



Our Message of Hope for Men and their Partners

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American Cancer Society

Estimated Deaths in 2024 in the United States

Cancer Type	Total
Prostate	35,250
Lung	65,790 (Men)

In 2012, the United States Preventative Services Task Force (USPSTF) recommended **AGAINST** screening all men

This move was opposed by such organizations as the American Urological Association and American Cancer Society

Since 2014, prostate cancer rate has
increased 3% yearly overall
AND
5% yearly for advanced stage
disease

Results Approximated From Four Studies (ERSPC, ProtecT, PIVOT, SPCG-4)

Estimated Effect	Number of men
Men invited to screen	1,000
Men diagnosed with prostate CA	100
Men who ultimately undergo radical prostatectomy or radiation treatment	80
Men who develop sexual dysfunction	50
Men who develop urinary incontinence	15
Men who die of prostate cancer despite screening, diagnosis, and treatment	5
Men who avoid dying of prostate cancer	1.3
Men who avoid metastatic prostate cancer	3

“Known Complication”

The Very Personal Tradeoff

Option A – Likely save my life BUT
potentially become impotent

Option B – Preserve my sexual function
BUT don't treat the cancer

Have surgery or radiation therapy

AND

Maintain sexual function

“Neuropraxia”





(Image credit: Universal Pictures)



Expected Complication

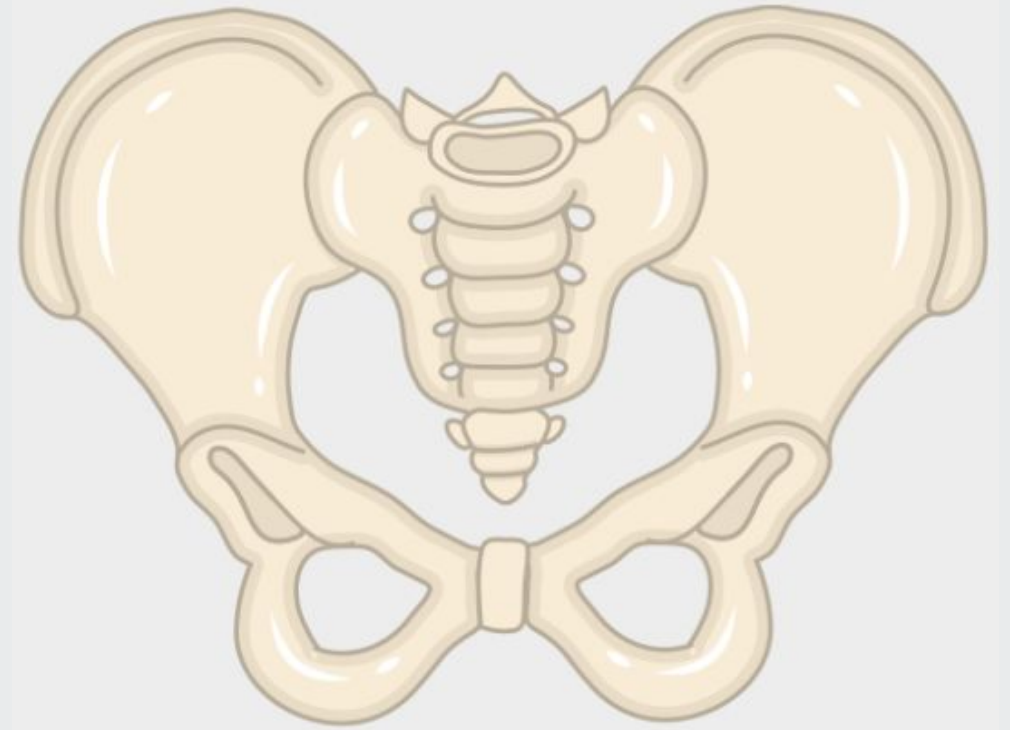
WITH TREATMENT

Bringing Hope,
Reassurance, and
Connection
Through Pelvic
Floor Physical
Therapy




HOW CAN WE HELP?

- Patient and partner education
- Pelvic floor anatomy
- Addressing fear
- Pelvic floor re-training
- Neuropraxia □ Neuroplasticity
- Promoting partner connection





“I AM AFRAID”



“Education is the most powerful
weapon which you can use to
change the world.”

- Nelson Mandela

PARQ:

“In regard to impotence, his risk would be directly related to whether or not we are able to spare his neurovascular bundles bilaterally. If we are able to do bilateral nerve sparing, then I feel his chance of maintaining sexual function would be >75%.”

(Post-op surgical report, 2023)

“The endopelvic fascia was incised on either side and Levator fibers were dissected from the apex of the prostate.”

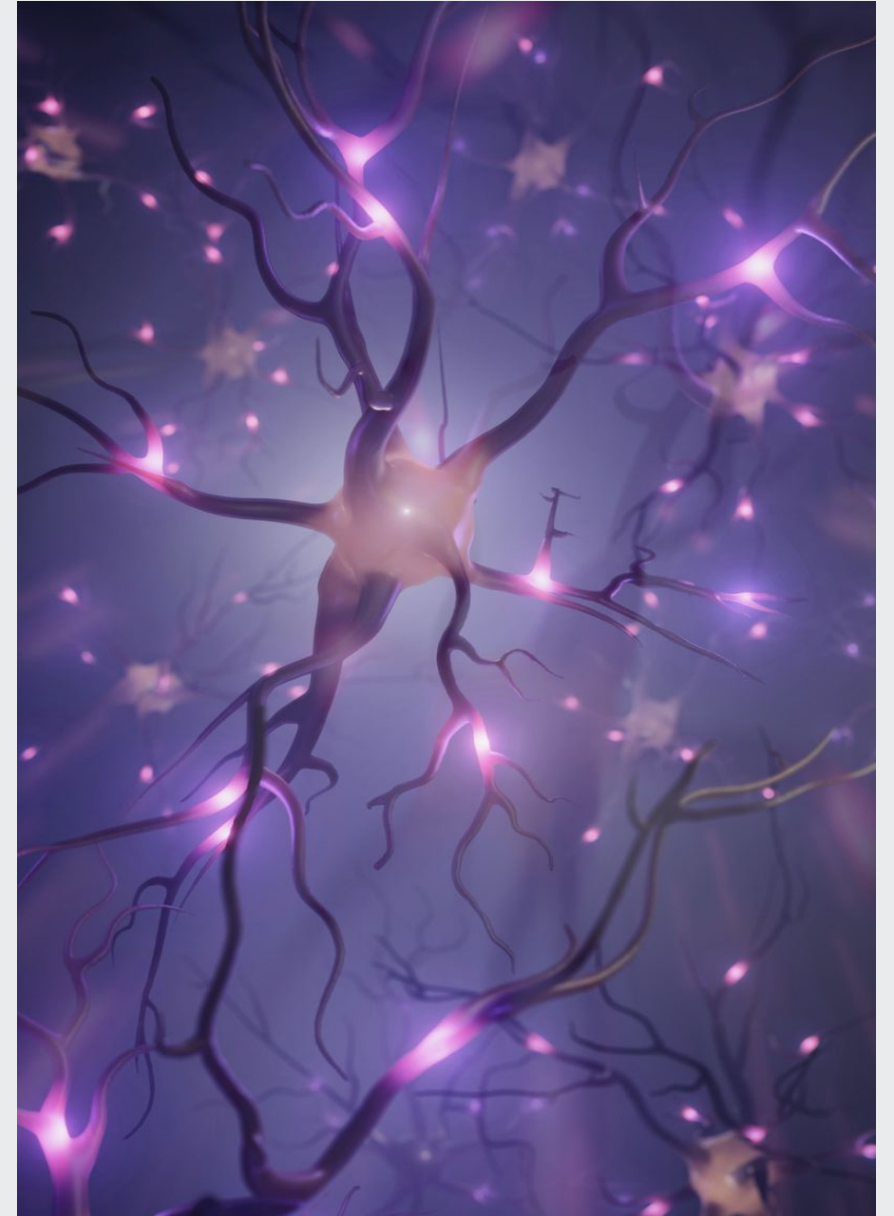
“Bladder neck was carefully dissected free from the prostate and the bladder was entered...The posterior bladder neck was then dissected free from the prostate.”

“The vas and seminal vesicles were lifted anteriorly. Bilateral nerve-sparing procedure was performed.”

“The neurovascular bundle was then carefully dissected off the prostate all the way down to the apex.”

“The nerve was identified and preserved throughout the dissection.”

(Post-op surgical report, 2023)



WHAT IS THE IMPACT OF SEEING POST-OP NOTES FOR BOTH PATIENTS AND THEIR PARTNERS?

- Encourages a reason to fight
- “Wow”
- “Why has no one ever explained this to me?”
- “This is what my body went through?”
- “No wonder my body has to re-learn”
- “Thank you!!”
- “I feel HOPEFUL!”
- Complete silence and tears



Image source: Canva

WHAT HAVE I SEEN AND WHAT ARE THE RESULTS?

- **Over 100 men post-operatively.**
- **Assuming bilateral nerve sparing, 80% regain close to full function.**
- 3-6 months of re-training.
- Emphasis on promoting neuroplasticity, partner connection, encouragement, and education.
- A patient's partner can be the most important tool!

HOW CAN WE MAKE A CHANGE AND ENCOURAGE HOPE?

- Early screening
- Pre and post-operative education
- Pelvic floor muscle training
- Partner counseling



Image source: Canva



QUESTIONS?