

## **Prostate and Colorectal Awareness Workshop in the City of Triana**

**By: Regional Extension Agent Theresa Jones**

In today's society, the word "cancer" probably sounds like an automatic death sentence, but it does not have to be when you are educated on how to prevent or live with the disease. However, any type of cancer awareness is worth educating the public about regardless of fears, and what you think people know or don't know about the disease.

Prostate cancer is the second leading cancer killer in men, where as, colorectal cancer is the second leading cancer killer among men and women in the United States. In the state of Alabama, both of these cancers fall in the range of being the second and third leading cancer killers. Unfortunately, the risk for both of these cancers increases with age. Estimated new cases of prostate cancer in the United States in 2009 were 192,280 and deaths from this cancer in this same year were more than 27,300. On the contrary, estimated new cases of colorectal cancer in the United States in 2009 were 146,970 and deaths from this cancer during this time were about 49,920 cases.

Sixty percent more black men than white men are diagnosed with prostate cancer and the death rate for black men is double that of white men. The Centers for Disease Control and Prevention and the American Cancer Society believe one reason for this is that Black men do not get checked or screened regularly. For colonrectal cancer, the diagnosis is similar between African-Americans and Caucasians, but lower in American Indians.

We would like to thank Jatunn Gibson, Extension Specialist for Family & Child Development Programs and Dr. Evelyn Crayton, Assistant Director for the Alabama Cooperative Extension System's traditional programs in the area of Family Programs for their leadership in addressing prostate and colorectal cancer problems by educating the public. As a result of the grant they received, the Alabama Cooperative Extension System teamed up with the Alabama Department of Public Health, and Fitway Alabama to address these problems in communities across the state.

The Alabama Cooperative Extension System's Regional Agents Theresa Jones, Judy Edmond, and Shirley Whitten organized a Prostae and Colorectal Workshop for Saturday, June 26, 2010 in Madison County at Triana C.P. Church where James Childress is Pastor in the City of Triana. Guest included the Honorable Mayor, Mary Caudle also in the City of Triana. Speakers were Dr. Joseph Pettus, a Urologist at North



Alabama Urology PC, Dr. Javad Golzarian, a Colon and Rectal Surgeon at the Clinic for Colon and Rectal Surgery, and Stoney Massey, a prostate cancer survivor. The goal of the workshop was to increase awareness of both types of cancer, to improve communications among physicians, patients and family members and, more importantly, encourage men to get screened. Both physicians discussed myths about and treatment options for prostate and colorectal cancer with the 61 participants attending the workshop.

Dr. Joseph Pettus is a native of Huntsville. His advice to the participants were for them to see their family doctor and get regular check-ups, eat less fat, eat a diet high in vegetables and fruit (consider a Mediterranean Diet), eat foods that contain lycopene and soy, and take a Vitamin D supplement (1000 IU/day). At least 50% of cancer cases can be prevented through healthy living.



**Mrs. Edmond presents certificate of Thanks to Dr. Pettus**

Stoney Massey, prostate cancer survivor for 12 years also left the participants some food for thought after he shared his testimony.



He suggested whenever the doctor gives you a diagnosis, always get a second opinion, and do some research to see what treatment options you have. Make a treatment decision based on what you can live with. Make a change in your diet before you are diagnosed with a disease. Drink 8 oz. of pomegranate juice everyday (it's at Walmart in the produce section and cost about \$11). Eat cooked tomatoes to get lycopene. Take about 1000 IU/day vitamin D3.

**Mrs. Edmond presents Certificate of Thanks to Mr. Massey**

Dr. Javad Golzarian left six key messages with participants. First, screening reduces mortality from colorectal cancer. Second, all persons aged 40-50 years or older should be screened. Third, high-risk individuals should begin screening earlier. Fourth, colorectal cancer can be PREVENTED. Fifth, diet and exercise is important. And sixth,



**Mrs. Jones presents Certificate of Thanks to Dr. Golzarian**

several effective screening options are available; not screening is no longer an option.

### Other highlights from the workshop

All participants were given folders with prostate and colorectal reading materials during registration. Pre and Post evaluations, as well as, demographic forms were completed by all participants.

Exhibitors set up various exhibits for the participants to pick up free educational materials and



free prizes. The following exhibits

were presented: ACES Regional Extension Agent, Theresa Jones –

Small Steps to Health & Wealth

and Cash Crunch - Financial Management, ACES Regional Extension

Agent, Shirley Whitten - Health and Nutrition, ACES Regional Extension

Agent, Sylvia Oakes – Diabetes, ACES Regional Extension Agent, Walter

Rodgers- Radon, ACES Master Gardner, Dorothy Thomas – Ask the Master Gardner, BBVA Compass Bank Lona Johnson - Banking

information and gave away many portable CD cassette players and Hi-Fi AM/FM stereo radio w/remote control, Calhoun Community

College, Angela Wakins – Human Science Department - Nursing, and lastly, Director of Huntsville Assistance Program Director & AF

Ministries Representative Gaylor Kidd gave out information on the Angela Food Ministry and Huntsville Assistance Program.

A free lunch was provided to all the participants by Alabama Cooperative Extension and its sponsoring partners. The meal was

brought in by Big Bob Gibson out of Decatur, Alabama. Fourteen door prizes were given away and

all participants received a blue insulated tote bag, a ball cap – ( with “I will wear blue” written on

the middle, with a light blue ribbon on the left side representing prostate cancer and a dark blue

ribbon on the right representing colorectal cancer awareness), and an emergency toolkit.

Participants stated that they were so blessed to have someone to come to their community to

present educational information on cancer awareness that is affecting so many people in their community.



### Some participants visiting one section of the exhibits



**Bags given to participants**

The McRae Prostate Cancer Awareness Foundation and a prostate cancer survivor from Tuskegee told his story and encouraged all the men there to take action now and get screened.

[https://sites.aces.edu/group/comm/grassroots/Lists/Posts/Attachments/58/CraytonGibsonHerndonJonesMcRaeWellsa ndPulliam\\_2\\_69473EDE.jpg](https://sites.aces.edu/group/comm/grassroots/Lists/Posts/Attachments/58/CraytonGibsonHerndonJonesMcRaeWellsa ndPulliam_2_69473EDE.jpg) The Today Show's "Your Life Calling with Jane Pauley" segment will feature McRae's prostate cancer



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survivor story in September. "Your Life Calling with Jane Pauley" is about people over 50 who have reinvented the way they work and live to pursue their life's calling. The Today Show film crew has been in Tuskegee since last Monday, shooting video and doing interviews for the segment. Mark your calendars for September and look out for the date the program will air to hear the story of this Alabama prostate cancer survivor's story.

Extension's prostate and colorectal workshop in Triana was one of many and last workshops being conducted throughout Alabama in June. An Estate Planning and Heir Property work is coming soon in fall 2010. For more information, please contact the Madison County Extension Office at (256) 532-1578.