

## **GREAT TESTING PROCEDURE FOR PREDICTION OF PROSTATE CANCER**

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If you take your health seriously and have been told that you have a normal PSA then I would insist your doctor order the IGF-1 test.

Unfortunately, most men are under the assumption that a PSA of 4 dl/ml gives them a green light of being free of prostate cancer.

***It is a fact 14% or over one in six men with a PSA of less than 4 already have prostate cancer.***

If your PSA is between 4 and 10 dl/ml, you have a 25% or one in four chance of having prostate cancer.

I find it sad that in the next 24 hours 90 men will die of prostate cancer. Prostate cancer is the second most common cause of cancer death in U.S. men.

As I mentioned before don't settle on the false assumption that you are safe just because your doctor has told you that your PSA is within the normal range.

Studies through Harvard John Hopkins and UCLA have shown that **Insulin-Like Growth Factor-1 (IGF-1)** is a peptide that controls the action of growth hormones in the body. If IGF-1 is elevated, men were ***four times*** as likely to develop prostate cancer.

And this test is so powerful that when the men developed prostate cancers seven years later, the PSA had just started to turn positive.

So this test, IGF-1 can give you advance warning 7 years earlier than the relied on PSA. So you now may be asking what can you do if your IGF-1 is elevated.

So the take away for today's short message is to request that your doctor order an IGF-1 in the event your PSA comes back normal.

Again don't have the false confidence everything is ok with your prostate just because you have a normal PSA.

**Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Find him online at Dr.Badanek.com and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**