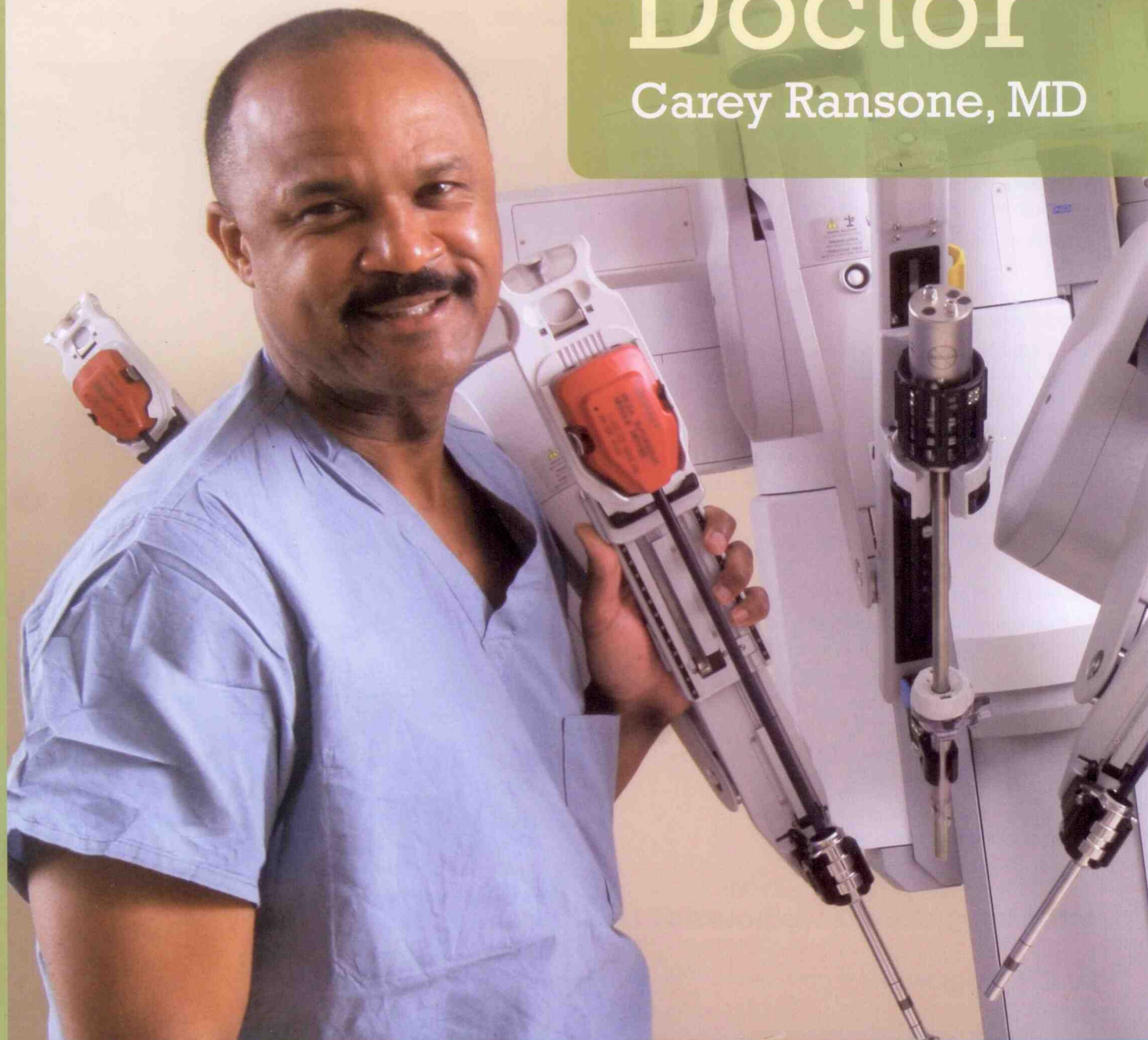


# ask the Doctor

Carey Ransone, MD



**Screenings for cancer are a win-win for everyone. Physicians strive for early diagnosis, which can mean more treatment options for the patient.**

Early detection plays a life-saving role in the fight against cancer. That is one of the reasons why Carey Ransone, MD, Progressive Urology, volunteers each spring to participate in free prostate screenings offered by Saint Anthony Memorial HealthPartners in Michigan City.

Prostate cancer is the most commonly diagnosed cancer for men. The American Cancer Society estimates that about one man in six will be diagnosed with prostate cancer during his lifetime, but only one man in 34 will die of it. Approximately 200,000 new cases of prostate cancer are diagnosed each year.

In April, Dr. Ransone and other healthcare practitioners provided prostate screenings for dozens of men in LaPorte County who came to HealthPartners sites for the free services. Some expressed concerns about incontinence or blood in their urine. Others attended because family members encouraged them to get the free screenings. Of course, many other men have had prostate cancer screening exams in Dr. Ransom's office. In either case, there is follow up with patients whose screening results showed areas of concern to discuss appropriate next steps.

### **Q. What is involved with prostate screening?**

Screening generally includes a digital rectal exam of the prostate gland and a prostate-specific antigen (PSA) blood test.

### **Q. How important is prostate screening?**

Prostate screenings are a win-win for everyone. They increase the detection of prostate cancer, and as physicians, we strive for early diagnosis. We know that early detection gives people more treatment options with more possibilities of positive outcomes.

### **Q. When should routine screenings begin?**

We recommend that healthy men between the ages of 50 and 70 get annual prostate screenings. Men who are in high-risk groups, including those who have a family history of the disease, African Americans and men who eat a high-fat diet, should begin routine screenings earlier.

### **Q. What treatment options are available for prostate cancer patients?**

We have multiple treatment options that allow us to tailor the treatment to the patient's individual situation. We can watch and wait while we monitor a patient's condition to see if symptoms appear or change. We can surgically remove the prostate gland. With radiation therapy, we can use high-energy x-rays, either beamed from a machine or emitted by radioactive seeds implanted in the prostate, to kill the cancer cells. Medications are also available as a treatment option.

### **Q. What are the advantages of using the da Vinci Surgical System for prostatectomies?**

The da Vinci system is a wonderful option for patients today. It is a minimally invasive surgery, which means we make smaller incisions than with traditional open surgeries. Patients have significantly less pain and shorter hospital stays. Plus, they return to normal daily activities more quickly.

### **Q. How do you use the da Vinci Surgical System for other urological therapies?**

The da Vinci system is an excellent way to perform some kidney and bladder surgeries. We use the robotic system for congenital repairs, as well as cancer surgeries in these areas.

### **Q. Your patients include children and adults, men and women. What other types of services do you provide your patients?**

We provide services for most facets of general and specialized care of the urinary tract and urogenital system. For example, we see female patients with incontinence and prolapse issues, children with hypospadias (a male birth defect), patients with kidney disease, and people with overactive bladder and urge incontinence who may have failed other medical therapies. Overall, we can provide our patients with the same types of services normally found at most universities or in big cities.

**To contact Dr. Ransone please call 219.324.3120.**