

# News wire

Clara Maass Medical Center

October 2008

an affiliate of the Saint Barnabas Health Care System

## Clara Maass Medical Center

### joins the fight to educate and help fight Prostate Cancer

On September 21, 2008 Clara Maass Medical Center Foundation held it's first cycling event to fight prostate cancer. The event, called **LIFELINE CHALLENGE**, took place at Branch Brook Park in Belleville, NJ. Michael Lyach, a prostate cancer survivor, attributes his cure to the treatment he received at the Cancer Center at Clara Maass Medical Center. Spearheading the **LIFELINE CHALLENGE** was his way of giving back to the hospital.



**Michael Lyach**, in photo on left, is an international bicycle racer who once helped coach the young Greg Lemond to victory in the 1979 Junior World Championships.

Mr. Lyach said of the first cycling event to fight prostate cancer at Clara Maass Medical Center, "This was the happiest day of my life. The Lifeline Challenge was an idea, a way to give back to the Hospital and people who showed me such kindness throughout my prostate cancer treatment. It was beautiful to see the early morning mist hanging over Branch Brook Park when the elite bicycle racers started arriving for the first annual Clara Maass Medical Center LIFELINE CHALLENGE, Sunday September 21st. As the morning progressed, it was a joy to see all of the families and recreational riders who came out. I was proud that over 211 riders had helped raise \$25,000 to fight prostate cancer. Thank you to all of you for joining me in this important challenge."

# LIFELINE CHALLENGE 2008



Dr. Kenneth Blank, Director of the Department of Radiation Oncology, his wife, Dr. Michele Cascardi and their children enjoying the day



The Moog family makes a great team



Pro Riders from the Colavita teams get ready to ride



Even the littlest ones came out to raise prostate cancer awareness



The extended Lych family came from near and far championing the importance of prostate cancer education and screenings

# SPECIAL THANKS

County Executive, **Joseph N. DiVincenzo, Jr.**, Honorary Chair

## Sponsors:

- Associates in Urology
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- Clara Maass Medical Center Department of Radiation Oncology
- Clara Maass Medical Center Foundation
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- Saint Barnabas Health Care System
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- The Cardiovascular Care Group
- The Marathon Group
- Uniformity
- Valley National Bank

Congratulations to the following individuals for obtaining the most pledges. These individuals each won an ipod Shuffle:

- Michael Lych
- Mary Ann Donohue
- Thomas A. Biga

Congratulations to the following Team for raising the most funds for prostate cancer education and screenings. The winning team will receive an American Express Gift Card:

- Boys & Girls Club of Clifton

SAVE THE DATE

*LIFELINE CHALLENGE*

Saturday, September 26, 2009





# Prostate Cancer

## Did you know?

Prostate cancer is the most common cancer in men. The good news is that when caught early the survival rate is close to 100%. Screening methods and advances in drug treatments contrib-

ute to high survival rates.

### Some Statistics

- Prostate cancer is the second leading cause of cancer death among men (behind lung cancer)
- In 2007, more than 218,000 men were diagnosed with prostate cancer
- 1 in 6 (17%) men will be diagnosed with prostate cancer in his lifetime
- More than 65% of all prostate cancers are diagnosed in men over the age of 65

### Risks: Some factors that may raise your chances of getting prostate cancer include:

- Age (greatest risk in men over 65)
- Having a father or brother who had prostate cancer
- Race (African Americans are at 6 times greater risk than white Americans)
- A diet high in animal fat, especially from red meat

### Potential Symptoms: In many stages of prostate cancer, patients will not experience obvious symptoms of the disease. However, symptoms that may occur include:

- Trouble starting or stopping the flow of urine
- A frequent and urgent need to urinate
- Frequent pain in the lower back, hips, or upper thighs
- Pain or burning during urination

### Early Detection: To help detect prostate cancer early, it is very important to follow these recommended guidelines:

- Men aged 50 years and older should have a prostate exam by a healthcare provider every year
- Men at high risk, including African-American men and men with a family history of prostate cancer, should be tested starting at age 45

Websites you may want to check out for more information:

[www.pcacoalition.org](http://www.pcacoalition.org)

[www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)

[www.prostate-cancer-institute.org](http://www.prostate-cancer-institute.org)

[www.psa-rising.com](http://www.psa-rising.com)