



ACTUARIAL
PENSION
ANALYSTS, INC.
Independent Benefit Professionals

Specializing in the design and administration of retirement programs including pension, profit sharing, 401(k) and cash balance defined benefit plans.

Our expert, credentialed staff is committed to helping each client understand the opportunities and responsibilities of sponsoring a tax-qualified retirement plan. We communicate complex concepts in non-technical terms and will make sure your plan meets both employer objectives and federal regulations.

**7000 East Genesee Street
Fayetteville, NY 13066
(315) 445-2108
Fax (315) 446-5671**



GET THE FULL COLLECTION
www.ampofny.com



Let us know what you think.

Please go online to www.SurveyMonkey.com/AMPsurvey to help us evaluate our practice and the information in this issue of *Our Health*. As a thank you, you will be entered into a drawing for a \$100 gift card for Amazon.com.

**PROSTATE CANCER
NEWS BRIEFS**



Study Finds in Favor of PSA Testing

Routine PSA prostate cancer screening offers early warning to an extra 17,000 Americans each year that they have an aggressive form of the disease, called metastatic prostate cancer. The new study—published in *Cancer*—argues in favor of PSA testing. It concludes that in the three years before widespread PSA testing (1983-1985), men getting their first diagnosis of prostate cancer were three times more likely to learn they had late-stage, metastatic cancer than men diagnosed from 2006 to 2008.

Statins Could Help Prevention

Statins, taken to lower cholesterol, could also significantly reduce the risk of getting prostate cancer. According to researchers at the US National Cancer Institute, men with high cholesterol levels were 22% more likely than those with low or normal readings to suffer a prostate tumor and 85% more likely to develop a fast-growing form of the disease.

**Hormone Therapy
Cuts Deaths**

For men with aggressive prostate cancer, hormone therapy cuts the overall risk of death, according to the *Journal of the American Medical Association*. "These results should be reassuring for patients who are thinking of androgen deprivation therapy for their prostate cancer," says Dr. Paul Nguyen of the Dana-Farber Cancer Institute and Brigham and Women's Hospital in Boston, Massachusetts, who was the study's lead author.

