

and sent them information. I did this not to try to tell them what to do, except to get their physical. I'm not a doctor. I'm not certain which test is the best, but certainly they should have the digital exam and maybe the PSA test, but again, that's up to the doctor. So I've sort of become the prostate pin-up boy, I guess, for the time being."

Post: "Well, we've known many people who, like you, have prostate cancer and who feel very strongly that we should be out doing more to prevent it and catch it early, but they don't have your name. The fact that they are speaking out about it doesn't get as much attention as when you speak out."

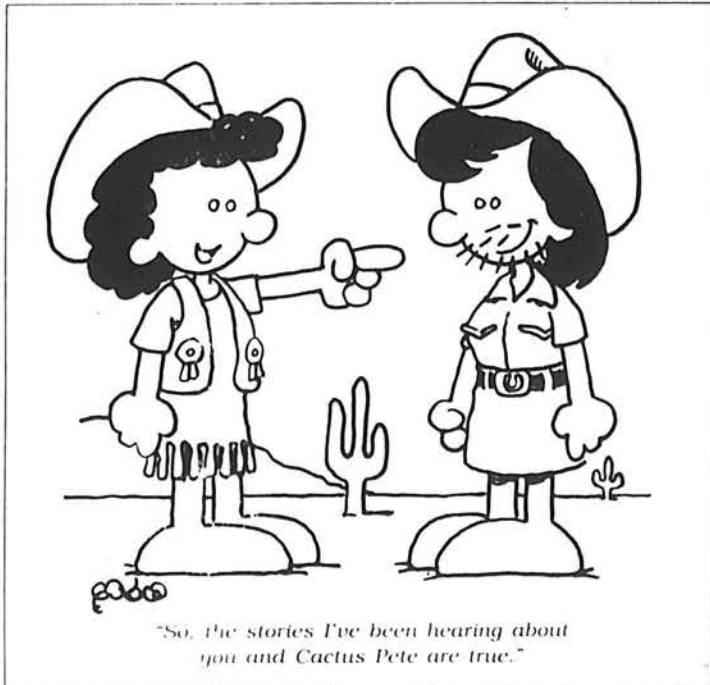
Dole: "But a lot of men in their own way are doing good missionary work. I've talked to people in my state, A Mr. Herman Feldman from Atchison, Kansas, has collected all the information he can find; he goes around and leaves it at hospitals and barber shops. So different people can do different things. Len Dawson, who was a famous quarterback for the Kansas City Chiefs, only 56 years of age, just had the operation a couple of months ago. He's indicated a willingness to be more active and to talk about it in that part of Kansas, Missouri, and Iowa, where he's well known."

"To get men to talk about it as Betty Ford talked about breast cancer, in my view is what should happen. We asked David Broder, 'Why don't you write a column about it? You've had the operation.' He says he's going to do it. Robert Novak of 'Evans and Novak' writes a lot of political columns and he's on TV a lot. We said, 'Why don't you go out and talk about it, alert people because you have credibility. You're somebody they recognize.' So, in any event, I think there are a lot of people doing a lot of good work, among them Senator Ted Stevens from Alaska, Senator Jesse Helms from North Carolina."

Post: "So you've got the ball rolling, really?"

Dole: "So we've got it rolling, yes."

Post: "And because you're well known, and because we know your family, or feel like we do, we'd like to know what you would think of having a unit giving free digital rectal exams to men off the street, at events like the Dick Lugar Health Fair. Men 50 and older—they're the ones who need it. When we did this kind of free testing for AIDS, we got results by calling attention to the need. And when we offered free mammograms we got results. The men would be told to see their own doctors, of course, if the digital rectal exam showed any-



thing suspicious. This is what we would undertake to do if you agree. We'd honor you by putting your name to it."

Dole: "If it would help people, I'd be very honored to do it, of course. Because the name of the game, as you know better than I, is early detection, whether it's breast cancer, or any kind of cancer. I think anything that alerts people [is important]. We talk about health care and what we're going to do with a big health-care plan. We've got to alert people that we have opportunities now to take care of them and take care of their problems. They've got to want to do it and they have to come in and have the examination. I've been told, and you probably know, that only about 20 percent of men get annual physicals."

Post: "Right, and blacks have twice

the incidence of prostate cancer."

Dole: "That's what I've heard from black men who say, 'Well, I'm glad you mentioned that.' And I've had my physical, and so everybody ought to be alerted to it."

Post: "Absolutely."

Dole: "And if you save 10, 15, 20, 30 people, if there are 34 to 40 thousand who die each year of prostate cancer, there's a lot of work to be done on early detection. Every time I get up to speak to a mature audience now, I look out and see if half or more are men. If some have a little gray hair, I know they're in their 50s or 60s and maybe even in their 40s. I say, 'Let me first make a little unsolicited commercial announcement about prostate cancer and early detection,' and I've had people say, 'Well, you at least got my attention and I went and had my PSA test.' So whenever I have a chance to speak, I don't want to bore anybody with all this stuff but it's in their interest. I've already had mine."

Post: "You could do a tremendous good if you got involved, I believe, and I don't know what your level of interest would be, but I understand that the PSA test kits now cost the hospital about \$10, but if we did all of the men who need it done, we could bring that cost down."

Dole: "I think the National Cancer Institute has a little different view though."

Post: "Why? They don't want to get...?"

Dole: "They want to do a 16-year study first."

Post: "No, no, no. We don't want all those men to die. They'll be dead by then."

Dole: "That's about a half million as I calculate. But we've had them in this office along with Dr. Pat Walsh who is the preeminent surgeon on prostate surgery. He has the other view. He thinks early detection, PSA tests, digital exam, are very important."

Post: "You stay on our side."

Dole: "Yes, well, we're pushy. I mean, it seems to me that's a long time to wait and maybe the PSA test

is not perfect. Some doctors don't recommend it. I've had people call me and write to me and say, 'What am I going to do? My doctor says I don't need a PSA test.'

"I don't want to get into a contest with some local doctor in Hutchinson, Kansas, or wherever, but I talk to them and say, well, I'd go see someone else. Go see a urologist."

Post: "Yes, a phlebotomist can draw blood for a PSA test."

Dole: "A lot of people have high PSAs and no cancer."

Post: "That's right. It could just be a benign enlarged prostate."

Dole: "Or an infection."

Post: "Right, but we could get the price down and I think people in commerce like my husband, or your wife [Elizabeth Dole at the Red Cross], and other people who see industrialists all the time could certainly persuade the manufacturers and the labs to get the price to where everyone could afford a PSA blood test."

Dole: "That's another problem. I said the average price was \$31, on the Larry King show, I think, and I had a lot of letters saying that it cost \$62.50 or whatever."

Post: "But someone has to uncover all these problems."

Dole: "Some people say, 'Well, you get all these things free, Senator; I have to pay for mine.' That's not the case. We have insurance here. We pay our insurance like anybody else and then I have some benefits for being a wounded veteran, but the important thing is to get the word out to people regardless of their status, regardless of their economic status or anything else, they ought to be careful."

Post: "Well, you're the best communicator we have and you have Vicki Stack on your staff who is an R.N. by training and that is very fortuitous, and I think that what I see in you is the Arnold Schwarzenegger of prostate cancer prevention. You know we weren't going very far in the President's Council on Physical Fitness and Sports until we got Arnold

Schwarzenegger, and now it's nationwide. We're working with AARP (American Association of Retired Persons) and with the AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance) and all of the organizations because he's a good communicator as you are. We congratulate you on what you've done for prostate cancer already."

Dole: "On May 12, I had the honor of addressing the annual meeting of the American Urological Association, an event in Washington attended by thousands of urologists. I told them

of hands how many have had surgery and how many have had radiation. Some guys said, 'What about both?' A lot of those guys have had both; they had the surgery, or radiation and then surgery, so I'm one of the lucky ones so far."

Post: "Stick to your guns. Since we don't have enough money for everything, we believe that the medical profession should place more emphasis on prevention."

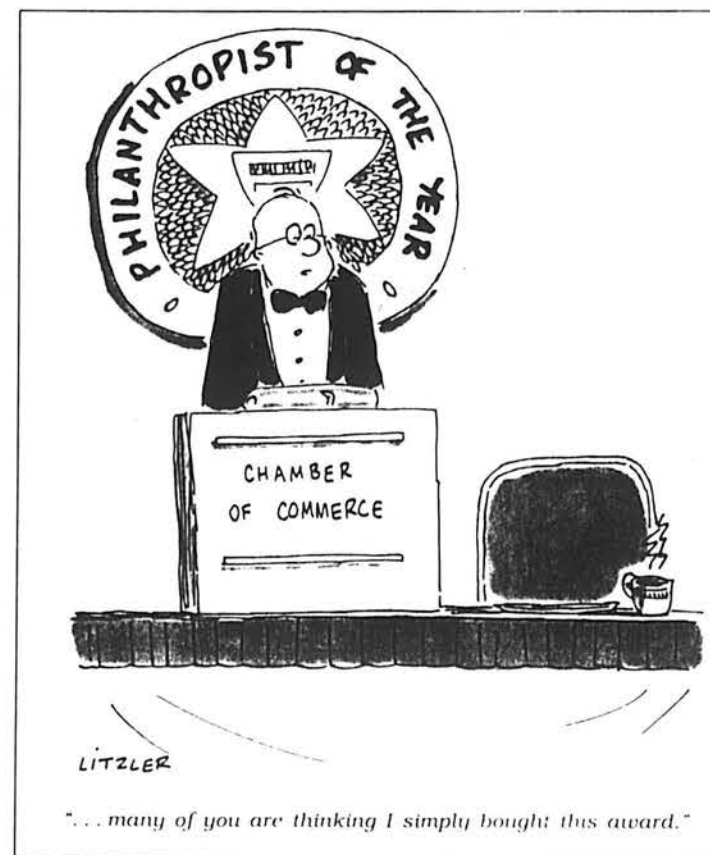
Dole: "Well, not that we're trying to do it by comparison, but we spend about \$2.1 billion on AIDS research, which is very important, and maybe that's fine. We spent \$24 million on research for prostate cancer, which kills about the same number of people a year. We've increased that to \$100 million at least. We don't have the money yet, but we have an authorization. We only spent about \$120 million I think for breast cancer. So we need to take a look at our priorities."

Post: "These causes have celebrities and so the squeaky wheels..."

Dole: "And I don't want to fault them, it's great, but I think we ought to take a look at what's the number one cancer killer: lung cancer. And number two for men is prostate cancer, so we should at least look at priorities and say, well, we ought to focus more on this or that."

Post: "I think Dr. Louis Sullivan [Secretary of Health and Human Services] will be very much in favor of having this campaign start now, and you're our spokesman, you're our Arnold Schwarzenegger of the crusade."

Dole: "I keep telling these guys, I said one out of eleven, right? You look at all ages, but when you're over 50, it's one out of three and I assume when you get over 60 it's even one out of two-and-a-half so it's not a very big group if you find three men... In this room there are five men and I've already had it, and one of these guys is going to get it, so it's something they ought to take care of when they get older. They're all too



young now."

Post: "Well, it's increasing in prevalence."

Dole: "And heredity is a factor too, right? That's an indication we've received."

Post: "Yes, so that if you were doing screening out in the mobile units, if you had to choose, you'd do digital on all of them but PSAs on only those men who have had a history of it? But I hope we can increase the demand and get the cost of the kits down so that it will be cost effective to screen all men over 50."

Dole: "The University of Kansas Medical Center, for example, has a grant, and they do PSAs free twice a month. Now that's in that area, and some of our smaller hospitals in Kansas during, I think it's National Prostate Cancer Awareness Week in September, screen for prostate cancer."

Post: "I want to ask you something. If we did a big Saturday Evening Ball in Kansas somewhere, we'd write to all of our subscribers in Kansas and tell them we're going to have a Saturday Evening Ball, a Robert Dole Prostate Cancer Prevention Ball to support prostate cancer research—would you come and dance?"

Dole: "Do I have to dance?"

Post: "You have to."

Dole: "Elizabeth likes to dance. I'll just have her dance and I'll watch her."

Post: "Arnold Schwarzenegger came to Indianapolis for the first Annual Saturday Evening Ball for the President's Council. He came to launch our campaign for senior citizen fitness through exercise."

Dole: "Did you have a big crowd?"

Post: "Well, we didn't sell tickets. It had to be by invitation or we would have been overrun, because they all wanted to dance with Arnold."

Dole: "Oh, I see, yes."

Post: "He's chairman of the President's Council on Physical Fitness and Sports, but you see we would do this with you for the Second Annual Saturday Evening Ball. You could be the featured celebrity.

Our Poster Pin Up."

Dole: "They can dance with Arnold and I'll make the speech."

Post: "You'll be getting an invitation to the Ball."

Following our interview with Dole, we talked with Robert Novak and David Broder about their prostate cancer experiences. Robert Novak of "Evans and Novak" and writer for *Chicago Sun-Times* had prostate surgery in May of 1991. We asked him if he had experienced any symptoms.

Novak: "No symptoms. Zero symptoms. It was detected during an annual



physical. My doctor ordered a PSA which came back elevated. Still there were no symptoms whatsoever. We took a second PSA to make sure they were right; they were. Finally, I had the operation. Not only was the prostate malignant, but they termed it progressive. There's a term that they use to describe the progression, but it's a number. I believe that mine was very high. I ended up seeing a couple of other doctors, but the prostate was removed by Dr. Pat Walsh at Johns Hopkins. He flies all over the country to perform this type of surgery."

Post: "Do you speak out now about the need for PSA?"

Novak: "I have my own private campaign going, telling my story to

my colleagues in order for them to get checked. Several have taken my advice, but luckily none has repeated my experience."

Post: "Do you plan on writing about this in the future?"

Novak: "It's not really my type of story. Maybe I'll write in the future. There have been several journalists who've had similar experiences. David Broder just had his prostate taken out. He's doing fine."

Post: "So, you are all for taking the PSA and preventive screening?"

Novak: "Absolutely. If you wait till symptoms arrive, it just may be too late."

David Broder, the *Washington Post* syndicated columnist, told us how Senator Dole had helped him during his illness.

Broder: "Senator Dole was enormously helpful and supportive of me. We talked four or five times during the process and he was really terrific."

Post: "How was the problem detected?"

Broder: "During an annual physical. Shortly after Thanksgiving, I went for my annual physical which I have been having for years, but this year my doctor added the PSA to his annual battery of tests. The first PSA test result came back elevated, so he ordered another test—the same results came back on the second test. He directed me to a urologist who performed a biopsy. The results were positive, so I had the surgery on April 9 and returned to work four weeks later."

Post: "Did you have any symptoms?"

Broder: "No symptoms. I would have been blissfully unaware of the problem except for the PSA."

Post: "And now you are a proponent of PSA screening?"

Broder: "Absolutely. I have been spreading the message around to all the old geezers I know. Again, Senator Dole has been absolutely terrific to me throughout my ordeal, and he is very important for other prostate cancer victims in forming support groups and going public about his disease."

Hutchinson News August 8, 1992

Dole supports air strikes to deliver aid

By Barry Massey
The Associated Press

WASHINGTON — An international coalition should use military force to deliver food and medicine to the people of Bosnia-Herzegovina, Senate Republican Leader Bob Dole said Friday.

However, any military response should be limited to air cover or a naval blockade and not ground troops, he said. He also emphasized that military action must be undertaken by a group of nations and not the United States alone.

"We've got to do something without getting bogged down over there," Dole said in a telephone press conference with Kansas broadcasters and newspapers. "I think the best way to do it is with the air force."

The Kansas Republican expressed support for President Bush's latest response to the ethnic warfare in the former Yugoslavia.

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Dole

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Republics of Yugoslavia. Bush demanded that Serbs open their detention camps in Bosnia-Herzegovina to international inspection and called for a U.N. resolution authorizing the use of force to deliver humanitarian aid.

However, Dole said, "We should have been doing it six, eight months ago." The Bush administration, he said, "went very slowly in sending a signal" to Serbian leaders to halt their aggression.

Dole complained about recent statements by Democratic presidential nominee Bill Clinton, who has called for a greater military commitment to stop Serbian attacks.

Politics should be set aside in trying to halt the bloodshed in what was once Yugoslavia, Dole said. But he also said foreign affairs and the fighting in Bosnia could hurt Democrats and benefit Bush politically.

"This is the kind of thing, I think, that could propel Bush to the head of the pack pretty quickly," Dole said.

"The others can play politics," he said. "The president can't in this issue, and my view is the American people are going to follow whatever he does."

Dole also said:

■ He probably would debate his Democratic challenger, Gloria O'Dell.

■ If she wants to debate the issues, we might be able to have a debate before November," Dole said.

■ Ms. O'Dell has said she was prepared to debate Dole every week until the election.

■ A coalition of nations should launch air strikes against Iraq if Saddam Hussein again refuses to let U.N. weapons inspectors make surprise visits to sites.

"This time I don't think we ought to wait," said Dole, referring to a three-week standoff in July.

■ "If there is a site that ought to be inspected and he refuses to do it, then I think that the so-called coalition, not just the United States, ought to let him understand that we mean business. If that means knocking out a few sites somewhere, that's what it means," Dole said.