

ILLEGALS **'REAGAN'** RETIRE WEIGHT-LOSS SECRET:  
DO A U-TURN THE MOVIE TO ITALY WATER

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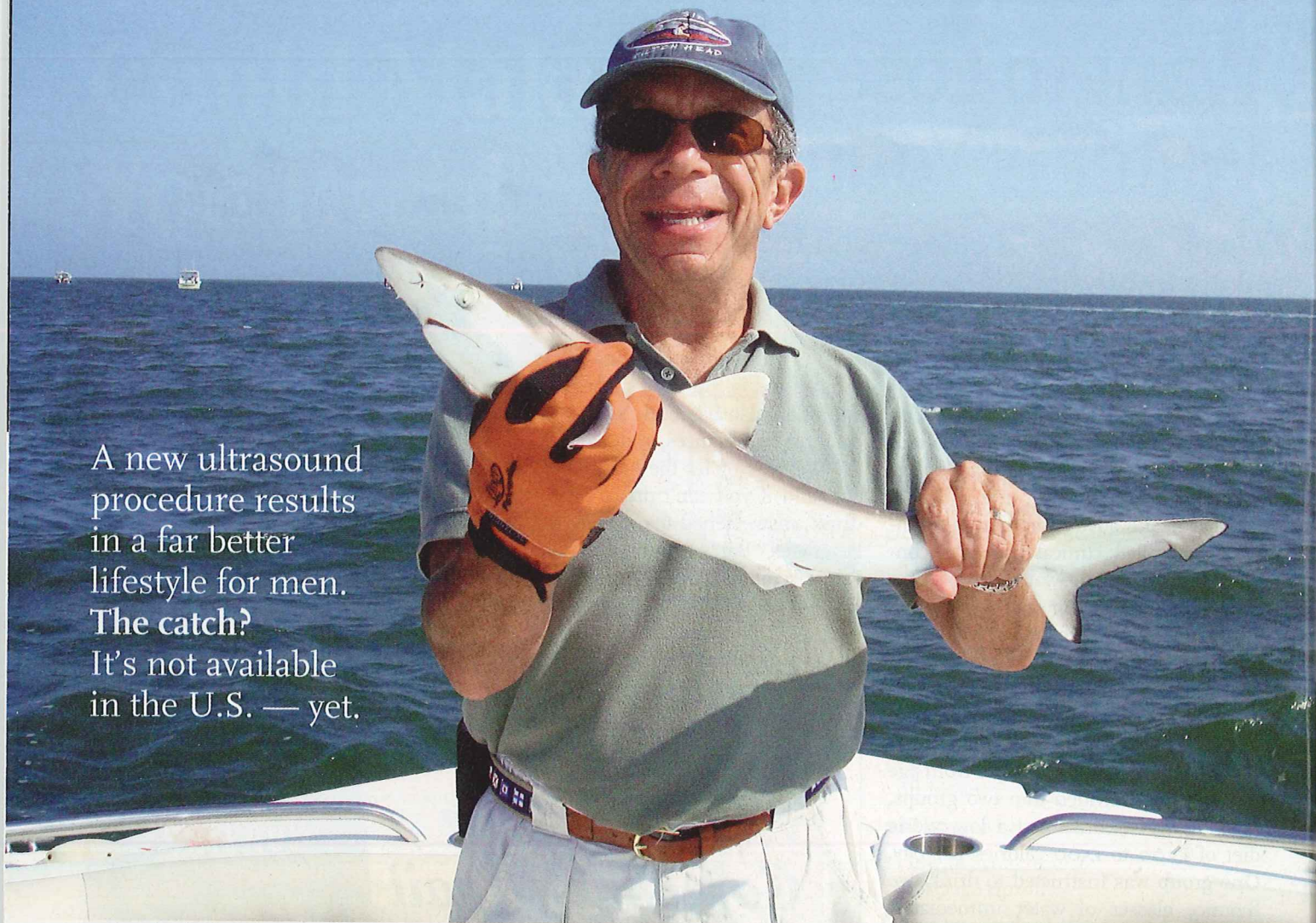
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## The **Truth** About Islam in America



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A new ultrasound procedure results in a far better lifestyle for men. The catch? It's not available in the U.S. — yet.

## A Surgery-Free Fix For Prostate Cancer

By Shellie Terry

**A**T 54, GARY CRISSMAN WAS LOOKING forward to his empty nest with his wife, now that the children had moved out of their Pittsburgh home. Knowing they could live to a ripe old age, the Crissmans decided to take steps to ensure their later years were as healthy as could be. Crissman, wisely, had his prostate checked — and

after blood tests and a biopsy, he was diagnosed with prostate cancer.

"That was kind of scary," Crissman tells Newsmax. "My father-in-law died from the treatment of prostate cancer." His father-in-law had suffered from congestive heart failure after surgery and chemotherapy.

The first doctor Crissman spoke to simply offered to "cut it out," causing Crissman to ask, "What about side effects?"

**SEA CHANGE** Gary Crissman took advantage of a breakthrough in prostate cancer treatment.

It's a good question. More than 50 percent of those who undergo aggressive treatment for prostate cancer, such as surgical removal of the prostate, are likely to suffer from erectile problems. Many men also suffer with incontinence for years after prostate surgery.

"I told the doctor, 'I'd like to save what I have left of my lifestyle. Golly, my kids just left home. This is the time for my wife and me,'" Crissman says thoughtfully.

That's when he started thorough research, and after studying 16 various procedures, learned of

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high-intensity focused ultrasound (HIFU). HIFU destroys cancerous tissue using targeted heat from ultrasound waves without surgery. Because the surrounding tissues and nerves are unharmed, only 5 percent to 20 percent of the men who have HIFU experience impotence, and only about 3 percent suffer from incontinence.

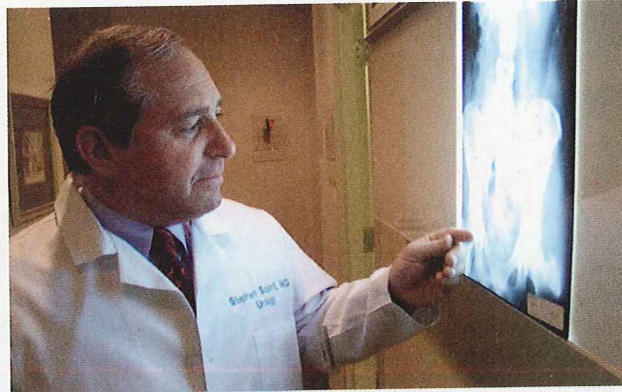
The catch? It's not approved in the United States. Crissman, like hundreds of patients before him, would need to travel to a foreign country to have the procedure done. But learning that the procedure didn't destroy the nerves, affect the urethra, and could be repeated later (unlike surgery or radiation), he was sold.

He promptly made an appointment with HIFU specialist Dr. Stephen Scinti at New York University.

"Dr. Scinti spent 2 1/2 hours with me and my wife explaining the procedure — and all after 5 p.m.," Crissman says. "He's really something special."

Scinti has performed more HIFU procedures for prostate cancer than any other U.S. physician, albeit in foreign countries, and he is the director of NYU's HIFU training program. Five years ago, he left his comfortable private practice in Hilton Head, S.C., to lead the NYU program and a clinical trial to eventually gain Food and Drug Administration approval in the United States.

"I've committed my entire career for the last five years to helping the improvement of this procedure," Scinti tells Newsmax, adding, "This is such a game changer for men. It's a huge, huge change in how we think of this disease."



**EXAMINING THE OPTIONS** Dr. Stephen Scinti has devoted five years to the advancement of the HIFU procedure.

some vacation time to go to Puerto Vallarta for his procedure. "We spent some time on the beach and had some great food at restaurants," he says. "I walked into the hospital at 9 a.m. and three hours later . . .

walked out of the hospital on my own power."

The cost for the procedure starts at about \$25,000, and Puckett says some U.S. insurance companies are beginning to pay for a portion. "We never expected that to happen," he tells Newsmax.

Crissman, however, didn't receive any reimbursement, but says he'd do it all over again.

"I thought, 'Mexico, really?'" he says. "It certainly doesn't rank at the top of places that would have the very best medical procedures. But it was the cleanest hospital I've ever seen in my whole life."

With a grandchild on the way, Crissman says he feels like HIFU gave him a second chance. "For both the family and for me, the peace of mind is excellent," he says. "I get regular checkups, watch what I eat, and I'm diligent about my health. There's a lot of things we still want to do." □

*"This is such a game changer for men. It's a huge, huge change in how we think of this disease."*

— Dr. Stephen Scinti

Scinti says most physicians are comfortable suggesting radical prostatectomies (complete removal of the prostate). In fact, according to a recent study from the Cancer Institute of New Jersey in New Brunswick, even those with low to moderate indicators for prostate cancer (in their prostate-specific antigen — PSA — test score) are treated aggressively with prostate removal surgery or radiation 75 percent of the time. Some experts worry that the disease is being over-

treated, leaving too many men to battle impotence and incontinence unnecessarily.

"Sometimes surgery is appropriate," Scinti says. "But we find this disease earlier, and in the hands of a trained physician, this new technology produces really nice results in terms of

quality of life."

Scinti works with US HIFU, a medical equipment company based in Charlotte, N.C., which currently is enrolling patients in two Phase-3 trials for FDA approval. Stephen Puckett Jr., CEO of US HIFU, says approval could come by 2012.

Until then, US HIFU works with 350 oncologists throughout the United States who travel to clinics in Bermuda, Mexico, Canada, Argentina, and the Dominican Republic to perform the procedure.

Crissman, who owns and operates a manufacturing business, used

### WARNING SIGNS

► MANY OF THESE CONDITIONS ARE caused by other medical issues, but they could be a sign of prostate cancer. Check with your doctor if you're experiencing any of the following:

- Difficulty being able to urinate
- Pain during urination
- Difficulty starting or stopping urine flow
- Frequent restroom trips, especially in the evening
- Difficulty achieving erection
- Blood in urine or semen
- Regular hip, low back, or upper thigh pain

SOURCE: National Cancer Institute