



March 2008

**Your link to the latest news on research, treatment, prevention and education from the state's only National Cancer Institute - Designated Comprehensive Cancer Center**

### **CINJ Researcher Presents Findings at National Meeting on Conservative Management as an Option for Elderly Men with Early-Stage Prostate Cancer**

Most elderly men diagnosed with early-stage prostate cancer, who survive ten years, will be free from significant cancer-related complications and are more likely to die of ailments other than prostate cancer. That is according to researchers at CINJ, whose new study shows that conservative management can be a viable option to older men diagnosed with Stage I or Stage II prostate cancer in preserving their quality of life in their later years. Grace Lu-Yao, PhD, MPH, cancer epidemiologist at The Cancer Institute of New Jersey and associate professor of environmental and occupational medicine at UMDNJ-Robert Wood Johnson Medical School is the lead investigator on the study. She says it is critical for patients to weigh the risk of treatment side effects and the risk of cancer-related complications if the disease is left untreated. Most men are diagnosed with prostate cancer after age 65 and may receive modest benefit from aggressive cancer therapies. Since it may take more than a decade for PSA-detected cancers to develop cancer-related symptoms, it may not be necessary to rush into a treatment option, which could potentially have adverse health affects. For many of them, they will be able to live their lives with prostate cancer, but not die from it. Dr. Lu-Yao stresses that the results of this study might not be applicable to younger men. She notes elderly men who are diagnosed with early-stage prostate cancer and choose conservative management should have their PSA levels monitored on a regular basis and keep a regular dialogue going with their doctor about options. Dr. Lu-Yao's study, "Prostate Disease Trajectory of Untreated Localized Prostate Cancer in Elderly Men: A Population-Based Study," was presented last month at the annual Genitourinary Cancer Symposium, which is sponsored by the American Society of Clinical Oncology.

### **March is National Colorectal Cancer Awareness Month**

According to the American Cancer Society, more than 154,000 new cases of colorectal cancer were diagnosed in the United State last year with nearly 5,100 new cases in New Jersey. It is the third most common type of cancer in men and women and is the third leading cause of cancer death in the nation. While the exact cause of most colorectal cancers are not known, risk factors include poor diet, lack of exercise, and having polyps in the colon or rectum areas. Those over age 50 also are at increased risk. Beginning at age 50, it is recommended that men and women undergo a colonoscopy, fecal occult blood test or other screening that can detect colorectal cancer. Earlier testing is recommended for people with increased risk, such as those with a family history of the disease. Studies show that colorectal cancer may be prevented by maintaining a healthy weight, eating a diet rich in fruit and vegetables, keeping physically active and limiting use of alcoholic beverages. Physician-scientists at The Cancer Institute of New Jersey are currently investigating ways to improve the treatment and prevention of colorectal cancer.

### **On-line Registration and Abstract Submission Now Available for the 2008 Annual Retreat on Cancer Research in New Jersey**

Each year, The Cancer Institute of New Jersey (CINJ) and the New Jersey Commission on Cancer Research (NJCCR) host the Annual Retreat on Cancer Research in New Jersey, a gathering of world-renowned scientists from the cancer field. This year's retreat will be held on May 28, 2008 on the Piscataway Campus of the UMDNJ-Robert Wood Johnson Medical School. Keynote speakers include Dr. David Allis, Joy and Jack Fishman Professor and Head of the Laboratory of Chromatin Biology at Rockefeller University, who will present "Beyond the Helix: Writing and Reading the Histone Code" and Dr. Stephen Friend, Executive Vice President of Oncology at Merck Research Laboratories, who will present "Innovations in New Drug Development Through Translational Research." There will also be several poster sessions highlighting the latest cancer research being conducted at CINJ and other leading institutions throughout New Jersey. There is no cost to attend the Annual Retreat on Cancer Research in New Jersey but, registration is a must. On-line abstract submission for the poster sessions and registration are now available at [www.njcancerretreat.org](http://www.njcancerretreat.org). For additional information please visit the web site or call 732-235-6785.

Research  
Treatment  
Prevention  
Education