



Larry Gandle, MD, is a Board Certified Radiation Oncologist. He received his undergraduate degree in Biology from Tulane University College of Arts and Sciences, New Orleans, LA, where he graduated cum laude and went on to complete his medical degree at Tulane University School of Medicine. He served his internship in General Surgery at Montefiore Hospital, where he also completed residencies in General Surgery, Urology, and Radiation Oncology. He is a member of the American College of Radiology, Radiologic Society of North America, and American Medical Association.



Sawsan G. Bishay, MD, is a Board Certified Radiation Oncologist. She completed her undergraduate degree and received her medical degree from the Alexandria University School of Medicine. She served her internship in Internal Medicine at the Methodist Hospital of Brooklyn and went on to complete a residency in the Radiation Oncology Department. Dr. Bishay was the Chief Resident in the Radiation Oncology Department of the New York Methodist Hospital and is a member of the American Society for Therapeutic Radiology and Oncology.

PSA testing crucial for men

Florida Cancer Institute

Larry Gandle, MD • Sawsan G. Bishay, MD

According to the *Journal of Urology*, prostate cancer continues to have the highest incidence rate and the second highest mortality rate of any cancer in American men," reports Larry Gandle, MD, who is Board Certified in Radiation Oncology.

"In addition, prostate cancer has a wide spectrum of clinical presentations, ranging from a latent, slow-growing tumor with prolonged survival to a highly virulent malignancy with limited survival."

Cancer specialists are divided about the most appropriate management of prostate cancer, but all agree that early detection offers the best chance to use local treatments to achieve long-term remissions or cures.

"The prostate-specific antigen [PSA] test is the most important tool for early diagnosis," explains Dr. Gandle. "The test is highly sensitive for prostate cancer and can detect the disease in the stage before there are any symptoms. We typically recommend that men over 50 have an annual PSA as part of their routine physical exam. If there is a family history of prostate cancer, annual screening should begin at age 40."

Treatment options

In the event that a patient is diagnosed with early-stage prostate cancer, he usually has several treatment options open to him. Although some treatments may be more appropriate than others for a specific patient, statistics indicate that current treatments are equally effective in bringing about improvements and cures.

For prostate cancer patients, *radiation therapy* is often a frontline treatment option. It is accomplished either with external beam therapy using a linear accelerator or by the implantation of radioactive "seeds," a treatment known as brachytherapy.

The latest radiation beam technology, now available at Florida Cancer Institute, is Intensity Modulated Radiation Therapy (IMRT), which ensures the most accurate dosage of radiation while minimizing side effects and impact on surrounding tissue.

"IMRT is a technique that allows us to change the shape and intensity of radiation beams so that they are focused more effectively on cancer cells and away from healthy surrounding tissue and organs," explains Dr. Gandle.

"The treatment gives us an extremely accurate idea of each area to be treated and how much radiation it will receive, achieving higher target dose conformity while providing the greatest potential for sparing organs in the vicinity of tumor.

"Although no cure exists at this time for advanced prostate cancer, we can now prolong survival, control pain, and improve the quality of life in ways never before thought possible," stresses Dr. Gandle. "All of these options are available in our own community at Florida Cancer Institute. Most importantly, early detection may often be accomplished, and lives saved, through the simple utilization of a regular PSA test." **FHCN**—Michael J. Sabno



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Board Certified cancer specialists on board!

The doctors at Florida Cancer Institute welcome any questions regarding this article and other related topics. For further information, call **(813) 783-1676**. The Zephyrhills office is located at **38010 Medical Center Ave.**