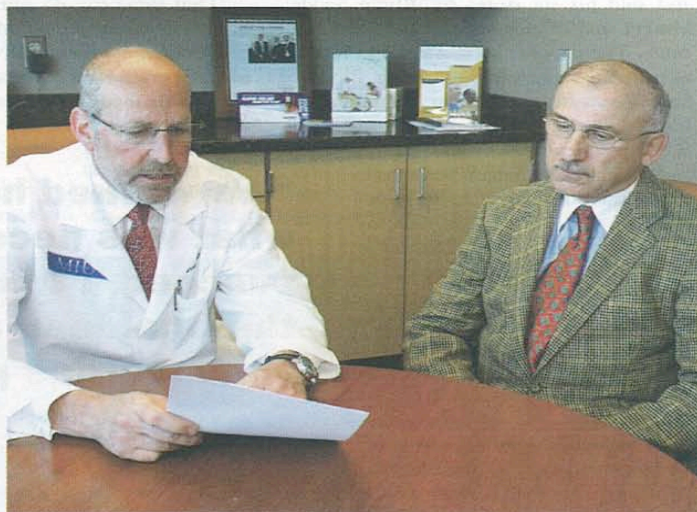


## Father's Day Concern

### Run raises awareness of second most-common killing cancer in men.



**Dr. Michael D. Lutz of West Bloomfield discusses the importance of prostate cancer screenings and early detection with patient Henry Gorry of Oakland Township.**

**N**early one in seven men will be diagnosed with prostate cancer during his lifetime, according to the American Cancer Society. Prostate cancer is the second-leading cause of cancer death in American men.

This is one reason, among many, that Dr. Michael D. Lutz of West Bloomfield, a urologist with the Michigan Institute of Urology, is making it his mission to enhance the awareness of prostate cancer and the role of early detection.

"It is not enough to just wait until you notice changes in urinary symptoms, since oftentimes prostate cancer is asymptomatic," said Lutz.

"Men need to choose to know their PSA [prostate specific antigen] as one would know his own cholesterol. The key to a successful outcome from this disease is appropriate screenings and early detection."

Being diagnosed with prostate cancer came as a huge surprise to survivor Henry Gorry. With little family history of the disease, no significant indications of prostate cancer such as increased frequency in urination or enlargement of the prostate, Gorry did not believe the doctors when he was initially diagnosed.

"I thought the doctors were joking at

first. I always ate well, made sure I had plenty of rest and exercised regularly. I thought, 'This can't be happening to me,'" said Gorry. "I never realized how many men are diagnosed each year. I wanted to be part of doing something about that."

To increase awareness about prostate cancer and educate the public about the disease, the Michigan Institute of Urology, spearheaded by MIU CEO Dr. Alphonse Santino, is hosting the second annual MIU Run for the Ribbon on Father's Day, June 20, at the Detroit Zoo, Royal Oak.

The 5K run/walk, coordinated by Lutz, is part of the Prostate Awareness and Cancer Education Race Series, one of 18 sanctioned run/walks held across the country.

Entrants have the option to wear a blue ribbon to honor the men affected by prostate cancer. Blue hats are offered to survivors to wear during the run. With 1,500 participants last year, MIU Run for the Ribbon organizers hope to bring in 5,000 runners and walkers this year.

More than 200,000 men will be diagnosed with prostate cancer this year; nearly 29,000 will lose their fight with prostate cancer. Since early prostate cancer usually causes no symptoms,

the cancer can be best detected through a prostate specific antigen (PSA) test or digital rectal exam.

"By tying prostate cancer awareness to the MIU Run for the Ribbon, we hope men, supported by their families, will be inspired not to ignore, but be proactive about their health, and use this event to make a difference and do it for Dad," said Lutz.

"Prostate cancer does not have to end a man's life. The earlier prostate cancer is detected the greater the survival rate, and the more Father's Days to share with your family?" □

Run for the Ribbon begins at 8 a.m. Registration prior to run day is \$25 per adult and \$15 per child. On race day, registration is \$30 per adult and \$20 per child. Sponsorships are available. For information, visit [www.MIURunForTheRibbon.org](http://www.MIURunForTheRibbon.org), e-mail [info@MIURunForTheRibbon.org](mailto:info@MIURunForTheRibbon.org) or call (586) 443-4272.