop (GSEM 648)

Date:

August 12-17 2001

Presenters:

Dr. Charles Thomas, Dr. Bruce Hyde and Dr. Gerard Damsteegt

Location:

Andrews University

Costs:

lodging	\$125, single room call 616-471-3295
tuition	\$280 (grad students pay graduate tuition)
books	\$100.00

50% spouse discount available.

Pre-registration is encouraged.

For more information, contact:

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e-mail: fran@andrews.edu
url: www.andrews.edu/services/seminary/hydro/2001/index.php3#Program

Get more information on Prostate Cancer:

www.PROSTATEinfo.com

US TOO! International, Inc.
www.ustoo.com

The Baylor Prostate Center
713-798-5050

Intercultural Cancer Council
www.iccnetwork.org

National Prostate Cancer Coalition
www.4npcc.org

Amer. Foundation for Urologic Disease
www.pcaaw.com

Cancer Care, Inc. 1-800-813-HOPE
www.cancercareinc.org

Cancer Information Center
1-800-4-CANCER

Stress: Beyond Coping

Do you know anyone who has no stress? Probably not! Do you know how to help them manage stress so that it doesn't destroy their health and lives? If not, we are offering you three opportunities to learn how to reduce your own stress while you help others reduce theirs.

Earn Level 2 Health Ministries Certification at any of the following *Stress: Beyond Coping* training events:

New York City
July 13-16, 2001

Desmond Francis, Northeastern Conference
phone: 718-291-8006, ext. 277
fax: 718-739-5183
Bill Bremner, Greater New York Conference
phone: 516-627-2210
fax: 516-627-2861

British Columbia Camp Meeting
July 30-August 3, 2001

Frank McMiller
phone: 604-853-5451, ext. 402
fax: 604-853-8681
e-mail: fmcmliller@sdabc.org

Southern Union (Gatlinburg, TN)
Health Professionals Conference
October 11-12, 2001

Allan Williamson or Kim Twomley
phone: 404-299-1832
fax: 404-299-9726

Stress seminars are ideal for local churches to reach out to their communities because they contain a strong spiritual component. If you've wondered whether *Stress: Beyond Coping* can really make a difference in people's lives, just read the following testimonials from people who have attended:

"The *Stress: Beyond Coping* seminar has been extremely eye opening and valuable, with an immediate and noticeable improvement in my stress reduction. It's not only been great for my own personal life, but I have been able to see so many applications to my profession as a R.N. I strongly recommend this seminar for anyone interested in improving their ability to manage their stress."—*Kris Kopitas, Creston, Illinois*

"I now have some ideas to give me optimism. I realize I already use some of the points in the seminar and this gives me hope. Now I also have new methods to help me, and feel I have more chance of being in control. I have much to be grateful for."—*Kerry Young, advanced multiple sclerosis patient, Queensland, Australia*

"This seminar came at a time of *great* stress in my life and has given me solid, easy to use tools to help me handle stress in all aspects of my life. I've been able to use the information I've learned right away, and it's helped me so much!"—*Cynthia Sloan, Chicago, Illinois*

"The *Stress: Beyond Coping* seminar has changed the way I view life. My life will be better lived and enjoyed because of my participation. Thank you!"—*Ellen Rasbach, Wife and Homemaker, Stevensville, Michigan*

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