



PROSTATE CANCER

1000th Time is a Charm

Like many men his age, Sidney Travis delayed regular check-ups with his doctor. He felt fine and who has time for an exam when you are excited about starting a new career and launching a new solar energy business?

Shown: Sidney Travis, pictured with his parents, was the 1000th robotic prostate cancer surgery performed by Isaac Kim, MD, Chief of Urologic Oncology at the Cancer Institute of New Jersey (CINJ) and Associate Professor of Surgery at Robert Wood Johnson Medical School.

"I had just turned 50 and I felt like I was slowing down a little, but not anything out of the ordinary - I really felt fine," Mr. Travis explains. "My girlfriend kept pushing me to get a check-up and honestly, I did it just so she would stop asking me to do it."

After a routine exam, Mr. Travis received the shocking news: his prostate-specific antigen (PSA) levels were abnormally high indicating that he potentially had prostate cancer. He was referred to a uro-oncologist who performed a biopsy confirming the diagnosis. Doctors recommended radiation treatment but Mr. Travis was concerned about long-term side effects. Instead, he favored robotic prostatectomy, a minimally invasive approach to treat prostate cancer.

Robotic prostatectomy allows a surgeon to control a set of robotic arms that hold tiny surgical instruments used to remove the patient's cancer. Unlike the traditional open method of prostate surgery that results in a six-inch scar in the abdominal area, patients who undergo this minimally-invasive surgical technique are left with incisions smaller than a dime. In the U.S., robotic prostatectomy is being performed on 85 percent of men who have their prostate removed.

Along with a minimally-invasive approach, the procedure allows for additional precision with a 3-D view of the tissue and delicate nerves that envelop the prostate. Reduced blood loss, shorter hospital stays and a faster

time to achieve full continence are also benefits of the procedure.

Mr. Travis knew he wanted to have the procedure done at a hospital which specialized in treating cancer. Fortunately, his girlfriend, Nadine Stephenson, is a registered nurse at RWJ and she recommended he see Isaac Kim, MD, Chief of Urologic Oncology at the Cancer Institute of New Jersey (CINJ) and Associate Professor of Surgery at Robert Wood Johnson Medical School, who is highly experienced and skilled in performing robotic prostatectomy. RWJ is the flagship cancer hospital of CINJ.

Once he met with Dr. Kim, Mr. Travis was convinced that robotic prostatectomy was right for him.

"My girlfriend said he was the best so why not go to the master?" Mr. Travis explains. "Dr. Kim is a very passionate man. He explained everything to me and put me at ease – he had everything under control."

On October 25, 2012, Dr. Kim, who is widely considered a pioneer in minimally invasive robotic surgery, completed his 1000th robotic prostatectomy when he successfully treated Mr. Travis.

Following the procedure, Mr. Travis stayed overnight in the hospital and returned home the next day. After recovering for three

weeks, he returned to his normal activities. Having a surgeon like Dr. Kim, who is well trained and experienced in the technology can lead to positive outcomes.

"Those in the field consider 250 procedures as a benchmark where one can start to achieve positive outcomes on a consistent basis," Dr. Kim notes. "And we at CINJ and RWJ are proud to be driving the next generation of innovative robotic surgical techniques, by offering specialized training to our surgeons."

After his diagnosis, Mr. Travis learned that his father and three uncles had survived prostate cancer. He had no idea there was a family history.

"I am blessed to be alive and with my family," Mr. Travis says. "I tell friends who are my age – get checked out. There are many options available and you can avoid a serious, even life-threatening, situation."

Visit www.rwjuh.edu/prostate-cancer or call 1-888-MD-RWJUH.



Shown: Isaac Kim, MD, Chief of Urologic Oncology at the Cancer Institute of New Jersey (CINJ) and Associate Professor of Surgery at Robert Wood Johnson Medical School is pictured with his team who recently marked a milestone by performing their 1000th robotic prostate cancer surgery.