



The Long and Winding Road

By Virginia Carnahan, APR, CPRC

After meeting and interviewing Alexander Nwadozi, I was challenged to come up with a way to share his story. I kept thinking about the amazing travelogue he had shared with me, when this title popped into my mind: “*The Long and Winding Road*.” Of course, this is the title of the hit song recorded by the Beatles in 1970.

Alex was born in 1975 in Ukala, Delta State, Nigeria (5 years after that Beatles’ hit), the last of his family’s seven children. His route to finding the Dattoli Cancer Center was, indeed, long and winding.

Upon finishing local high school, Alex received a memorable phone call from his oldest brother one night. Clement was serving as a Nigerian Government Diplomat in Havana, Cuba. He gave Alex advice that would stick with him throughout his life. He strongly urged his youngest brother to commit to making his life mean something, to give something back, and he offered to help him get started.

With assistance from his brother, Alex received a Student Visa and joined him in Cuba. Here, he entered college, studied hard, and after 11 years, earned a medical degree. He became

a licensed Ophthalmologist. When his Visa expired, he migrated to the island nation of Anguilla.

After two years in Anguilla, he realized the community was too small for his ophthalmology practice and again consulted his brother, who had completed a term as a diplomat in Hong Kong and now lived in Ontario, Canada.

Returning to Nigeria for a long overdue family visit, a friend encouraged him to meet a lovely lady “who sang in the church choir.” It was kismet. Her name was Chinwendu, who would later become his soulmate. Two years later they married. He calls her “Zummie.”

In 2009, following his brother's advice once more, Alex relocated to Ontario, Canada, where he would eventually establish a medical practice in Innisfil. Together with his wife Zummie, Alex has three children.

The early years may have been joyful, but soon clouds began to gather on his horizon.

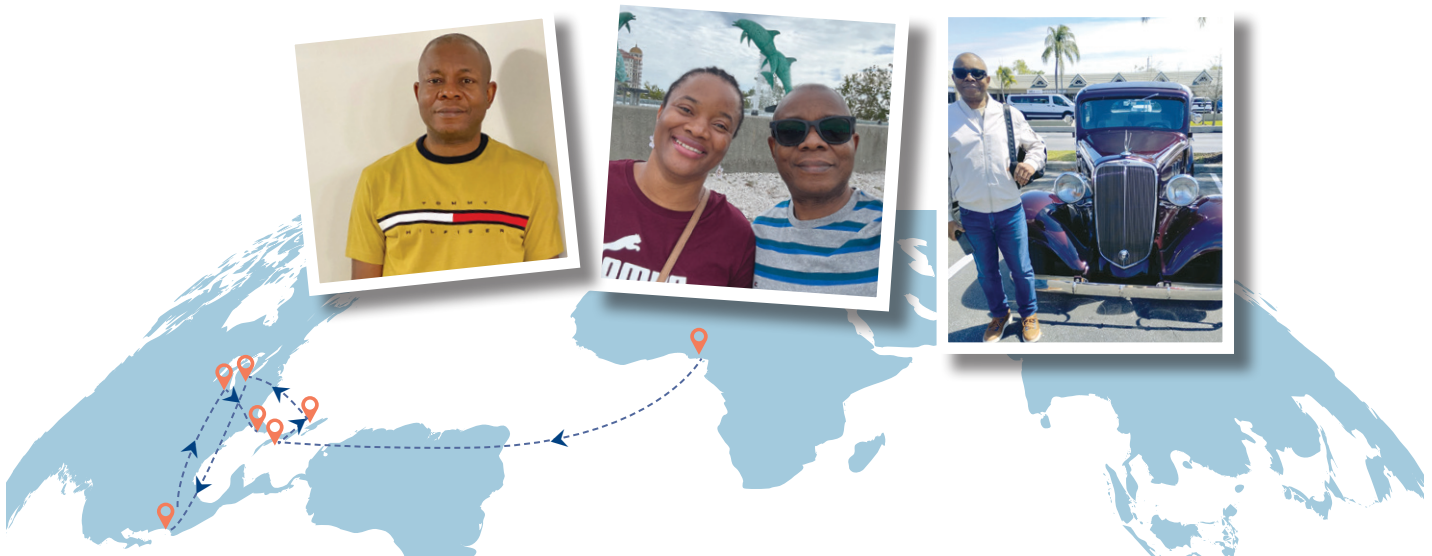
In 2021, he bid farewell to his cherished brother, who succumbed to prostate cancer at only 62 years old. Alex recalls that witnessing his brother’s struggle deeply affected him, making him more conscious of his own health. Consequently, in August 2024, at age 50, even though he felt perfectly fine, with no pain, symptoms, or signs of illness – Alex decided to undergo a precautionary PSA test. The results were alarming: his PSA level was measured at 18ng/mL.

Startled by these findings, Alex immediately reached out to his family doctor, who referred him without delay to a urologist. Before their first consultation, the specialist requested an array of tests: a prostate MRI, CT scans of the pelvis and abdomen, a chest X-ray, a bone scan, and another PSA test.

When the new PSA results arrived, it showed an increase to 20.1ng/mL. If a level of 18ng/mL was cause for concern, 20.1ng/mL was even more unsettling. These numbers suggested that something hidden was happening, despite his outward appearance of health.

This marked the start of a lengthy journey that would eventually take Alex to Sarasota, Florida and the Dattoli Cancer Center. When every other diagnostic test returned normal results, a 12-core biopsy revealed a Gleason 4+4=8 disease associated with Cribiform architecture (a particularly aggressive variant).





NIGERIA → CUBA → ISLAND OF ANGUILLA → ONTARIO, CANADA → PUERTO VALLARTA, MEXICO → CHICAGO → SARASOTA

The devastating call from his doctor left Alex and his wife heartbroken. After the initial shock, they resolved to try everything possible to defeat the cancer.

Determined to learn as much as possible, Alex researched prostate cancer and available therapies. His search led him to a clinic in Puerto Vallarta, Mexico, which offered a supposed miracle cure using stem cells and “natural medicines.” Hoping for a breakthrough, Alex traveled there, but the experience ended in disappointment. His PSA levels continued to rise after five weeks.

Alex consulted with Canadian specialists – a surgeon and a radiation oncologist – but wasn’t satisfied with their proposed treatments or the potential side effects.

Seeking another perspective, he reached out to a urologist schoolmate in Chicago for a second opinion. This doctor suggested obtaining a PSMA PET (Prostate Specific Membrane Antigen) scan before choosing any treatment.

The PSMA PET scan indicated suspicious activity in the prostate. In addition, he had evidence of spread to sacral lymph nodes and his iliac bone.

Uncertain about the best way forward, Alex turned to faith, prayer, and trust in God for direction.

Alex’s fortune soon shifted. As an engaged community member and Board member of the Cross World Organization, he happened to know J.D., another board member.

J.D. connected Alex with his longtime friend, Pastor Doug Anderson, who had been successfully treated for prostate cancer at the Dattoli Cancer Center ten years

earlier. Pastor Anderson graciously shared his experience by phone and told Alex that he remained cancer-free a decade after treatment with Dr. Dattoli. That connection became the turning point that led Alex to discover Dr. Dattoli.

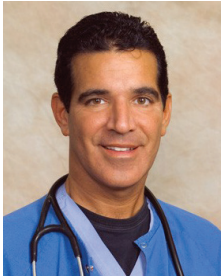
“I was amazed that the doctor actually phoned me and spent over an hour answering my questions,” Alex joyfully explains. “I knew I had found the person and place that could end my search!”

Alex came to Sarasota in August of 2025 to begin his treatment. Weeks of daily DART radiation crawled by. He got to know the staff and found everyone to be kind and professional. Then came a break that allowed him to return to Innisfil for a short reunion with Zummie and his precious children. The following trip to Florida was for the second part of the treatment: brachytherapy (radioactive seed implant).

As I am writing this, he is back at the Center for his final few radiation treatments to the tissues surrounding the prostate, intended to block any possible escape of any remaining cancer cells.

Alexander Nwadozi is now focused on raising awareness about prostate cancer among men, emphasizing the importance of early detection and PSA testing. His recent experience has motivated him to address the issue of low awareness and to encourage routine screenings. He has launched a website to promote prostate cancer awareness and to encourage men to monitor their prostate health early. Though the site is still being developed, his dedication indicates it will likely succeed. You can watch for it at:

menagainstprostatecancer.org 



The Case for Brachytherapy; A Manifesto for Evidence-Based Prostate Cancer Care

By Dr. Michael J. Dattoli

For men with intermediate and high-risk prostate cancer, some of the strongest evidence in modern radiation oncology supports the combination of external beam radiation therapy (EBRT) and brachytherapy.

The landmark ASCEND-RT trial demonstrated a 50% reduction in recurrence when a low-dose-rate brachytherapy boost was added to EBRT. At 10 years, approximately 85% of patients receiving the brachytherapy boost remained free from biochemical progression — a dramatic and clinically meaningful improvement over EBRT alone.

In oncology, it is rare to see an intervention cut recurrence risk in half.

Yet despite this level of randomized evidence, brachytherapy is recommended less frequently today than it was a decade ago.

The Real Issue: A Training Gap

The reason is not lack of data. It is lack of training.

Over the past 15–20 years, many radiation oncology residency and fellowship programs have significantly reduced hands-on training in prostate brachytherapy. As fewer trainees graduate with procedural experience, fewer practitioners feel comfortable offering the technique. When physicians are not trained in a procedure, it becomes less likely to be recommended — even when the evidence strongly supports it. This has created a widening gap between what the data demonstrate and what many patients are told.

Brachytherapy is not outdated. It is under-taught.

Long-Term Data Define True Success

Randomized data are powerful. But long-term follow-up is what ultimately defines durability. Our own published outcomes — appearing in peer-reviewed journals including *Cancer*, *Journal of Oncology*, *Urology*, *Brachytherapy*, and the *International Journal of Radiation Oncology Biology Physics* — extend well beyond 16 years of follow-up, representing some of the longest combined-modality prostate cancer data reported in the literature in the modern era.

Our findings demonstrate:

- Near 100% local control
- Durable biochemical disease-free survival
- Sustained cancer control across intermediate- and high-risk groups
- Outcomes measured in decades, not just years

Prostate cancer has a long natural history. Five-year results are reassuring. Ten-year results are meaningful. Outcomes extending beyond 16 years begin to define true oncologic durability. When local control is maximized, recurrence declines.

When recurrence declines, metastatic progression risk falls.

When durable control is achieved, salvage therapy can be avoided.

Long-term data change the trajectory of disease

Why the Combination Works

The biological rationale is straightforward. External beam radiation treats the prostate and surrounding at-risk tissues, especially lymph nodes. At our center, this is delivered as Dynamic Adaptive Radiotherapy (DART), allowing precision targeting and adaptive dose optimization. Brachytherapy then delivers an intensified, highly conformal radiation dose directly inside the prostate — where the cancer resides.

This approach achieves:

- Higher dose escalation to intraprostatic malignancies
- Steeper dose gradients
- Superior tumoricidal intensity than can be achieved with EBRT alone
- Relative sparing of surrounding structures

Dose matters in prostate cancer. But how the dose is delivered matters even more. Dose-escalated EBRT alone simply cannot replicate the intraprostatic dose distribution achieved with brachytherapy.

Experience is a Determinant of Outcome

Brachytherapy is technically demanding. It requires precision, judgment, and procedural repetition. My team and I have performed more prostate brachytherapy procedures than any place in the world. That experience translates into consistency of technique, optimized dosimetry, and reproducible long-term outcomes.

At the Dattoli Cancer Center, we integrate DART external beam radiation and brachytherapy under one roof, within our own surgical suite. This model ensures:

- Seamless coordination of care
- Unified treatment planning
- Technical consistency
- Direct physician accountability

Patients are not referred elsewhere for part of their treatment. The entire strategy is designed and delivered cohesively.

A Manifesto for Evidence-Based Prostate Cancer Care

Medicine evolves. Technologies change. Training patterns shift. But evidence remains the foundation of responsible care. When a well-run randomized trial like [ASCEND-RT](#) demonstrates a 50% reduction in recurrence, that finding demands attention. When long-term follow-up extending beyond 16 years confirms durable control and near 100% local control, that evidence demands respect.

The decline in brachytherapy utilization does not reflect inferior outcomes. It reflects a generational shift in training exposure. Patients deserve to know the difference.

Physicians have an obligation to recommend therapies supported by the strongest available data — even when those therapies require technical specialization.

The case for brachytherapy is not nostalgic.

It is statistical.

It is biological.

It is longitudinal.

It is durable.

And when performed with expertise, it remains one of the most powerful tools in prostate cancer treatment.

To Our Patients — Present and Future

If you are facing a prostate cancer diagnosis, you deserve complete information. You deserve to know which treatments have demonstrated control measured not just in years, but in decades.

You deserve to know when a therapy has been shown to cut recurrence risk in half. And you deserve to receive care in a center where both advanced external beam radiation and brachytherapy are delivered seamlessly, cohesively, and with unmatched procedural experience.

At the Dattoli Cancer Center, we offer brachytherapy not because it is traditional — but because the evidence supports it, our outcomes validate it, and long-term cancer control is the standard our patients expect.

Prostate cancer treatment should not be limited by training trends. It should be guided by data, experience, and a relentless commitment to durable cure.

That is the case for brachytherapy. 📌

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Supplements: Why, When, How

By Virginia Carnahan, APR, CPRC

Americans are spending \$21 billion dollars on vitamins and herbal supplements annually. Over 50% of our citizens take some kind of supplement on a daily basis, primarily multivitamins and multi-minerals, according to the National Center for Health Statistics.

While humans (and animals) can get all the nutrients necessary for good health through food, our society has evolved to a place where it is easier to take a pill than to prepare a nutritious meal. People assume they can compensate for their convenient, quick, “fast food” (fried) diet by popping a handle of vitamins.

Even the enlightened among us will opt for herbal or botanical concoctions to bolster their dietary intake and treat some maladies. To sleep better, lose weight, clear up pimples, prevent dandruff, defeat depression, quell anxiety, strengthen fingernails, build muscles, etc. – you can find a pill, potion, capsule, ointment or drop to solve your problem.

There is no going back to the days of food only! But you can learn to be discriminating and informed about what you choose to take, and why.

A major concern about the supplement industry is that it is virtually unregulated. Almost anyone with the working capital can create a product, bring it to market and sell it. No one has oversight to assure that the product even has what it claims to contain. The New York Attorney General’s office in a recent examination of commonly available supplements, found that 80% of those tested *did not* contain any amount of the substance on the label!

The FDA can remove a product from market only after it has proven “adverse events” thereby ruling it unsafe. We know that some herbs can react badly with certain prescription medications, and vitamins in high doses may be dangerous. Products removed by the FDA include many marketed for weight loss, sexual enhancement and body building.

The best practice is to take your doctor’s advice. If you are the studious type, investigate every supplement you plan to use. A good place to start is the National Institute of Health. They produce a Fact Sheet on hundreds of supplements – everything from Acai Berry and Beetroot to Yohimbe and Zinc. <https://ods.od.nih.gov>

Beware of extreme claims, such as “quick and effective,” “cure-all,” “can treat and cure disease,” or “totally safe.” Be skeptical of the products with pages of personal “testimonials” about incredible benefits or results.

Even with these dire caveats, there are quality supplements available, if you just know where to look. Our friendly FDA has a widget to provide automatic updates on tainted products. You must have a blog or website with an RSS reader to receive the information, however.

Products created by and marketed by physicians are generally legitimate, if the physician can be vetted. Beware of TV personality doctors whose names have been attached to a large variety of products.

In an effort to protect and help our patients, we have researched a number of supplements and vitamins at our practice and believe that prostate cancer patients (and others) can benefit from several, but only if they are pure and properly manufactured. To that end, we recently created **Dattoli MD brand (MJD Supplements LLC)**. We employed the most strenuous purity and safety standards in making these products. You can be assured that these products are of the highest quality and efficacy as you would find in pharmaceutical grade prescription medications as they have been manufactured at FDA approved facilities, under the strictest GMP standards and certified by USP and NSF International criteria.



Currently there are several proprietary formulations available: Maximum Prostate Health, Advanced Bone Health, Advanced Anti-Inflammatory and Male Support. In addition, there are products such as Collagen Peptides, Co-enzyme Q-10, Berberine, EPA/DHA Omega 3, Red Yeast Rice, and others which contain properties helpful to many of today’s diagnoses. Progress is slow and time consuming, but we are intent on bringing more quality supplements to our patient population, and others. **If you are interested, please check the website or call 877-874-5644. 📞**



What is the Dattoli Cancer Foundation?

This biannual newsletter is brought to you by the Dattoli Cancer Foundation.

But what else does it do? Do you know?

Founded in 2001, the mission of the Dattoli Cancer Foundation is to provide accurate and current information regarding Prostate Cancer treatment options and to serve as a source of hope and encouragement for Prostate Cancer patients and their families. The Foundation serves people throughout the United States, and beyond, by providing advocacy, patient networking, referrals and patient educational materials. It is a 501(c)(3) not-for-profit organization registered with the State of Florida.

In its 20-year history, the Dattoli Cancer Foundation has published and distributed thousands of educational booklets through its "*Prostate Cancer Essentials for Survival Series*." These booklets cover subjects such as: When and Why to Seek a Prostate Biopsy; What is Dosimetry?; Interpreting the PSA; Dynamic Adaptive Radiotherapy; Hormonal Therapy; Color-flow Doppler Ultrasound – Advanced Imaging for Prostate Cancer; Cancer Recurrence – What now?; Radiation Safety; Brachytherapy (Radioactive Seed Implant); and more.

In addition, a number of books have been published by this Foundation: *Surviving Prostate Cancer Without Surgery* (2005), *Prostate Cancer Stories of Strength and Hope* (2007),

The Dattoli Blue Ribbon Prostate Cancer Solution (2009). All publications are authored by Michael J. Dattoli, MD with members of his staff.

Foundation funds are also dedicated to Dr. Dattoli's ongoing research costs, his frequent speaking engagements, and the submission of many scientific abstracts to the major medical journals. Again, Foundation funds make possible the award-winning, in-depth Patient Handbook, casually known as the "*Patients' Bible*."

Historically, Foundation funds have made possible annual free Prostate Cancer Screening events. These popular "Prostate Cancer Month" (September) events have educated and served several thousand men, in the effort to spread the visibility of the **Blue Ribbon** signifying Prostate Cancer awareness.

The Dattoli Cancer Foundation is also a convenient vehicle for patients, families and organizations to support and contribute to the outstanding work of Dr. Dattoli and his exceptional staff. Your donations and suggestions are greatly appreciated any time. (A return envelope is enclosed for your convenience.) ⓘ

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Cancer Survival Has Improved In Recent Times, Though Challenges Remain

(January 16, 2026)

The American Cancer Society annual report 2026 shows a **70% 5-year survival rate for patients** with cancer, a significant improvement from past decades. Experts attribute the milestone to decades of consistent funding for medical research, prevention, and early detection. However, new cancer cases are projected to reach 2.1 million in the U.S. this year, with disparities in survival rates among racial groups. Lung cancer remains the leading cause of cancer deaths, despite improved survival rates. Meanwhile, in 2026 prostate cancer is projected to take the lead in incidents and prevalence in the U.S. Importantly, the steepest increases in advanced-stage diagnoses, particularly distant-stage, metastatic disease. The report emphasizes the importance of prevention, education, and increased screening particularly for high-risk groups. Continued research investment is crucial for further advancements.