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Study gives hope on cancer recurrence

By Lindsey Tanner
 THE ASSOCIATED PRESS

CHICAGO - A recurrence of cancer after a diseased prostate is removed is not necessarily as dire as doctors once believed, and radiation could save the lives of many men with such a condition, a study found.

Until now, doctors believed that certain ominous signs, including rising levels of a protein called PSA, usually meant that the cancer had not only returned but had spread to other parts of the body and was incurable. These men generally were not offered radiation but were treated only with hormones, which can slow the disease but cannot stop it.

But the new study suggests that many of these men can be cured with radiation, because the cancer has not spread after all.

The study, published in Wednesday's *Journal of the American Medical Association*, involved 501 men whose disease returned an average of about 10 months after their prostates were removed. All received radiation to treat the recurrence; half remained cancer-free an average of four years later.

For these men, radiation "changed the natural history of that disease," said lead author Dr. Kevin Slawin, director of the prostate center at Baylor College of Medicine in Houston.

Previous data suggest that in two-thirds of men who do not get radiation for cancer recurrence after surgery, the disease will spread elsewhere within 10 years and probably prove fatal, Slawin said.

Fewer than 20 percent of patients who suffer a recurrence get radiation treatment, known as salvage radiation, Slawin said.

Dr. Mitchell Anscher, a Duke University radiation oncologist, said salvage radiation is used too infrequently, and often too late. The study is significant and suggests that radiation is warranted for the majority of patients whose recurrence was identified via PSA levels, Anscher said.

Prostate cancer is the second-most common malignancy in men after skin cancer. It

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When love calls, Charlotte's too slow to answer

By Artellia Burch
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The unlucky in love shouldn't be surprised by a survey that says Charlotte is one of the worst places to play the dating game.

According to a study based on 24 criteria compiled and analyzed by the city study experts at Sperling's BestPlaces Charlotte ranked 71st out of 80 for the best cities for singles.

One of the reasons the Queen City ranked so poorly is its low percentage of singles. According to the study, Charlotte was in the 41st percentile when it comes to the percentage of 18-24 year-olds.

AXE Deodorant Bodyspray funded the research. Why? AXE says it special-

izes in the dating game and wants to let young singles know where America's hot spots are when it comes to hooking up.

Coffee shops, which dating experts say are great meeting spots, was used as criteria for ranking the cities as well. Charlotte ranked in the 16th percentile of coffee shops per capita. Eighty four percent of the cities studied had more coffee shops per capita.

"I disagree with the study about coffee shops," said Elaine Stevens, Ph.D and host of "Matters of The Heart," a weekly show of WBAV 101.9. "Charlotte has become Starbucks heaven. Coffee shops are good places to go to meet people. People are there reading books, magazines and reading the paper. The coffee

shop is also a place to meet a person for the first time if you connected with them on-line."

Charlotte also ranks in the 26 percentile in gifts bought as jewelry for that special someone category.

However Raleigh/Durham ended up in the number four slot in the same study. The Raleigh area has a much larger 18-24 year-old population. Not only does it have a larger population, but also the percentage of the population that is single is much larger in Raleigh, which is 68 percent compared to 41 percent in Charlotte. Plus online dating is more likely in Raleigh/Durham than Charlotte.

Stevens says she hears people of all

Please see POLL/4B



Simply delicious raspberry swirl cheesecake pie

Simply Delicious
 Desserts Your Family Will
 Love

Fabulous desserts can be easy to prepare if you have the right ingredients on hand.

Start with a ready-made graham cracker crumb crust. Then stir up a filling with sweetened, condensed milk for a smooth, luscious texture. Add a variety of fresh or canned fruits — or maybe peanut butter and chocolate — for both color and flavor. Fast and fabulous recipes like these assemble in minutes.

Then bake. Or chill. Or freeze. Crown your dessert with a cloud of whipped topping, fresh fruit or shaved chocolate. Then sit back and enjoy the compliments.

Raspberry Swirl Cheesecake Pie

- Prep Time: 15 minutes
- Baking Time: 55 minutes
- Makes one 9-inch pie
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 egg
- 3 tablespoons plus 1 teaspoon lemon juice from concentrate, divided
- 1 (9-inch) graham cracker crumb crust

1/2 cup raspberry preserves
 Preheat oven to 300°F.

In large mixing bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth, add egg and 3 tablespoons lemon juice; mix well.

Pour 1/2 the batter into crust. Combine remaining 1 teaspoon lemon juice with preserves in small bowl. Spoon half the preserves over batter.

Pour remaining batter on top. Using a knife, swirl remaining preserves into decorative pattern on top.

Bake 55 minutes. Cool. Refrigerate leftovers.



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