

## **Medical Oncologist Stephen B. Strum, M.D., FACP: 5 Ingredients for Success**

1. Selection of the Treatment appropriate for the patient: risk of treatment vs concern for patient's history, physical & overall health issues. [context]

2. Preparation of the Patient: ensuring all aspects of physical and mental health are optimized before embarking on intensive therapy that can upset the tenuous balance that has been established from patient to patient.

3. Selection of an artist(s) for all aspects of the preparation and treatment: look for the brilliant mind but more importantly the human caring and interaction. Make sure your physician is accessible to you.

4. Supportive Care of the Patient throughout all of the above. The treatment is to no avail if the patient falls by the wayside 2° adverse effects of treatment that could have been prevented by supportive care measures.

5. Involvement of the Patient as part of the Empowerment process. Empowerment is taking responsibility for, and authority over one's own outcomes based on education and knowledge of the consequences and contingencies involved in one's own decisions. This focus provides uplifting energy that can sustain the patient in the face of crisis.

Regarding immunotherapy advances in prostate cancer, this is a tough area. Provenge has, at least for me, not been impressive, but perhaps it should be used when there is minimal residual disease (MRD) and not metastatic disease.