



EDITORIAL

Peter Scholz,
PCRI Creative Director

Greetings Researcher! Welcome to another edition of Prostate Insights. We are excited to once again bring you new developments in the prostate cancer world.

Prostate cancer can force both men and women to come to terms with countless factors that they may not have originally considered, and questions that had not yet been asked. The more that one learns about the disease, the more one realizes how complicated the issue becomes, not just in terms of mortality, but even more commonly, with the different consequences of treatment. Often times, when treatment is unavoidable, one must move forward, dealing with the side effects as they come.

In our featured article, a team of doctors present preliminary findings from a study on managing side effects of hormone therapy with exercise, as well as some general guidelines to consider.

Our annual conference, coming up in September, is intended to be an environment where patients can be empowered through information and camaraderie, helping to diffuse the stress of the diagnosis and accompanying decisions. Our conference moderator Mark Moyad, MD and his wife Mia, share their thoughts on the importance of managing stress and provide some practical management methods.

Mark Scholz, MD, shares notable abstracts from the most recent ASCO meeting and explains how this new information is practical for patients. Lynn Farrar from Accuray explains recent studies on SBRT and compares it with other treatments. Finally, in our Helpline Corner, one of our Facilitators, Jonathan Levy, shares his own personal story with prostate cancer.

I hope that you enjoy reading this newsletter and more importantly, that you learn something new.