

A MUST-READ FOR MEN

PROSTATE MISCONCEPTIONS EXPLAINED

Rowan Cowley

ONE of the north shore's leading urological surgeons Associate Professor Paul Cozzi has released a new book which is available free for men interested in their prostate health.

Dr Cozzi, who works at the Mater Hospital and North Shore Medical Centre, both in St Leonards, is an associate professor at Urology Sydney and the University of Notre Dame.

"Patients are given very little information when they are told they need a prostate biopsy," he said. "They might get a little leaflet but don't get information on what happens if a biopsy comes back positive."

He said the book *Understanding the Prostate and Prostate Cancer*, addressed some misconceptions about prostate cancer, specifically

NEED TO KNOW

WHAT: *Understanding the Prostate and Prostate Cancer* by north shore urologist Associate Professor Paul Cozzi

AVAILABLE: To obtain a copy or for more information, visit urologysydney.com.au or call 9587 4888

around testing and treatment.

He said in the USA urologists have been criticised for "over treating" the condition with around 90 per cent of US prostate cancer patients receiving radical treatment such as robot surgery or radiation treatment.

But he said around 30 per cent of Urology Sydney's patients are currently on surveillance, while other selected patients were receiving focal treatment which re-

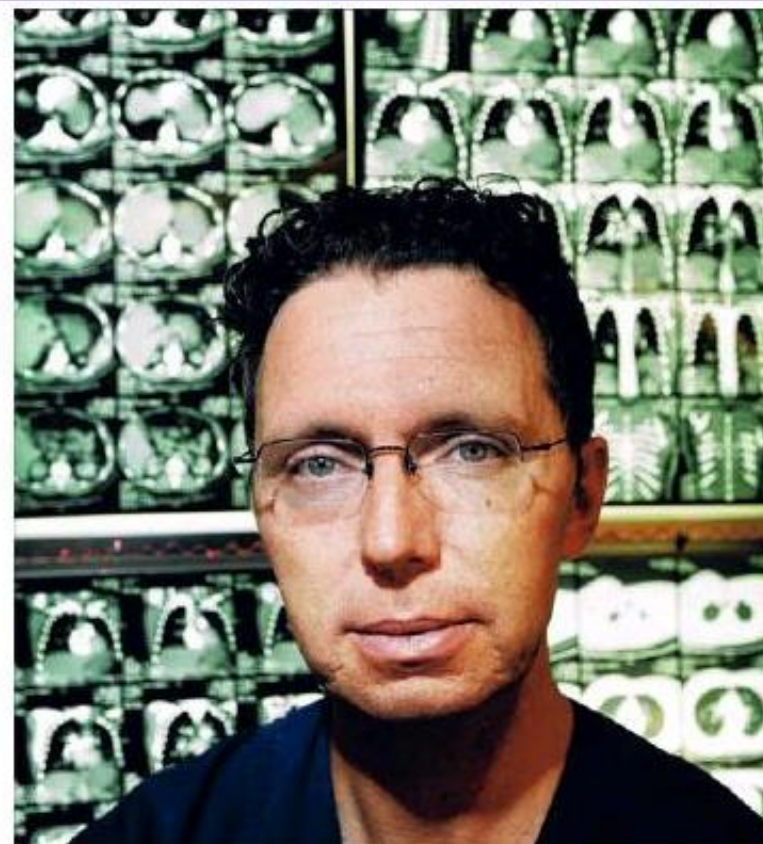
moves one part of the prostate as opposed to the whole gland.

"In future we'll look back at some of these low range cancers and think we were crazy to take the whole prostate out," he said.

He added less radical treatments could significantly reduce side-effects and preserve continence and potency but added patients receiving focal treatment had to be carefully selected.

He said he recommends the book to prostate cancer patients, anybody who has a prostate biopsy, or to anyone who worries they may develop the disease in the future.

He described the book as a comprehensive look at the prostate and prostate cancer which covers the anatomy, physiology of the disease and a range of other factors including prostate-friendly diets.



Urologist Paul Cozzi hopes his book will give patients a better understanding of the prostate.

Picture: BRADEN FASTIER