

## Routine Screening Uncovers Prostate Cancer in Patient

The most common cancer seen in men, prostate cancer is highly treatable when caught early. For 63-year-old Naples resident Gary Griffith, his diagnosis came after a routine physical that included a prostate-specific antigen, or PSA, test.

“My primary care doctor noticed a rise in my PSA,” Gary explains. “So, he sent me to Dr. [William] Evans, a urologist, for further testing. The biopsies were malignant.”

Because he did not have any symptoms, Gary was shocked by the diagnosis.

To ensure that Gary had all of the information he needed to make the right decision, he met with Laurie Wise, RN, prostate cancer nurse navigator at the Regional Cancer Center. Nurse navigators meet with newly diagnosed patients and their families free of charge to provide education, support and information about the disease and treatment options. “Laurie was so helpful,” Gary says. “She gave me information and books to read to help me feel comfortable and confident with my decision.”

Gary knew he wanted the cancer removed from his body. “Dr. Evans referred me to Dr. [Omar] Benitez, another urologist in his practice, because he specializes in robotic prostatectomies,” Gary says. “That wasn’t my only option—I could have gone through radiation—but I felt like it was the best option.”

Dr. Benitez performed the prostatectomy using the da Vinci robotic surgery system.

“The incisions were so small and I was only in the hospital for one day,” Gary says. “It only took a few days for me to feel well enough and strong enough to walk my dog. I knew pretty quickly that I’d made the right decision.”

Gary’s experience also reaffirmed his belief in annual, routine testing. “You are in charge of your own health,” he says. “Without routine check-ups, you really are putting your life in your hands.”



Days after his robotic prostatectomy surgery, Gary Griffith was able to take his dog, Ty, for short walks.

Join us for the Annual Health Forum. Presented by the Omega Youth and Community Development Foundation, this free family event features health screenings, tests and information on the following:

- Prostate and colon cancer
- Blood pressure
- Diabetes
- Children’s health
- Sleep disorders
- And more

Additionally, there will be free immunizations for children 18 years of age and younger, and free groceries for the first 300 households. Bring shopping bags or a box to carry the groceries.

**9 a.m.-1 p.m., Sept. 22**

**Dunbar High School,**

**3800 East Edison Ave., Fort Myers**

**For more information, call 239-424-3806.**

 To view a video on PSA tests, go to [tinyurl.com/LMHSpsa](http://tinyurl.com/LMHSpsa)