

Prostate Health is Not a Joke

Friends may laugh and jokes might fly when discussion of prostate health begins – but prostate problems are not so funny. Prostate cancer is a topic most men will encounter at some point in their lives. Education, understanding, and extensive discussions with your doctor are the key to resolving prostate problems.

Dr. Lionel Foster, a U.C. San Francisco-trained urologist at Oroville Hospital, advises men to talk to their doctor. The way he sees it, understanding – and treatment, if necessary – of prostate cancer is an obligation that any man owes not just to himself but to those who love him. “It’s really a way to show your family some unselfishness by coming in and having that conversation with a doctor,” he says. “It allows you to be around and see all the final glory that may be a part of your life going forward.”

Prostate cancer affects a small gland at the base of the bladder. The function of this organ is to provide sugar for sperm during a man’s fertile years. Unfortunately, this gland is prone to developing tumors, both benign and cancerous. The best news, Dr.

Foster says, is, that “when tumors are found early it can result in a treatment plan with little impact on the man’s quality of life.”

Prostate cancer treatment is complex. A man’s age, overall health, and how aggressive or widely spread the prostate cancer is factor into the plan of treatment. Each man’s cancer is unique, and his treatment will be unique. That is why discussing your options with your doctor is extremely important.

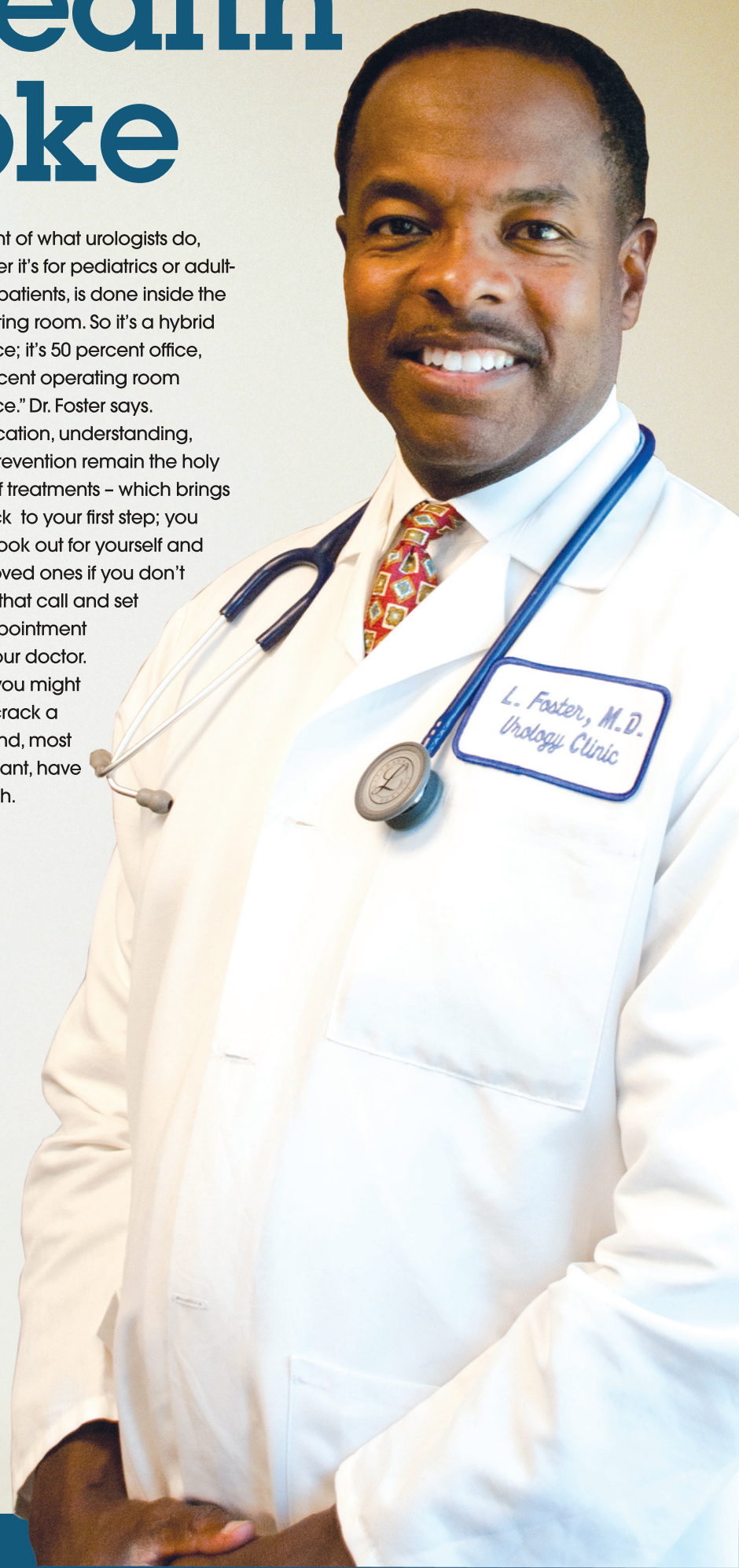
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Dr. Foster also manages conditions like urinary tract infections, kidney stones, kidney cancers, bladder cancers, stress incontinence, erectile dysfunction, circumcision, and congenital abnormalities. By definition; urology focuses on the urinary tracts of males and females, and on the reproductive system of males.

“We can manage many of these conditions almost completely outside of the operating room. However 50

percent of what urologists do, whether it’s for pediatrics or adult-aged patients, is done inside the operating room. So it’s a hybrid practice; it’s 50 percent office, 50 percent operating room practice.” Dr. Foster says.

Education, understanding, and prevention remain the holy grail of treatments – which brings us back to your first step; you can’t look out for yourself and your loved ones if you don’t make that call and set an appointment with your doctor. Then, you might even crack a joke and, most important, have a laugh.



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