

PROSTATE CANCER FACT

Approximately 16 percent of American men will be diagnosed with prostate cancer sometime in their life.

Jim Moulton and his dog, Murphy, enjoy some quality time together following Moulton's successful surgery to treat his prostate cancer.



*a good*  
**catch**

Adam Auel

**MINIMALLY INVASIVE ROBOTIC SURGERY OFFERS PROSTATE CANCER PATIENTS BETTER TREATMENT OPTIONS WHILE MINIMIZING SIDE EFFECTS**

**Born just 14 months apart,** Jim Moulton and his younger brother, Eugene, grew up sharing everything. Now they share another distinction: they are both cancer survivors.

53-year-old Jim, a Clifton resident and retired Marshall High School principal, had been experiencing prostatitis (inflammation of the prostate gland), which caused frequent urination and urinary tract infections, and fluctuating prostate-specific antigen (PSA) levels for more than a decade. So when his brother

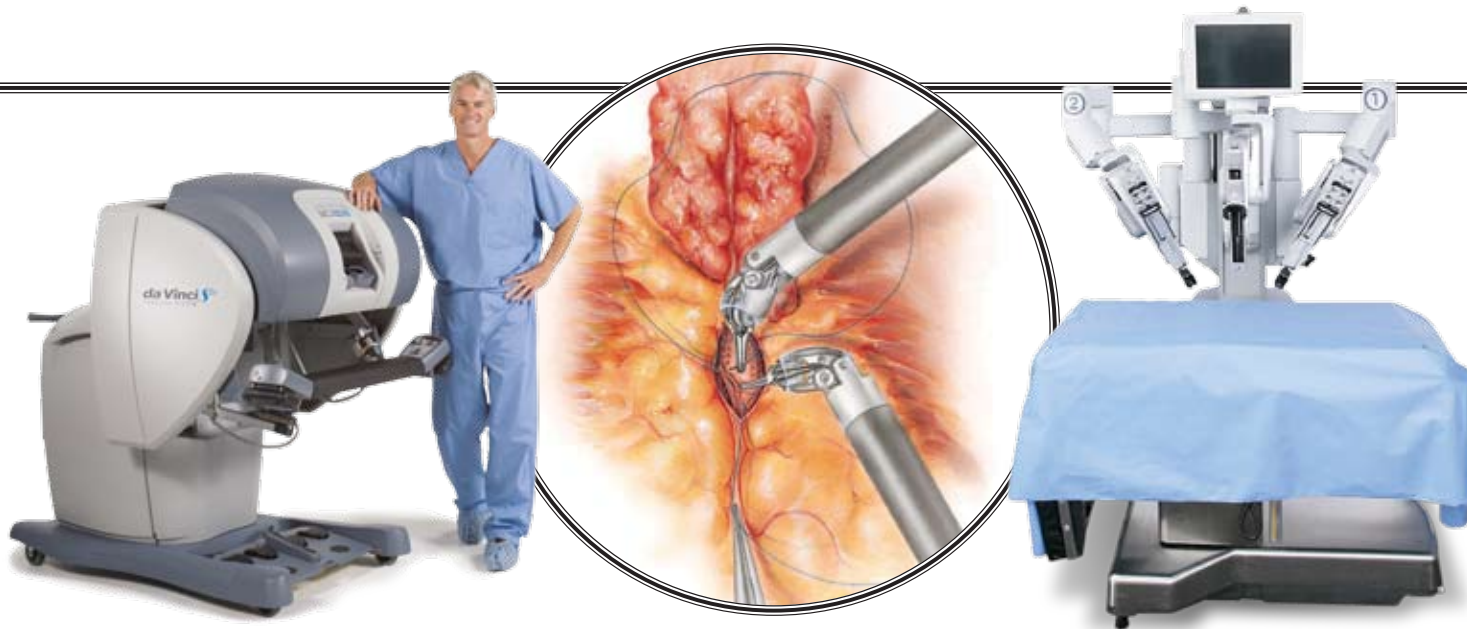
was diagnosed with prostate cancer last fall, Jim decided to have a biopsy, just to be on the safe side. The results came back positive. Only two months after his brother's diagnosis, Jim Moulton discovered he had prostate cancer too.

Scared and uncertain, Moulton met with his urologist Steven Guarnaccia, MD, at Inova Fairfax Hospital to discuss treatment options, which included robotic surgery, radiation or brachytherapy (small, radioactive seeds implanted directly into the tumor). "My brother had chosen to have his prostate removed using a robotic surgical procedure—a robotic prostatectomy—and had great results, so I chose that option too," Moulton says.

**ROBOTIC SURGERY**

Dr. Guarnaccia performed the minimally invasive procedure in January using the da Vinci® surgical system, a surgical robot that provides more precise views of the prostate and surrounding tissue, as well as providing the surgeon with greater dexterity. The da Vinci system enables surgeons to carry out complex and delicate procedures through very small incisions with dramatic patient benefit, including less blood loss, less postoperative pain, shorter hospital stays and faster overall recovery.

"Da Vinci prostatectomy is one of the most effective, least invasive surgical treatments available," says Dr. Guarnaccia, section chief, Urology,



Inova Fairfax Hospital, and co-director with Simon Chung, MD, of minimally invasive urology surgery. “We began using the da Vinci robot at Inova three years ago, and it has quickly become the preferred method for performing prostatectomies today.”

Doctors Guarnaccia and Chung each lead a dedicated team of nurses and surgical technicians who are specially trained to work with the da Vinci system. “We learned and trained together,” Dr. Guarnaccia says. “Dr. Chung and I couldn’t do what we do without these amazing people.”

#### QUICK RECOVERY

Moulton describes his minimally invasive procedure as “painless” with little blood loss and a quick recovery. “I was nervous because I’d never had surgery before, and the next thing I knew I was awake and it was over,” he says. Moulton is now back to the activities he enjoyed before surgery, including golf, walking and playing with his border collie, Murphy.

In June, Moulton and his wife took a two-week European cruise to celebrate a special milestone, their 25th wedding anniversary. And they continue to celebrate the most wonderful achievement of all: Moulton, and his brother Eugene, are both cancer-free.

The da Vinci surgical system robot uses two mechanical arms equipped with a camera and small surgical instruments that are manipulated by the surgeon’s hands, wrists and fingers through a computer console, which also displays a three-dimensional image of the internal surgical site. Robotic surgery gives surgeons the capability of performing advanced procedures using a less invasive technique.

## behind the SCREEN

**Prostate cancer is the second most common cancer** found in men in the United States, with more than 218,000 cases diagnosed annually. While one in six men will get the disease, death rates are steadily declining, thanks to early detection and treatment.

“Early intervention does save lives,” says Domingo Suatengco, MD, a urologist who practices at Inova Fair Oaks Hospital. “It’s essential for men who are at high risk to begin annual prostate screenings in their 40s. For all others, the generally accepted age to begin screening is 50.”

Those at high risk include African-Americans and anyone with a family history of prostate cancer, especially among immediate family members such as a father or brother.

Two tests are used to detect prostate cancer: a digital rectal exam (DRE) to feel for lumps in the prostate gland, and the prostate-specific antigen (PSA) blood test to measure PSA levels in the body. “Elevated PSA levels do not always mean cancer is present, so it’s important to discuss

these results with your physician,” Dr. Suatengco says. Inova Cancer Services and its affiliated physicians offer prostate cancer screenings. For more information, call 703-204-3366 or visit [www.inova.org](http://www.inova.org).

