

This article appeared in Navel Expo, July 2012. I interviewed Dr. Aaron Katz, Chairman of Urology at Winthrop University Hospital and author of "A Definitive Guide to Prostate Cancer." Dr. Winthrop has appeared and been interviewed on both national and local television and radio.



MEN'S HEALTH: Prostate Cancer by Brigitte Surette

The Definitive Guide -- Prevention, Treatment and Reclaiming Your Health

"You have prostate cancer."

One in six men will receive that diagnosis in their lifetime. Once a patient recovers from the initial shock, his physician will refer him to a urologist to determine the correct protocol to treat the disease. Often these treatments include surgery, radiation and a battery of medical tests that can dramatically affect quality of life. But, are they always necessary? Does every man diagnosed with prostate cancer have to undergo medical therapies that can carry serious side effects?

"Sometimes the best treatment is no treatment at all. There's a big misunderstanding about how we treat low-risk patients -- those patients who have low-volume tumors can benefit greatly through **holistic surveillance**, a diet geared specifically toward reducing inflammation and boosting the immune system and adapting a more active lifestyle," says Dr. Aaron Katz, Chairman of Urology at Winthrop-University Hospital and author of *The Definitive Guide to Prostate Cancer*.

Risk Factors and Prevention

Every man over the age of 40 is at some risk for prostate cancer. African-American men and/or men with a family history of the disease are at a higher risk. Prevention includes an active lifestyle, diet high in fiber and PSA testing to ensure prostate-specific antigens aren't elevated.

"Healthy men with elevated PSA levels, urinary tract infections, frequent urination, high cholesterol, diabetes and those that complain of poor sexual functioning are also at a higher risk for prostate cancer. Some of these patients are eventually diagnosed with the disease, but often these patients have low metastasis tumors. My protocol for those patients is making dietary changes, taking supplements consisting of Vitamin D and herbal anti-inflammatory agents, an exercise/stress reduction program, a PSA test every three to four months and prostate biopsy every 12-24 months. This is "watchful waiting, active surveillance."

Dr. Katz developed a new blood test to detect micrometastatic circulating tumor cells in patients with this type of slow-growing prostate cancer. Part of his holistic/integrative therapy is to treat these patients with Quality of Life Lab Supplements, (QOL) particularly **AHCC**, a mushroom-derived compound proven to boost the immune system.

AHCC -- A Breakthrough in Boosting the Immune System

AHCC is a combination of polysaccharides, amino acids, lipids and minerals derived from several species of medicinal mushrooms. The compound has been used in Japan for over 20 years as adjunctive therapy in treating cancer, hepatitis, HIV/AIDs and other immunodeficiency diseases (Gulland, 2008). AHCC (available as ImmunoKinoko from QOL Labs) is the world's most researched, specialty immune supplements with more than 20 human clinical studies on cancer patients, those with liver disease, Hepatitis C patients, and people at risk of infections such as the elderly. Healthy individuals seeking to maintain peak immune function also benefit from taking AHCC daily.

AHCC has been clinically shown to increase the activity of a variety of white blood cells including Natural Killer (NK) cells, Dendritic Cells and T-cells as well as stimulating the production of cancer-fighting cytokines called "tumor necrosis factor" and "gamma interferon".

The benefits of AHCC for prostate cancer patients were confirmed in a recent Phase-2 study funded by Japan's National Cancer Institute (the first time that the JNCI had ever funded a study on a nutritional supplement). The study, comprised of 34 patients who had been on expectant management for at least six months prior to the trial, experienced a prolonged PSA doubling time – a marker used to measure the ability of a compound to delay the rise in PSA levels. The study confirmed the findings of multiple previous case studies showing the benefits of AHCC for patients with prostate cancer.

Holistic and Conventional -- The 21st Century's Guide for Health

As health care costs continue to escalate, more and more physicians are looking to alternative treatments to prevent and treat chronic conditions and diseases. Dr. Katz, an advocate in merging holistic with conventional medicine/treatment for his patients realizes that a paradigm shift is beginning to occur. "Over-treatment" of treating men with prostate cancer is costing Medicare and hospitals millions. Less invasive surgical procedures such as cryosurgery (an outpatient procedure that freezes the diseased part of the prostate and protects healthy tissue) will become the standard as this shift occurs. Dr. Katz, a pioneer in this field and one of 50 urologists in the academic centers in the country, has taught the procedure to over 100 urologists and was instrumental in obtaining approval from Medicare.

“There is a better, less invasive and cost-effective way in which to treat prostate cancer,” said Dr. Katz. “Guidelines for treatment is crucial if we want to ensure that our patients receive all the information they need to prevent, treat and cope with prostate cancer.”

Dr. Katz has developed a comprehensive plan for giving men the information they need in order to make informed decisions about not only proactively fighting cancer but coping with the diagnosis. From prevention to post-diagnosis, his plan includes men being active participants in their own health and reclaiming their health after treatment.

Dr. Aaron Katz is the Chairman of Urology at Winthrop-University Hospital and a Diplomat of the American Board of Urology. Prior to that, he served as Vice Chairman of Urology at Columbia University Medical Center, Professor of Clinical Urology at Columbia’s University’s College of Physicians and Surgeons and Director of the Center for Holistic Urology. His research and groundbreaking clinical trials of natural therapies have been presented and published in numerous medical journals. He formulated ProstaCell®, a Quality Life Lab supplement shown to protect prostate cells. Dr. Katz has appeared on Fox News, Good Morning America, a regular contributor to the Don Imus radio program and hosts his own radio program, “Katz’s Corner.” He has authored hundreds of scientific articles and chapters of urology textbooks. His book, published by Rodale Press, A Definitive Guide to Prostate Cancer, is Amazon’s number one best-seller on the the subject. For more information about his book, visit Amazon.com.

For information about QOL Labs, AHCC and other supplements, visit their website at www.qollabs.com or call 1-877-937-2422

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