



Dr. Unyime Nseyo

Free Screening Promotes Prostate Cancer Awareness: *All Men Over 40 Invited*

Did you know that prostate cancer is the most common form of cancer among men, excluding skin cancer?

Are you aware that prostate cancer is the second leading cause of cancer death in men—exceeded only by lung cancer?

Do you know enough about the disease to determine whether you are part of a “high-risk” group?

To promote prostate cancer awareness, VCU’s Division of Surgical Urology invites all men over 40 to take a proactive role in their health-care and attend a free prostate cancer screening on September 29.

The free screening will be held from

10 a.m. to 3 p.m. at MCVH’s Nelson Clinic, Suite 320. Each screening will take about 45 minutes.

“It’s critical that all men realize the importance of early detection strategies, especially since most cases of early-stage prostate cancer cause no symptoms,” says Dr. Unyime O. Nseyo, Chairman of Surgical Urology at MCV Hospitals and Physicians of the VCU Health System. “With early detection, a man likely will have many more options for treatment—and potentially fewer complications.

“Early detection and treatment also greatly enhances a man’s chance for recovery,” he adds. “The longer prostate cancer goes undetected, the more difficult treatment becomes, and the greater the risk a man will become one of the many thousands who die of prostate cancer each year.”

The American Cancer Society estimates that more than 180,000 new cases of prostate cancer will be diagnosed this year, and nearly 32,000 men in this country will die of the disease. If you can’t quite connect to the size of that figure, imagine every seat in the Richmond Coliseum filled with men—twice. That’s how many are expected to lose their lives to prostate cancer this year alone.

The chance of developing prostate

cancer increases rapidly after age 50. This is the key age at which the American Cancer Society recommends all men should begin annual physical exams with a digital rectal exam and PSA blood test—which measures prostate-specific antigen, a protein made by prostate cells.

“The PSA test is the best test available for early detection of prostate cancer,” explains Dr. Nseyo. “Since the PSA test became widely used, the number of prostate cancers detected at curable stages has increased.”

If you are African-American or have a family history of prostate cancer, your risks increase dramatically—in fact, they almost double. The American Urological Association recommends an annual exam program for high-risk men beginning at age 40.

MCVH’s free screening will include a PSA test as well as a digital rectal exam. The American Cancer Society guidelines suggest the use of both tests for the greatest degree of success in early detection of the disease.

MCVH’s Nelson Clinic is located on the downtown campus at 401 N. 11th St.; valet parking is available.

For more information, please contact the Division of Surgical Urology at 828-9331.