

Dr. Zachary Klaassen:

Good evening, everybody. My name is Dr. Zach Klaassen. I am a urologic oncologist at the Georgia Cancer Center in Augusta, Georgia. And thank you so much for joining us for our Prostate Cancer Foundation June webinar. We are looking at men's health this month. And the patient perspective, we have two excellent patients who we're going to chat with this evening. And I'd like to thank the Prostate Cancer Foundation for hosting this webinar, as well as Lantheus for the support of the production as well. Thank you all for taking time out of your afternoons or evenings, depending on which coast you're on.

So, the Prostate Cancer Foundation really comes down to funding research. And the PCF mission is to reduce death and suffering from prostate cancer. At the Prostate Cancer Foundation, we support transform prostate cancer research to accelerate progress towards our goal of curing prostate cancer. The Prostate Cancer Foundation funds many teams of scientists across disciplines and institutions, with more than 2200 projects around the world during the Prostate Cancer Foundation's 30-year history. We are growing the field of prostate cancer research by supporting the best and the brightest young investigators. Several of you, you can see picture to the right of the slide.

So, the Prostate Cancer Foundation also prides itself on having resources for the community and for patients and family. So if you haven't already, we invite you to go to the pcf.org website. There's many updates you can sign up for, downloading guides, viewing past webinars such as this one, and also importantly, registering for our July 18th webinar. We'll be discussing a very important topic on hormone therapy. We also invite you to join our online support group at facebook.com/pcf.org/groups.

One thing we do want to discuss briefly is a new website that we've been working on for the last 18 months or so. This is an excellent, excellent resource for anybody who is thinking about getting screened for prostate cancer, people that are going through active treatment discussions, people that have had treatment, and people that are going through treatment for advanced disease. And so, this is prostatecancerpatientvoices.com. And really what this is a one-stop shop for anything as simple as, "What is a PSA, what is a Gleason score? What are all these fancy names of medications that my doctors are suggesting?" We break this all down. And more importantly, we have several excellent patient testimonials. And so the key to this website is centralization, and to realize that you are not alone in your fight against prostate cancer.

So Men's Health Month is basically looking to educate men and boys to take charge of their overall health by implementing healthy living decisions. Importantly, men are more likely than women to get certain diseases like heart disease and cancer. Certainly, prostate cancer is very common in our community. And you can reduce your risk of many conditions through regular doctor visits and choosing healthy habits, not only prostate cancer, but other important health concerns such as heart disease. It's important to tell men that even with prostate cancer screening, it all starts with a blood test and having a discussion with your physician.

June is also Pride Month and we're celebrating the LGBTQ+ community and we recognize the struggles against discrimination. And often these individuals are at risk for several health disparities, including lack of access to medical care. There's very little research on the experience of gay and bisexual men with prostate cancer. And even less is known about transgender women that have prostate cancer as well.

I'm joined today and you'll meet shortly, Dr. Sherita King, who is also at Augusta University. We're at the same institution. We were actually co-residents together and we've been working together as partners in practice for the last five years. She's the Director of Prosthetics and Men's Health. She's now an Associate Professor of Urology. She has excellent clinical expertise in erectile dysfunction, Peyronie's disease, low testosterone, low libido, male urinary incontinence, and arousal disorders. Has research

interests in many of these areas, specifically erectile dysfunction and male urinary incontinence disorder.

And I will say between the two of us, we share a lot of patients. As the oncologist, I deal with the prostate cancer. And having Dr. King side by side with me to help men and their families with some of the side effects of treatment is an absolute indispensable resource for our patients.

So without further ado, I'm going to bring in Mr. Ricky Lee. Come on in. Mr. Lee. Say hello to our audience.

Ricky Lee:

How y'all doing today?

Dr. Zachary Klaassen:

So, Mr. Lee is one of my prostate cancer patients, and he's featured on prostate cancer patient voices. And we're going to have a discussion about men's health today, specifically around prostate cancer. By way of a little bit of background, Mr. Lee was diagnosed in April of 2020, subsequent to the radical [inaudible 00:04:51] to be on him. And he is doing very well with PSA surveillance after surgery.

And I'm going to basically give this stage to him for the next 20 to 25 minutes. And so Mr. Lee, why don't you start us off by talking about choosing and finding the right physician, and what the importance of communication is with your physician throughout this process.

Ricky Lee:

First of all, I want to talk about when I first found out about prostate cancer. I wanted to make sure that I had the right physician. Well, my wife, she looked it up and she's very technical about the things that she does. And we went to the first doctor we went to, and we didn't get the right answers. So, we decided that we were going to see someone else.

And see, that's another thing. Don't be afraid to see another doctor. It only helps. And when we saw Dr. Klaassen, Dr. Klaassen came straightforward. And that's what I like about Dr. Klaassen. He was straightforward with us and he talked about different segments of what we could do and what would be best for me.

And so my wife and I, we went home and we decided we were going to pray on it. And when we prayed on it, we got our answer. We came back when the next treatment section and we told the doctor we wanted one and done. That's what we called it, the one and done. And we went through that procedure and hey, I'm great. I'm great.

Only thing I tell everybody is, "Listen to your doctor." That's so very important. And keep a positive mind. Stay positive because you're going to feel down sometimes, because you're going to think about some of the things that you're going to have to go through and some of the things that you ain't going to not be able to do anymore. But that's not true. That's not true. Don't listen to people. Everybody's bodies is different. Just like I listened to a guy who went through prostate and he told me all the bad things, before I even got to Dr. K. And that kind of held me back too.

And so I'm going to say this, please, all men get tested, but especially black men, please get tested. It don't take but a few minutes to find out where you are at. Life is a beautiful thing, but life can be cut short just by you not paying attention to your body. And one thing I know about prostate cancer, it lets you know that something's wrong. Every man that has it, you know something is wrong.

And don't be afraid to talk to your doctor, and don't be afraid to express yourself and let him know how you feel. Because he can't do anything unless you tell him. He's not a miracle worker, he's a doctor. And so I try not to put as much pressure on him, just like he didn't put much pressure on me. And today I can say, "This is my friend. This is my friend right here.", because he told me straight up. And that's what I love about him.

Dr. Zachary Klaassen:

That's very, very kind. And I think it's an important message, it's communication.

Ricky Lee:

Yes.

Dr. Zachary Klaassen:

It's asking questions.

Ricky Lee:

Yes.

Dr. Zachary Klaassen:

Finding someone that's going to shoot straight and give you honest opinions.

Ricky Lee:

Yeah.

Dr. Zachary Klaassen:

And I like your other option too is, our other discussion point was, second opinions are okay. If somebody asks me for a second opinion, the first thing I say is, "Absolutely." Because it's all about being informed. And if somebody's in that age range where maybe they're thinking about a radical prostatectomy or radiation, they may be candidates for both, they all get a referral to our radiation oncologist.

And I think that one of the take home points, I think for people, and a lot of these people that are on the line are probably prostate cancer survivors or maybe there's people that are going through it or thinking about treatment options. You have to find the information and be comfortable with the treatment decision, the side effect profile. And don't rush into a treatment without knowing all those aspects.

Ricky Lee:

Definitely.

Dr. Zachary Klaassen:

I think that's very important.

Ricky Lee:

Definitely.

Dr. Zachary Klaassen:

I want you to touch on a little bit about sources of support. So there may be people on the line tonight that are on active surveillance, maybe they're undergoing PSA screening. Maybe they've been through a surgery recently or radiation or they're on second, third, fourth line treatment for advanced prostate cancer. Talk about the importance of sources of support and what some of the sources of support were for you, or are for you.

Ricky Lee:

My main source of support was my wife. From day one, she was there for me. And you need some type of support. Either get into... If you don't have no one, get into support group, talk to somebody. Don't be afraid because you are going to need someone. Because the one thing about the surgery, don't worry about the surgery. See people, it is a myth about the surgery. The surgery, it's fine. I mean, no pain whatsoever. It's just that it's the support that you need afterwards, because your mind is racing. It's going a lot of places that it has never been before. And you're going to need somebody to talk to calm yourself down.

But I tell you this, please talk to your doctor. Let him know what's going on with yourself too. Because sometimes your doctor, he is not only a surgeon, sometimes he can be a psychiatrist for you. So, talk to him. Don't be afraid. And find some support somewhere, definitely.

Dr. Zachary Klaassen:

I think you bring up a very good point about the psycho-oncology. I think a lot of people, when they hear the C word, it's a devastating diagnosis, even if it's treatable, even if it's curable. We're fortunate at our cancer center and maybe folks on the line have it at the places they're being treated to, is psycho-oncology services. And I offer that to not just my prostate cancer patients, but my testicular cancer patients and my bladder cancer, kidney cancer.

And your Doctor may be in tune with seeing that you need that support, but maybe they aren't. Ask about that, because a lot of major cancer centers have psycho-oncology support. And just having somebody to talk to that's not directly related to your treatment is often very helpful. And we've got two excellent psycho oncologists. So, I think you bring up a good point.

And that kind of pivots a little bit to another point I want to talk about, is physical and mental wellness. I mean, you are a strapping 64-year-old man. You're in good health. Just talk about how general health helped you recover from your urinary incontinence after surgery. And how being as healthy as possible, not just for your prostate cancer diagnosis or your recovery from treatment, but also heart healthy and all those things that are very important to men.

Ricky Lee:

First of all, having good health is very important, because I don't think if I wouldn't have been in pretty good health, I don't know which way I would've went. I really don't. But I'm going to tell you this. When you have the surgery, please exercise, and don't be lazy. Don't lay around hoping for a miracle. No. The miracle comes when you do what you need to do. That's when the miracle comes. A strong man, don't get strong by looking at the weights, does he? He got to pick them up before he can get strong. And that's the same thing dealing with your body.

You've got to pay attention and you... Walk the track. Let me tell you one thing I did. Right after the surgery, I got up out the bed and I started walking. I'm talking about directly after the surgery, because my mental aspect... See, I grew up where, I didn't want nothing to defeat me. And it got me in trouble a

lot of times, but then again, it helped me a lot of times. And this time, it helped me. And it was just so beautiful just to get back out on my feet again. I didn't know how I was going to feel, I didn't know if I could walk, I didn't know if I could run again. But I can do all those things today. I'm better today than I was before the surgery, because I take care of my body better now. And that's the whole key of it. I feel better, doc.

Dr. Zachary Klaassen:

Yeah. No, that's great. I think I know... And you touched on it a little bit in the beginning, I think it's important in terms of men's health month and talking about prostate cancer. And outside of prostate cancer, all cancers, talk about the people that may have family risk or connection to cancers. Maybe their brother's got prostate cancer or their uncle. Or there's some connections between breast cancer, hereditary connections between prostate, ovarian, breast. When people have a family history, you're an advocate to your community, to your family. Talk about the importance, particularly when there's a family history of prostate cancer or other cancers, to getting these people, your sons or your daughters checked at a reasonable age.

Ricky Lee:

Yes. My sister died of cancer and that probably opened my eyes up too. We looked at the family tree. Now, I didn't even know I was going to come up with prostate cancer. But we looked at the family tree and I found out more people in my family had cancer and I didn't know that. And they died of cancer. But back then, they didn't have the treatments and they didn't have... Breast cancer, you just passed on. But you need that support. All family members, let's be real, all family members are not going to be positive.

Dr. Zachary Klaassen:

Right.

Ricky Lee:

Okay? I like to be real with people. I'm not going to joke them. You're going to have some that don't care. But you can't worry about their feelings, you got to worry about how you feel. And get with your people or get with the people in your family and talk to them about the cancer. And talk to them about getting diagnosed.

And I would tell all black men, "Get diagnosed early, 18 years old." I mean, it has no age. It has no age. And so whenever you can, get diagnosed and get your family members in there. That's the key. You got good doctors out here now. You got doctors out here who can cure cancer, who can remove it. And so, let's get ahead of the cancer game.

Dr. Zachary Klaassen:

That's well said. I think at 274 participants, I'm sure there's some men in their 40s and 50s with prostate cancer on the line. And it's important if you have sons or you have siblings getting PSA checks much earlier than the recommended ages of 55 to 69. If there's a 52-year-old gentleman on the line tonight, if they have a younger brother or a son that's coming up, when they get to their early 40s, they should be having at the latest their PSA getting checked. So, I think it's an important message, especially as you mentioned, among African American men.

Ricky Lee:

It's something I want to just come to my mind. I'm going to talk to them about the doctor that I went to, I'm not calling no names, but I went to this doctor. And I was telling this doctor about my symptoms. And these symptoms went on for about a year, and the doctor never listened to me. And just another thing, find your doctor that you can talk to, that will listen to you. When your car get broke down, you'll take your car to the shop, but you won't take your body. I don't understand that.

But what I'm trying to say is, the doctor wouldn't do what they needed to do in order to find this cancer in me. It could have been found much earlier. You see, that's why Dr. K is stressed so much about second opinions. Now what if I wouldn't have went to... just thought about a second opinion, and I would've just went on and went on? I probably wouldn't be in here today. And so, it's very crucial that you please get a second opinion. And don't be afraid. Please, don't be afraid 'cause it'll save your life.

Dr. Zachary Klaassen:

Yeah. That's great. Let's assume most of the participants on the line are prostate cancer patients. Speaking to people that have probably been through treatment or currently going through treatment, what advice do you have for men and their families that are currently living with prostate cancer? Maybe haven't got a cure at the moment, but are going through treatment. What's your advice to these folks?

Ricky Lee:

Keep your head up. Be around positive people. Negativity draws negativity. First thing you need to do and realize that you need a higher power. I don't know what that higher power is, but find you a higher power. That's first of all. That's what I would do. And second of all, strengthen your mind. We got muscles in our brains too. We can strengthen our minds, and that helps us a lot of times. When we are down, the mind, it heals sickness, and the sickness is within us. And so if we heal this, this here works. And so, that's why I say, "Keep you a good mind. Be around positive people." Somebody's going to tell you the right things to do.

Eat, and then that's another thing. Please eat right. You can't eat all this pork and all this other stuff all the time and expect your body to adjust. No, you can't do it. And so eat some fruits and vegetables and nuts. I had to do it. My wife... See that's another support system. See, another support thing. If I wouldn't have had my wife, I would've never did it on my own. I would've never eat no fruits and vegetables. Man, I want me some collard greens and things of that nature. But you learn.

Dr. Zachary Klaassen:

Yeah.

Ricky Lee:

Your body's more important. And I thank God for my wife, I thank God for my daughter. I thank God for Dr. K, because that was my support system. My whole family was my support system, and I thank God for it.

Dr. Zachary Klaassen:

I think you hit on a very good point. I think one thing that's important, especially during men's health, is that even among prostate cancer patients, we know that cardiovascular disease, number one, mortality

risk among men in America. Even among prostate cancer patients, cardiovascular disease is still the number one cause of mortality. It's not prostate cancer, it's cardiovascular disease.

And I know for sure, there's some people and the folks that are going through hormonal therapy, we'll be talking about that in July on our webinar. And all the treatments that we give from a systemic therapy standpoint can all increase risks of cardiovascular disease. So your point about eating healthy, exercise is so well taken, because even amongst those patients, the heart is still the number one cause.

And I think when people talk, a kind of simple answer to the question of, "How do I make myself healthier and treat my prostate cancer?", there may not be direct correlation between diet and helping your prostate cancer. But the sure as heck is with regards to your diet and your exercise and your heart. And I think that's a great point that you sort of spun off and allowed me to get on a bit of a soapbox about that.

Is there anything you want to leave our listeners with that we haven't touched on already?

Ricky Lee:

Yes. The number one thing I didn't touch on at all, Kegel exercises.

Dr. Zachary Klaassen:

Yes.

Ricky Lee:

And I'm going to... Please, please do your Kegel exercises. Today, I don't wet on myself, I don't have no drips, I have none of that. And that's because the minute that Dr. K told me, said, "This is the way that you stay dry.", that's what I did. The minute that I got to the hospital bed after the surgery, I started doing Kegel. I still doing them today, and don't even realize I'm doing them. And so please, that's one of the number one things, doc.

Dr. Zachary Klaassen:

Yeah.

Ricky Lee:

Please, do your Kegel exercises, please.

Dr. Zachary Klaassen:

That's great. Mr. Lee, it's been a pleasure. I hope our folks on the line have enjoyed this as much as I have. And I thank you for your time. I love you, brother.

Ricky Lee:

I love you too, man.

Dr. Zachary Klaassen:

And I'll see you next year, when we do another PSA.

Ricky Lee:

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Thank you, thank you. Be blessed.

Dr. Zachary Klaassen:

You bet. Thank you. I'm going to thank Mr. Lee again for how candid he is. I hope the folks on the webinar enjoyed his discussion. He certainly inspires me and he's been a great advocate for patients in our community, and certainly on the prostate cancer patient voice as well.