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MEDIA CONTACTS:

Andrea Eliscu

407-629-0062/mmiandrea@sprintmail.com

Debbie Muse, APR

407-484-1497/bdmuse@bellsouth.net

CENTRAL FLORIDA PHYSICIANS TAKE THEIR OWN ADVICE: GROUP RUNS TOGETHER AND ALONGSIDE PATIENTS TO GENERATE AWARENESS AND FUNDS FOR PROSTATE CANCER

WINTER PARK, Fla. – Prostate cancer affects one in six men and is the most common non-skin cancer in America. However, the cure rate is very high – nearly 100 percent – if the disease is detected early.

In honor of Prostate Cancer Awareness Month in September, [Winter Park Urology Associates](#) is sponsoring [Track Shack's Autumn Rock 'N Run 5K Run & Walk](#) on September 12, 2009 at 7:30 am at the City of Casselberry Municipal Complex to help raise awareness and funds for the disease. More than 10 physicians and nurse practitioners along with additional staff members from Winter Park Urology will run alongside some of their patients who are prostate cancer survivors. They will join an expected crowd of 1,600 who will run or walk in the race. Proceeds from the event will benefit the [Prostate Cancer Foundation](#).

While most physicians talk to their patients about the importance of exercise and proper nutrition, not all doctors practice what they preach. Despite their hectic schedules, the physicians at Winter Park Urology make fitness a priority and even have fun in the process. Several train and run together in races and triathlons both locally and throughout the state and country.

“Many of us love to run and often run together,” explains Winter Park Urology’s Jeffrey Thill, M.D. “We challenge and encourage each other. When the opportunity came to support and run in a race together right here in our community to raise awareness and funds for prostate cancer, it was a natural fit.”

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PO Box 547478 • Orlando, Florida 32854-7478
407.629.0062 • Fax: 407.629.0450 • E-Mail: mmiandrea@sprintmail.com

According to the Prostate Cancer Foundation, a man is 35 percent more likely to be diagnosed with prostate cancer than a woman is to be diagnosed with breast cancer. And the most common symptom is no symptom at all. That is why urologists recommend prostate cancer screening, including a prostate-specific antigen (PSA) test as well as a digital rectal exam, beginning yearly at age 50. African-American men and those with a family history of prostate cancer should begin screening at age 40. The good news is proper diet and an active lifestyle can reduce a man's risk and can also help men with prostate cancer lead longer and better lives. That is part of why the Winter Park Urology physicians chose to support and promote the upcoming race.

"While we each run for our own health, many of us also feel strongly about serving as positive role models for our patients," said Winter Park Urology's Jeffrey Brady, M.D.

His colleague, Rakesh Patel, M.D., agrees, "Actions can speak so much louder than words. Many of my patients know I run and ask me about my latest races and performance times. Some even track me online during runs. While I hope to inspire them to adopt healthy lifestyles, they in turn, help keep me motivated."

Several Winter Park Urology patients will join their physicians at the September 12 race. Chuck Teminsky, a 57-year-old deputy sheriff with the Winter Park Police Department, underwent prostate surgery by Dr. Thill in May and was running again five weeks later. He ran the Track Shack race on July 4 and is looking forward to the September race not just to achieve a personal goal but also to inspire other men. "Guys are not nearly as good about sharing information about prostate cancer as women are with breast cancer," Teminsky said. "I think it's important that we encourage each other to take charge of our health. This race is a great opportunity to do just that."

Another prostate cancer survivor and Winter Park Urology patient, Jules Baclar, has completed 50 marathons in 50 states and will also run alongside the physicians on September 12. "I run to add life to my days," he said. "Prostate cancer was a bump in the road and like a race, you just have to keep going."

Founded in 1968, Winter Park Urology Associates' 14 board-certified physicians, four certified nurse practitioners (ARNP-C) and team of healthcare professionals provide a full range of urologic care, including

diagnosis and treatment of prostate cancer, kidney stones, recurrent urinary tract infections, hematuria (blood in the urine), male and female incontinence, overactive bladder and erectile dysfunction. Winter Park Urology physicians were some of the first in Central Florida to perform robotic prostatectomies. In addition, since 1997, they have conducted more than 60 clinical trials testing promising new treatments for a variety of urologic conditions. The practice also houses its own fully-equipped Urological Ambulatory Surgery Center for outpatient, same-day surgery.

For more information or to register for the Track Shack's Autumn Rock 'N Run, visit www.trackshack.com.

To contact Winter Park Urology Associates, call 407-894-8746 or visit www.wpurology.com.

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