



CASCADE MEDICAL
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Here are a few excerpts from our interview with Jay Hansen, co-founder of Prostate Cancer Awareness and Support Group in Leavenworth.

Q: How did the Prostate Cancer Awareness and Support Group get started?

Jay Hansen: I've had prostate cancer. I noticed there were a lot of men around here who have had prostate cancer and others who were worried about it and didn't know what to do. Dr. McIntyre suggested we get a group together to help men become more aware of prostate cancer, as well as their wives. It's been almost two years.

Q: When do you meet and what do you talk about?

JH: We meet the second Wednesday of every month at Kristall's Restaurant at 8:30 a.m. for no-host breakfast. We invite a guest speaker to come in, and they're usually a doctor that's involved in prostate cancer care in some form. We've had two doctors from Cascade Medical -- Dr. Merritt and Dr. Jerome. We've had doctors who perform radical prostatectomy. We had a psychologist talk about the emotional process, and a nutritionist talk about how to avoid surgery. We've had a physical therapist give us ideas on how to strengthen areas that prevent incontinence. Sometimes many of the guys will just talk about what they're going through, or what they've gone through.

Q: Who goes to your meetings?

JH: We normally have about 7 to 15 people show up. We've had people who have gone through many types of treatment for prostate cancer -- whether it's hormone treatment, radiation or surgery. We have some people who just want information. Occasionally a wife might come along. There are times when we encourage spouses to attend.

Q: What is the number one thing you wish more people knew with regards to prostate cancer?

JH: We really try to make men aware of prostate cancer because it's the second leading cancer in men. We also try to make families aware that their sons should get a baseline PSA when they're 40 (if prostate cancer runs in the family). We provide support and education for those who have been diagnosed, those who have been through treatment and those who don't have prostate cancer. We aim to make sure the education piece of it pertains to at least some of the people all the time.

We're also working with Confluence Health to organize a prostate cancer awareness event Sept. 29th in Wenatchee. From that, we hope to start a Wenatchee support group, too.