



RiseZine

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Welcome to **RiseZine** my quarterly electronic magazine (ezine) that can help you solve problems in your business and your life. It is my desire to bring you inspiration from the experiences I gained during the twenty (20) years I spent as a Judge of the Denver County Court participating in the transformation of lives. I'm convinced that those experiences will heighten your knowledge, sensitivity and outlook on the issues you face in your business and your life. I am honored to share your precious time with you.

Are You Making Difficult Decisions That You are Willing to Live With?

Last Saturday I was one of six prostate cancer survivors to facilitate a small group session at a local prostate health seminar. I never expected to be identified with cancer when I made the transition from the "Rocky Mountain High" of Denver, Colorado to the "Low Country" of South Carolina.

Before I moved to Hilton Head Island, I purchased the domain name "Please Rise" three years earlier when I decided to retire from the bench and start my professional speaking co. In 2005, I secured my business license from the town of Hilton Head and joined the Chamber of Commerce; I was off and running, I was chasing my dream. When it came time for my annual prostate cancer screening I was in for a shock...the level of the Prostate Specific Antigen (PSA) in my blood had doubled from one year earlier. This is not how I thought my first year in paradise would go. I was angry and scared...how could this happen to me? I had no symptoms; I was healthy; I watch my diet and don't eat red meat! I learned that African-American men have a higher risk of developing prostate cancer (60% higher) than others and a higher death rate from it. I knew I was going to stay

positive. I wasn't going to let cancer kill my dream. Over 200,000 times during my 20 years on the trial court bench, I made difficult decisions in difficult situations. I knew that I needed all the strength I could muster to make the best decision; literally, "one I could live with".

After meeting with several urologists, researching voraciously and attaining a level of expertise, my reticular activating system (RAS) went to work. RAS is that automatic mechanism inside the brain that directs relevant information to your attention. All of a sudden, I remembered friends who had gone through prostate cancer treatment. I called friends, who referred others and they all discussed their decision-making process with me. My results indicated that I needed to have a biopsy of the prostate gland. After the urologist discussed the results of the biopsy with me, he staged my cancer (urologist determines the extent of cancer in the body). I was stage 1, limited cancer cells were contained in the prostate and I had multiple treatment options. There is little consolation in being told that you have the most curable, slowest growing type of cancer. I now had to consider what doctors call "modalities" and "morbidity" – and we call the "treatment options" and the "side-effects" of treatment.

When I moved to the low country, I dreamed of a quality of life consistent with living in paradise. What I learned from my urologist was that my quality of life might be impacted by "modalities and morbidity". Because of my early detection and stage, I had a full range of treatment options available to me: radical robotic prostatectomy (surgical removal), brachytherapy (seed implants), cryotherapy (freezing), external beam radiation or high intensity focused ultrasound (HIFU). The side effects of the respective treatments include incontinence, impotence, radiation burns and recurrence of the cancer. Of course, I could do nothing at all and take my chances. NOT! My doctor suggested another alternative "Watchful Waiting". After consideration of this latter option, my stage of cancer and the active monitoring required I elected "Watchful Waiting." This decision meant that I would be tested quarterly but not treated. I would, therefore, experience no morbidity unless the cancer grew remarkably. This was a decision that not everyone could embrace, but it was one that "I could live with". I did.

Three and a half years later, the Prostate Specific Antigen (PSA) level in my blood rose and I tested a stage 2. I made the decision to have external beam radiation treatment that I began June 1st and completed August 3rd. Five days a week, at 3:00 PM I would enter the lab, drop my pants and lie on the table for several minutes while the machine would beam radiation to my prostate gland. Two weeks ago my first blood test showed my PSA dropped to an acceptable level and my cancer was likely eradicated. YES! I knew I would conquer cancer. It's possible when you have what Jeff Gitomer calls the **YES! Attitude**. I feel great. I have experienced minimal "morbidity" –side effects. The only side effect is that every day at 3:00PM, no matter where I am, I have this irresistible urge to drop my pants. (SMILE).

"The decision to accept no other outcome but success will cause you to grow in amazing ways and become all you need to be to live your dream." You still have a dream, don't you? I do! At the Prostate Health Seminar last Saturday a thirty-eight year old young man asked the following question, "How do we let more young men know that regular screening for prostate cancer can save their lives?" I replied, "I'm recommending it by telling my story in my next [RiseZine](#)."

THIS IS IT! You decide if your dreams are worth living for!

Special Thanks to my wife, family, Dr. Manual Perez and many friends who helped and supported me through this process. For more information contact the Prostate Cancer Foundation at www.pcf.org.

Can't your organization use a healthy infusion of inspiration, motivation or training in Leadership, Decision-making, Communication, Ethics or Team-Building? I can provide a keynote, workshop, seminar or individual coaching tailored to meet your needs and help you and your team **RISE**. Email Beau@PleaseRise.com.

Judge Beau Patterson

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