

Episcopal Health Services Physicians Discusses Prevention Tips and Ways to Reduce Risk

According to the *American Cancer Society*, approximately 1 in 8 men will be diagnosed with prostate cancer during their lifetime. In the United States, an estimated 333,830 new cases will be diagnosed this year. While prostate cancer can be serious, most men diagnosed with the disease do not die from it. The overall five-year relative survival rate is approximately 97%, and more than 3.5 million men in the U.S. who have been diagnosed with prostate cancer are alive today.

In recognition of Prostate Cancer Awareness Month, Sheldon Pike, MD, Chief of Urology at Episcopal Health Services and Mark Ashamalla, MD, Chief of Radiation Oncology at Episcopal Health Services Cancer Center recommend the

following steps to help reduce the risk of factors of prostate cancer.

Prostate Cancer Prevention Tips

- Maintain a healthy weight and exercise daily. It is recommended to get at least 150 minutes of moderate intense activity each week or for 30 minutes 5 days a week.
- Choose to eat healthy foods. Eat more fruits and vegetables; reduce your intake of red meat, especially high fat or processed meats and limit your intake of high fat dairy products.
- Know your family history. Having a father or brother with prostate cancer more than doubles your risk of developing disease.
- Avoid the use of tobacco and alcohol.



Dr. Sheldon Pike

- Get screened. The American Cancer Society recommends that average-risk men get screened at age 50; high-risk men, including African American men and those with a first-degree relative diagnosed with prostate cancer at an early age get screened at age 45; and highest-risk men with multiple first-degree relative diagnosed with prostate cancer at an early age get screened at age 40. Talk to your doctor about your individual risk and how often you should be screened.

Key Facts About Prostate Cancer

- Prostate cancer is more likely to develop in older men. About 6 in 10 prostate cancers are diagnosed in men who



Dr. Mark Ashamalla

are 65 or older, and it is rare in men under 40. The average age of men when they are first diagnosed is about 67.

- Prostate cancer is one of the top five leading causes of cancer death in men. About 1 in 44 men will die of prostate cancer.

- Most men with prostate cancer have no symptoms. However, some men may experience frequent urination, trouble urinating, blood in the urine or semen and pain in the back, hips or pelvis.

- Prostate cancer happens when some cells in the prostate grow too much and don't stop. These cells can make a lump called a tumor.

A New School Year at Cheder Menachem of Long Island



Cheder Menachem of Long Island began the new *Shnas Halimudim* with the return of our talmidim to a school that looks a little different this year.

Over the summer, the Cheder moved into a different section of the building, which underwent extensive construction and renovations to create new, beautiful, state-of-the-art classrooms. The classrooms feature central air conditioning, spacious layouts, and large windows overlooking the beautiful surrounding park, creating a comfortable and pleasant environment for our talmidim to learn.

The renovations also included upgrades to the game room, with new games for the boys to enjoy, as well as a beautiful, spacious staff room for our dedicated staff.

This year, the Cheder welcomes its new hanhala: Rabbi Yisrael Faiden, Principal, and Rabbi Meir Cohen, Assistant Principal. Together with the dedicated *mechanchim*, they look forward to a productive and successful year of *limud ha-Torah*, and *Chassidishe chinuch al taharas hakodesh*.

As the boys settled into their new classrooms, the halls once again filled with the sounds of *davening* and *learning*. The beautiful new surroundings are a fitting setting for the important work taking place within the walls of the Cheder each day.

We look forward to a year of continued growth and *hatzlacha* for all our talmidim.



New beginnings all around: the school year is officially underway, and our Adult Day Program at the Special Children's Center has begun!

For info or to get involved, please call 516-200-2234 ext. 507.