THE PREVALENCE OF PROSTATE CANCER IN AMERICAN MINORITIES

By Brent Gills, JMSA reporter and Dr. N. J. Kenney

African Americans still have the highest age-adjusted all-causes rate of all races/ethnicities and the highest age-adjusted death rate for heart disease, cancer, and diabetes while HIV/AIDS and the incidence rates for both liver and stomach cancers are substantially higher among Asian Americans/Pacific Islanders than among other minority populations. Health disparities are a huge drain on our nation’s economy, and the second goal of President Obama’s Healthy People 2010, is the elimination of health disparities [1-2]. At HU we are poised to successfully address the problem of minority health and health disparities, especially among African Americans with the recent opening and treatment of prostate cancer patients at the $225 million Proton Therapy Institute. Using HUPTI as platform for discovery and treatment we are attempting to do something that has yet to be done.....identify the cause of prostate cancer. We know that and estimated 16% of the American male population will be diagnosed with prostate cancer within their lifetime [2-4]. Men as young as 30 years of age have been diagnosed and testosterone, age, genetics, heredity, and diet are currently being researched as possible causal factors for prostate cancer, yet to date, a cause has not been found. In our country, African American men are diagnosed and die from prostate cancer at higher rates more than any other race in the U.S.. Maybe I should repeat that statement again and let it sink in ! In fact, African American men have more than twice the death rate, 53.1 per 100,000, versus 21.7 and 17.8 per hundred thousand for Caucasian and Latino men, respectively [2-4]. African American men have a 19% or 1 in 5 chance of being diagnosed with prostate cancer with an increased risk if a family member has been diagnosed. Prostate cancer is the fourth-leading cause of death for African American men aged 45 years and older [2-4]. What’s more scary is the fact is that Hampton Roads area where Hampton University is located, is tops in the nation in prostate cancer deaths. Just across the bay in the city of Chesapeake, they rank in the top ten compared to other cities in prostate cancer deaths in Virginia [5], just something to ponder if you live in VA.

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MUSIC, MEMORY and CANCER THERAPY

By Tra’Von Williams, HUI-JMSA Senior Editor

Ever heard a song and it made you think? Did the song make you remember a past scenario? Did it trigger any emotions out of you, to the point where it made you cry, smile, laugh, or angry? If it did then your limbic system is functioning properly, as it should. The limbic system is a complex set of structures that lies on both sides of thalamus. The limbic system includes the hypothalamus, the hippocampus, the amygdala, and other smaller areas. The limbic system is the area of the brain responsible for regulating emotions and memory. Here is where it all ties in at; Music activates your whole limbic system, which is in charge of processing emotions and controlling memory [1-4]. Information about ones past is evoked when lyrics, or melodies are in conjunction with a relevant memory. Recent studies examined the memories and emotions are often evoked when hearing musical pieces from one’s past [5]. Music is helping us get through our day-to-day struggles and extremely beneficial during cancer radiation treatment. A number of studies have suggested music intervention before and after cancer therapy reduces pain and anxiety [6-8]. Who ever knew luxuries such as music is really playing a major role in our lives. So don’t cut that beat down, pump up the volume.

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References; The Prevalence of Prostate Cancer in American Minorities

1. http://HealthyPeople.gov


References; Why is it so important... ... ... ...


5. www.cancer.gov/cancertopics/cancerlibrary/what-is-cancer

References; Music and Memory


References; HUUCRP-JMSA Mission Statement

In the US and its associated islands, close to one in three people are diagnosed with cancer in their lifetime [HealthPeople.gov]. Roughly 50% are over the age of 55 and are minorities, yet of those, less than 10% under the age of 30 actually eat a healthy conscious diet. One of the goals of HUUCRP to raise cancer awareness in the minority community for those who are at extreme risk and to educate those individuals in prevention. HUUCRP is a volunteer-college-student-operated activity. At Hampton U, HUUCRP is associated with HU-Prehealth Program, School of Science, Hampton University, Hampton, VA.

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