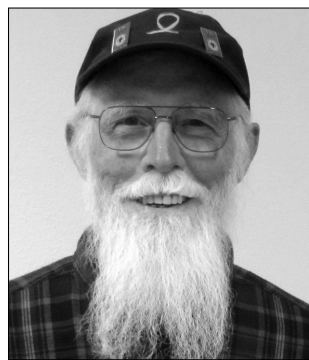


Community Voices

Us TOO FLORENCE — ‘TO SCREEN OR NOT TO SCREEN,’ THAT IS THE QUESTION



By **BOB HORNEY**
Special to Siuslaw News

In Prostate cancer, we are dealing with the most frequently diagnosed non-skin cancer in men and the second-most frequent cause of male cancer death. So, what do we know about this disease that a man might consider when contemplating screening?

Except in rare cases, we know that prostate cancer usually begins long before it becomes symptomatic.

We also know that prior to becoming symptomatic, there will usually come a point when the disease has progressed enough that it can be detected by a screening test (PSA and/or DRE) while still contained within the prostate or within the prostate region.

Most prostate cancers diagnosed at this stage will yield a five-year survival rate of nearly 100 percent; without screening, prostate cancer that will affect a man's life will be diagnosed after symptoms develop, possibly having metastasized to distant parts of the body such as the lungs, liver or bones.

Prostate cancer diagnosed at this stage will yield a five-year survival rate of approximately 30 percent.

Also, without screening, it stands to reason that

prostate cancer, which will never affect a man's life, will not be diagnosed.

Fortunately, most of the men with this low-risk prostate cancer diagnosed by screening will now be placed on Active Surveillance, postponing any active treatment unless or until cancer growth deems it necessary. We know the U.S. Preventive Services Task Force (USPSTF) and the American Academy of Family Physicians (AAFP) in 2012 advised men *against* being screened because it could lead to a diagnosis and unnecessary treatment, potentially resulting in more harm (side effects) than benefit (lives saved).

What do I hear from newly diagnosed prostate cancer patients? The concern I hear is about saving their life. Rarely, if ever, do I hear

concerns about possible side effects from treatment. Save my life — I'll deal with whatever side effects I might get.

Seeing that its 2012 recommendation caused more men to be diagnosed with metastatic disease at their initial visit to a urologist, the USPSTF recommended in 2018 that, "men ages 55-69 may choose to be screened."

The AAFP adopted the USPSTF 2012 recommendation but rejected the revised 2018 recommendation. Instead, it put out its own recommendation:

"Do not routinely screen for prostate cancer using a prostate-specific antigen (PSA) test or digital rectal exam. For men who desire a PSA screening, it should only be performed after engaging in shared deci-

sion making. Screening for prostate cancer using PSA may prevent mortality from prostate cancer for a small number of men, while putting many men at risk for long-term harms, such as urinary incontinence and erectile dysfunction.

"Whether this potentially small benefit in mortality outweighs the potential harms is dependent on the values and preferences of individual men. Therefore, for men who express a desire for prostate cancer screening, it should only be performed following a discussion of the potential benefits and harms. Routine screening for prostate cancer should not be done. PSA-based prostate cancer screening should not be performed in men over 70 years of age."

Representing the views of

the AAFP, Drs. James Stevermer and Kenneth Find explained that "the AAFP believes that the net benefit [of PSA screening] does not justify routine screening or routinely offering shared decision making."

There is something wrong when the AAFP states (above) that screening benefit vs. harm is "dependent on the values of each individual man" and then rejects routine shared decision making. What this means is that a man will have to express his desire for prostate cancer screening and then stand his ground.

Unfortunately, some men have had to change doctors to get screened.

As Oregon Urology Institute states (and Us TOO Florence concurs), "It is better to know than to *not* know."

NATURAL PERSPECTIVE — BEWARE THE BLOOM



By **EMILY J. UHRIG, PH.D.**
Special to Siuslaw News

We Oregonians know better than to take a warm summer's day for granted, and many of us see it as an opportunity to enjoy splashing about in our lakes and rivers. However,

sunny days that warm the water to an agreeable temperature also create conditions ripe for blooms of cyanobacteria, which have serious health implications for people and animals alike.

Cyanobacteria, more commonly known as blue-green algae, are a group of single-celled photosynthetic bacteria that, like plants, get their energy from sunlight. They occur naturally in diverse environments worldwide and, at around 3.5 billion years old, their ancestors are

some of the oldest known fossils. In some cases, cyanobacteria are beneficial for the environment, and they have positive uses in agriculture.

For instance, their ability to process atmospheric nitrogen helps plant growth, and cyanobacteria are applied to certain crops as bio-fertilizer. They can also be used to clean the environment by degrading pesticides and oil spills. However, under certain conditions, cyanobacterial growth increases dramatically and these tiny or-

ganisms proliferate into an immense bloom visible in the water as mats of scum or foam.

The danger of a cyanobacterial bloom comes from toxins that some species produce. The purpose of these cyanotoxins is not fully understood, but they may be defense mechanisms to help the bacteria avoid being eaten.

The toxins are potent and can be more deadly than cyanide or even cobra venom. Just touching a bloom can cause skin irritation while ingesting

water containing cyanotoxins, depending on the specific toxin, may affect the liver or nervous system and can be fatal to humans, pets and wildlife.

Dogs playing in the water are especially at risk and a number of canine fatalities linked to cyanotoxins have been reported in Oregon.

Warm, slower-moving, nutrient-rich waters — conditions common in Oregon during the summer — are especially prone to cyanobacterial blooms.

Several lakes near Flor-

ence have been previously cited as areas of concern for blooms and the South Umpqua River is under a permanent recreational use health advisory. Anyone heading out for a day at the lake or river should be aware that not all waters are monitored and lack of an advisory does not mean there is no risk.

Cyanobacterial blooms come in a variety of colors and it's not possible to tell toxicity by appearance, so steer clear of any bloom. More information at www.healthoregon.org/hab.



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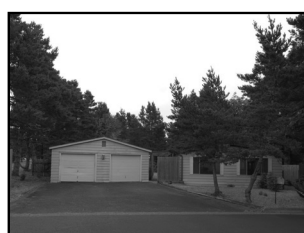
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**NORTHWEST
KNOWLEDGE**



NEW LISTING

Large enclosed storage room with slider out to concrete patio. All vinyl double paned windows. Large corner lot backs up to creek & wooded area. Double garage
2 Bdrm, 2 Ba 1248 sq ft
\$179,900 BH7887 ML#19043257



NEW LISTING

Large Palm Harbor with 24x36 garage with a 9x8 office & ½ bath. Covered front porch, fenced backyard & potting shed with water
4 Bdrm, 2 ½ Ba 2125 sq ft
\$375,000 BH7881 ML#19219069



NEW LISTING

Collard lakefront Cul-de-Sac lot with 72' of water frontage. Utilities available at lot line. In Heceta Water (metered) Beautiful North facing lot in the middle section of Collard Lake
.34 acre
\$139,900 BH7876 ML#19195385



NEW LISTING

Fawn Ridge West corner lot. Beautiful Ocean views. Underground utilities. Gated subdivision of upscale fine homes!
.42 acre
\$125,000 BH7880 ML#19699343



NEW LISTING

Beach area 60x100 lot. Close to beach, hear the surf! Heceta Water & power installed, Septic approval. Build your dream home & manufactured okay! Currently used recreational!
\$65,000 BH7873 ML#19355198



PRICE REDUCED

Siltcoos lakefront home & dock, lake level! Amazing views, stunning home!
3 Bdrm, 2 Ba 2703 sq ft
\$449,000 BH7801 ML#19277931



FEATURED LISTING

"One of a kind" waterfront home on Woahink Lake; boathouse with lift & private dock. Vaulted beamed ceilings, 2 river rock fireplaces & lake view from every room, upper & lower decks
4 Bdrm, 3 1/2 Ba 4463 sq ft
\$1,200,000 BH7859 ML#19272535



NEW LISTING

Architecturally designed home in upscale area of Willow Dunes. Wall of windows overlook private backyard with creek & natural vegetation behind
2 Bdrm, 2 Ba 2071 sq ft
\$394,500 BH7865 ML#19513228



FEATURED LISTING

Gorgeous Golden West on 1.12 level acre with attached 24'x24' garage plus 15'x24' workshop & a 22'x26' detached garage, RV pad w/50 amp & dumpsite
3 Bdrm, 2 Ba 2389 sq ft
\$449,000 BH7847 ML#19013648

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