

VISITING HOURS

# What Is Prostate Cancer?

BY MICHAEL PETERSON, MD  
Avera Sacred Heart Cancer Center  
Medical Director



Peterston

history of prostate cancer or other prostate cancer risk factors.

Generally, prostate cancer doesn't display many symptoms until it has become fairly advanced. That's one of the reasons why prostate cancer is the second leading cause of cancer deaths in American men.

There are a number of tests used to detect prostate cancer including a digital rectal examination, prostate-specific antigen (PSA) blood test; ultrasound examination of the prostate, and prostate biopsy.

Listed below are common risk factors associated with prostate cancer:

- Age – As you get older the risk of developing prostate cancer increases.
- Race – Although the reasons are not clear, African-American men have a higher risk of prostate cancer than men of any other racial group in America. By contrast, Asian-American men have the lowest rate of prostate cancer of all racial groups.
- Family History – As with

As we observe National Prostate Awareness Month in September it's important that we do just that – increase awareness about the disease itself. Knowledge is a vital tool in fighting not only prostate cancer, but any other disease as well.

What is prostate cancer? Prostate cancer is the most common internal cancer in American men.

The prostate gland is a small, walnut-sized gland that is located at the base of the bladder. Cancer and other diseases of the prostate can cause the gland to enlarge and make urination difficult. The American Cancer Society recommends that men who are 50 or greater who have a life expectancy of at least 10 years talk to their doctors about screening for prostate cancer and make an informed decision about screening after learning its uncertainties, risks and potential benefits. Although it's uncommon to develop prostate cancer at younger ages, men younger than 50 should also consider screening if they have a family

**What: Prostate Cancer Screening**  
**Where: Avera Sacred Heart Cancer Center**  
**When: Thursday, Sept. 1 from 4:30-7 p.m.**  
**Cost: \$10 (includes prostate exam and PSA test)**  
**Please call 668-8850 to schedule a time**

many diseases, your risk of prostate cancer increases if there's a positive family history.

• Diet – Many studies have pointed to an increased risk of prostate cancer in men who eat a high-fat diet.

If you are age 50 or over or if you are younger and have prostate cancer risk factors, it is important to discuss your risk of developing prostate cancer with your health care provider.

- Lower back pain
- Pain during bowel movement
- Other symptoms may include:
  - Excessive urination, especially at night
  - Incontinence
  - Bone pain or tenderness
  - Blood in the urine
  - Abdominal pain
  - Anemia
  - Weight loss
  - Lethargy

If you have any of these symptoms, it's very important that you inform your health care provider. In its early stages prostate cancer is often highly curable.

*Dr. Michael Peterson is a board certified Radiation Oncologist with the Avera Sacred Heart Cancer Center.*

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## Pull

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chunk of it comes right off the top (of tax revenue). Those things are supplemented by these fundraisers."

Area residents play a key role in the tractor and truck pull, not only with their attendance but with helping get the track ready, Scherschligt said.

"People are glad to give of their labor and equipment," he said. "They help at any kind of event."

The fire and rescue unit couldn't operate at its current level without such backing, Scherschligt said.

"The support of the local people allows us to do stuff that we normally couldn't do with our budget," he said.

A strong Lesterville unit benefits the entire region, Scherschligt said. The Lesterville fire district includes Utica and also responds to calls from other communities. Lesterville covers an area that would otherwise require a longer response time from more distant units, he said.

The Lesterville fire and rescue unit maintains eight pieces of apparatus, he said. One Type 6 engine remains parked at Utica with the other five in Lesterville. Each site houses a six-wheel all-terrain vehicle (ATV).

A fire and rescue unit couldn't operate without strong membership numbers, and the department currently consists of 23 firefighters, Scherschligt said. Saturday's fundraiser and other public events raise an awareness of the unit and the importance of its work, he said.

"The members who work in town provide the initial attack for a fire. They also respond first to medical calls," he said.

"The people who work on farms and in surrounding towns come in for follow-up. It doesn't take long (for response to calls)."

Mutual aid provides key sup-

port not only for Lesterville but also for other departments, particularly for major incidents, Scherschligt said. The units also work together on training exercises.

"All small towns have the same issues," he said. "Working with neighboring communities, we make sure that we take care of the task at hand."

Saturday's fundraiser also helps the unit purchase needed equipment, Scherschligt said. This year, Lesterville Fire and Rescue bought a new automated external defibrillator (AED) for \$3,500. The unit has also purchased oxygen cylinders for response to multiple injuries or mass casualties.

Besides the actual equipment, the Lesterville unit must also pay for testing to maintain the equipment's certification, Scherschligt said. An annual test of breathing apparatus costs \$25, and the department pays for a hydrotest of its air pack cylinders every five years.

To reduce costs, the Lesterville unit schedules its equipment testing at the same time as other departments, splitting the expense of bringing in the same company, Scherschligt said.

It's a necessary expense that spells the difference between life and death, Scherschligt said.

"We meet the specifications for toxic environments so we don't have problems," he said. "We don't want to put on an air-pack if it doesn't work."

Saturday's fundraiser will provide the needed money for maintaining a quality fire and rescue unit, Scherschligt said.

"We are constantly looking at different ways to make us more proficient at our job," he said. "We want to provide better care of people from our area or from anywhere."

For more information about Saturday's tractor and truck pull or about Lesterville Fire and Rescue, contact Scherschligt at 661-4289, Fire Chief Joe James at 661-4374 or Assistant Fire Chief Ron Trotter at 760-3285.

# Our Troops Are Not Alone On The Battlefield

BY VAL FARMER  
www.valfarmer.com

Our country has just suffered an almost unspeakable loss of 30 American servicemen shot down in Afghanistan, 17 of which were Navy Seals. What a horrible body punch to the best fighters our nation has to offer. We rejoiced when they got Bin Laden. We grieve when they suffer losses. They are our proxies fighting for good in a nasty and brutish world.

Make no mistake. What they are doing in Afghanistan or wherever they are assigned is noble.

They are trying to provide a secure environment and rebuild a country for strangers from a different culture, religion and language from our own.

America is great because we as a country choose to extend our ideals of democracy to oppressed peoples. We stand for something. We also recognize the threat to ourselves and are willing stand in our own defense.

**The soldiers have trained for this.** As military units, they have learned skills, gained knowledge, and developed teamwork bonds with each other. They have the know-how, courage and teamwork to be liberators and rescuers.

Though they did not choose the time or place for their specific mission - they had already chosen to serve our country and our commander-in-chief willingly.

It is their unanimity of purpose, their bonds with each other, the confidence they place in their leaders and the values they carry in their hearts that goes with them into the flames of

combat and into the heart of danger.

They are soldiers. They have a mission and they want with all their heart to be successful.

They are doing what they have been trained to do. It is not their skill, their armaments nor their superior technology that makes them strong, it is their willingness to rescue others from injustice, abuse, and despair.

**Nobody fights a war alone.** In a war, there is a buddy to your rear and at your side and ahead of you. No one is left behind. It is the comradeship and bonds with each other that make fighting and victory possible. Having comrades in arms tranquilizes the nervous system. It makes all the difference in the world.

It is when we feel alone or abandoned that hearts grow weary and faint and the battle becomes too hard. In this war, soldiers may be more vulnerable to discouragement by the actions of people back home than when they are in harm's way.

That's where families and communities come in. Every person deployed in Afghanistan, Iraq or supporting the war on terrorism worldwide is connected to a family and a community in our country. Every story of a deployed soldier is a family story.

In this age of technology, the buddies at our side include our families and the community. Because of our technology — e-mails, phone calls, care packages, etc. - more than ever, the



Val FARMER

soldiers will be evaluating if the folks back home are there for them when lives are at risk. It is an opportunity to grow closer to be there for each other.

**Families under fire.** The family is in a battle too and needs encouragement, love and support. Life is different. Life is harder. Families are enduring hardships they hadn't bargained for. They are also making huge sacrifices.

Family members also need to feel someone is at their side. They have special needs and challenges. They need soothing, hope, care and comfort. They need recognition for their hardships. They might need tangible help. They too look to their family, relatives, community, political leaders and each other for support.

A special kind of support comes from other families who also have loved ones serving in the war zone. The buddies at their side, the ones behind them and the ones out in front are other families walking in the same shoes and along the same path.

**Community support.** We don't want troops or their families to feel alone. We want to remember. To recognize. To honor. To assist in whatever way we can. We care, we still care and as long as conflict extends itself, we will continue to care for their struggles.

This is our war too. Our nation-building. Our peace. Our

security that is being upheld. What we do and say from behind the lines means a lot. Troops and family members, we also hope to be at your side, behind you and looking out for you through our acts of kindness, generosity and support. Let us know when we are failing at that task. Let us know how to do it better.

We are proud to be a part of a country whose generosity and ideals extend across borders and embrace the good in all humanity. It is who we are. When you read or hear of hurtful and tragic things, know also that we hurt and care.

The documentary "Taking Chance" depicts the spontaneous show of respect we Americans provide to our fallen heroes. It is deeply emotional account of how we honor the ones who didn't make it back.

When your loved ones return, we want to be at your side, re-joining with them, honoring them for a job well done and a noble mission accomplished.

Nobody should have to fight a war alone. Nobody. Be there for each other and we hope to be there for you. Thank you for being there for us.

For more information on support and coping, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

*Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.*

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there. Hopefully, later this fall, we'll be in a position to start some of that construction."

In the original plan, the science center was to be built on the main floor of the college's old library building, while the healthcare center was to go in Bede Hall on the other side of campus.

"After walking around the facility and talking to the nursing faculty, I would really like to set the goal of moving the nursing complex more toward the science complex," Benoit said.

It would create more synergy between the projects and possibly be less expensive than renovating a portion of Bede, he stated. Conversations will be held with Avera officials to determine if they are amenable to adjusting the plan, Benoit explained.

The college closed out its 2011 fiscal year with a surplus, he said, and a couple new key positions will be added this year, including a director of institutional research and a director of the

Benedictine Institute for Leadership, Ethics and Social Justice. Additionally, Benoit announced that former Mount Marty College president Jacqueline Ernster will serve as a special assistant to the president and will focus on reviewing the role of the Benedictine Institute.

Changes to academic programming will also continue, whether it's creating a masters program in education or working with the City of Yankton on an entrepreneurship program.

Benoit said he would like to develop a long-term academic plan.

"The idea of the academic plan is that it will reflect the vision of faculty and academic affairs for educational programming," he said. "It should be designed to be a strategic document that is tied to the mission of the college. It will help guide development of new

programs, as well as resource allocation for existing programs. It gives us an opportunity to determine what we are going to focus on and why, so we stay on course and are not just reacting to the next thing that comes down."

Benoit closed the address by saying he was happy to be joining Mount Marty and expects a great year ahead.

"We can always find things that we can improve on, and I'm looking forward to working with you on those efforts," he said. "We are in good shape starting the academic year."

Bob Tereshinski, the new vice president and dean of academic affairs for the college, shared Benoit's enthusiasm.

"This school is going to have an unbelievable amount of success in the next five to 10 years under Dr. Benoit," he said. "I know he's in it for the long haul and is just the guy we need."

## MMC

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the art department.

"The reality is, much of this will not take large sums of money," Benoit said. "It's the type of thing that we won't do overnight. But we'll set it as an overarching goal."

Although the initial focus was on the arts, the new administrator did not forget the college's science and medicine legacy.

He spoke about the June announcement that Avera Sacred Heart Hospital will contribute \$750,000 to Mount Marty to help fund the Avera Nursing Laboratory and the Avera Science Laboratory as part of the college's plan to develop new healthcare and science centers.

"We will continue to seek the remaining funds for those projects," Benoit said. "We're halfway



Abigail Jean Hunhoff and Daniel Thomas Kokesh announce their engagement.

Parents of the couple are Daniel and Jean Hunhoff of Yankton, SD, and Douglas and Cindy Kokesh, Yankton, SD. Abbey graduated from Mount Marty College in Yankton, SD, in Spring of 2010, and graduated from Iris Harvest School in Pemba, Mozambique, Africa in December 2010. She is a Children's Counselor at Lewis & Clark Behavioral Health Services in Yankton, SD.

Daniel received an Honorable/Medical Discharge from the U.S. Army in 2009. He is employed at Cimply in Yankton, SD.

The couple has set a Sept. 10, 2011, wedding date.

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