

## **“What Every Man and His Family Should Know About Prostate Cancer”**

Spanish language DVD, 18:31 minutes

Featuring:

Dr. Venegas

Dr. Juarez

Survivors Bill Canales & Daniel Aleman

### **T R A N S C R I P T**

Narrator: Voice over music “What do you and your Family know about Prostate Cancer”

Interview: Male 1

Interview: Male 2

Interview: Male 3

Interview: Female 4

Interview: Female 5

Interview: Male and Female 6

Narrator: Hello...my name is \_\_\_\_\_ and for the next several minutes we are going to talk about Prostate Cancer, Why for the simple reason it is one of the most common and deadliest cancer affecting American men today.

Dr. Venegas

220,00 men will be diagnosed with Prostate cancer

6,700 of these men will be Hispanic and 1,200 of them will die from prostate cancer...

That's 4 men per day

Narrator

Those are some alarming numbers Along with the high Risk factors research show that prostate cancer runs in families attacking men from generation to generation, fathers uncles brothers, cousins and despite popular myth it is not and old mans decease and can attack men as early as 40.

That is not the only side of the story... prostate cancer can be fought and it can be beat. And that is really the purpose of this video. I would like for you to meet some people... people who have fought and survived prostate cancer... people who are on the front line to find the cause and a cure in the war against prostate cancer

Survivor 1 Bill Canales-

Survivor 2 Daniel Aleman-

Survivor Family (A family who has been effected by prostate cancer)

Narrator

Like I said it runs in families ( use examples from the 4 survivors) So if anyone in your family has prostate cancer you are in a high risk group and should get checked regularly and we will talk about that in a minute...but first lets make sure we all no what the prostate is (Show picture of Prostate)

Dr. Venegas

It is a sex gland about the size of a walnut that is a part of the male reproductive system. The prostate contributes to the reproduction of semen, the thick fluid carries sperm from the testicles. It is located inside the body at the base of the penis, just below the bladder and above the rectum. It surrounds a portion of the urethra (the tube that carries urine from the bladder to the outside) and can be imagined as a doughnut surrounding a straw.

You are probably saying I feel fine, I'm healthy and I don't have to worry about it. Well when you first get it , there are no symptoms and you can have it for a long time before the symptoms show up

Dr. Juarez (Discuss the issue of no symptoms)

No symptoms are probably a better sign, particularly if you have prostate cancer because if you have symptoms and if those symptoms are do to prostate cancer...in many cases the cancer is already too advances and has begin to spread

Narrator:

But there are symptoms that eventually show...and it is important that you be aware of them

Bill Canales discuss his symptoms he may have had

Daniel Aleman discuss his symptoms and experience he may have had

Dr. Venegas:

(voice over) Discuss all symptoms and give examples (Display Symptoms)

Decrease force of stream- for example when you go in the restroom and unzip your pants... remember how it use to come out so fast you could write your name in the sand... and now it barley comes out...that is call Decrease force of Stream

Hesitancy, is when you are standing in the rest room and waiting for something to come out.. .and you feel like you have to use it and everyone else his finish , and you have to turn on the water to try to get started. ..that's call Hesitancy

Blood in the urine

Stinging or burning while urinating

These are also signs of Prostate Cancer

Narrator

Let's say it again ...in the early stages there are no symptoms..and if you wait for them to show ...it may just be too late

Dr. Venegas

Let's use the example of maintenance on a car..Every 3000 miles you have to get the oil changed and of course you do other routine checks at the same time to keep that car running...

The same applies to the male body... every year it is important to get the maintenance checked on the body and that includes a prostate cancer examination to make sure the body is working well

Narrator

So this is the routine... If you are 40 years of age or older you should be getting a check up for prostate cancer every year. And for those of us who are in the high risk area Hispanics with a family history of prostate cancer, that means 2 things includes a Digital rectal Exam or DRE and the Prostate Specific Antigen or (PSA) which detects blood levels in cases of prostate cancer and other prostate diseases.

Now I know that most of you do not even want to hear about a Digital Rectal Examination ...but there is some cold truth that needs to be dealt with...it may be uncomfortable and embarrassing...but it is a lot better than dying...

Dr. Venegas

Having the digital rectal examine is just as important, and in many cases more important than having your heart listen to with stethoscope

Dr. Juarez:

Yes it may be uncomfortable ... however it only last for a few seconds then it is over with

Survivor Explain importance of the exam

Dr. Juarez:

Don't wait for a doctor to tell you its time for your examination its your body and your life... It's your health and it is your responsibility

Survivor Talk about preventive health maintenance

Narrator

The fact is that early detection can lead to successful treatment for prostate cancer (mention treatment options)

Dr. Venegas:

For men with prostate cancer, there are different treatment options...

Getting back to your daily life is what it is all about... yes there are some risk... you might have heard about your sex life being effected... But with today's treatment the risk are very small

Dr. Juarez

The major treatment options for prostate cancer include:

surgery  
radiation therapy,  
hormonal therapy,  
chemotherapy  
watchful waiting

Dr. Venegas  
Surgical Techniques

Radical Prostatectomy...which is the surgical removal of the entire prostate gland  
This procedure is usually performed in the early stage of prostate cancer before it can spread to other parts of the body

Dr. Juarez  
TURP or Transurethral Resection of the Prostate...is a procedure that involves removing the tissue from the prostate

Dr. Venegas  
ORCHIECTOMY... is a surgical removal of the testicles...resulting in an immediate and permanent reduction of testosterone.

Dr. Juarez  
CRYOSURGERY... treats localized prostate cancer by freezing and destroying the prostate.

Dr. Venegas  
Alternatives to Surgery include:

Radiation Therapy... which involves exposing cancer cells to high doses of radiation with the goal of killing the tumor

Dr. Juarez  
Hormonal Therapy  
Doctors sometimes use LH-RHa therapy before radiation to shrink the tumor... this is also used to slow the spread of cancerous cells and alleviate the symptoms associated with advanced prostate cancer

Dr. Venegas  
Chemotherapy... which is a process used to describe the cytotoxic drugs known to destroy cancer

Dr. Juarez  
Watchful Waiting... an option which involves careful observation of the patient's condition, without immediate treatment for prostate cancer

Narrator:  
Remember... Getting back to your daily life is what is important...not only for yourself... but for your loved ones... get your prostate examination before it is too late  
Music ...show different scenes in Hispanic life and community

Fade to Black...show credits, fade music, fade out