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# THE TRUE WORSHIP MAGAZINE

The Newfoundland Foundation, Inc.

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When adherence has had its full work, the experience at Gadara and Gerasene becomes common-placed.

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### **THE MARRIAGE ENHANCEMENT CONFERENCE**

**SEPTEMBER 11-13, 2020**

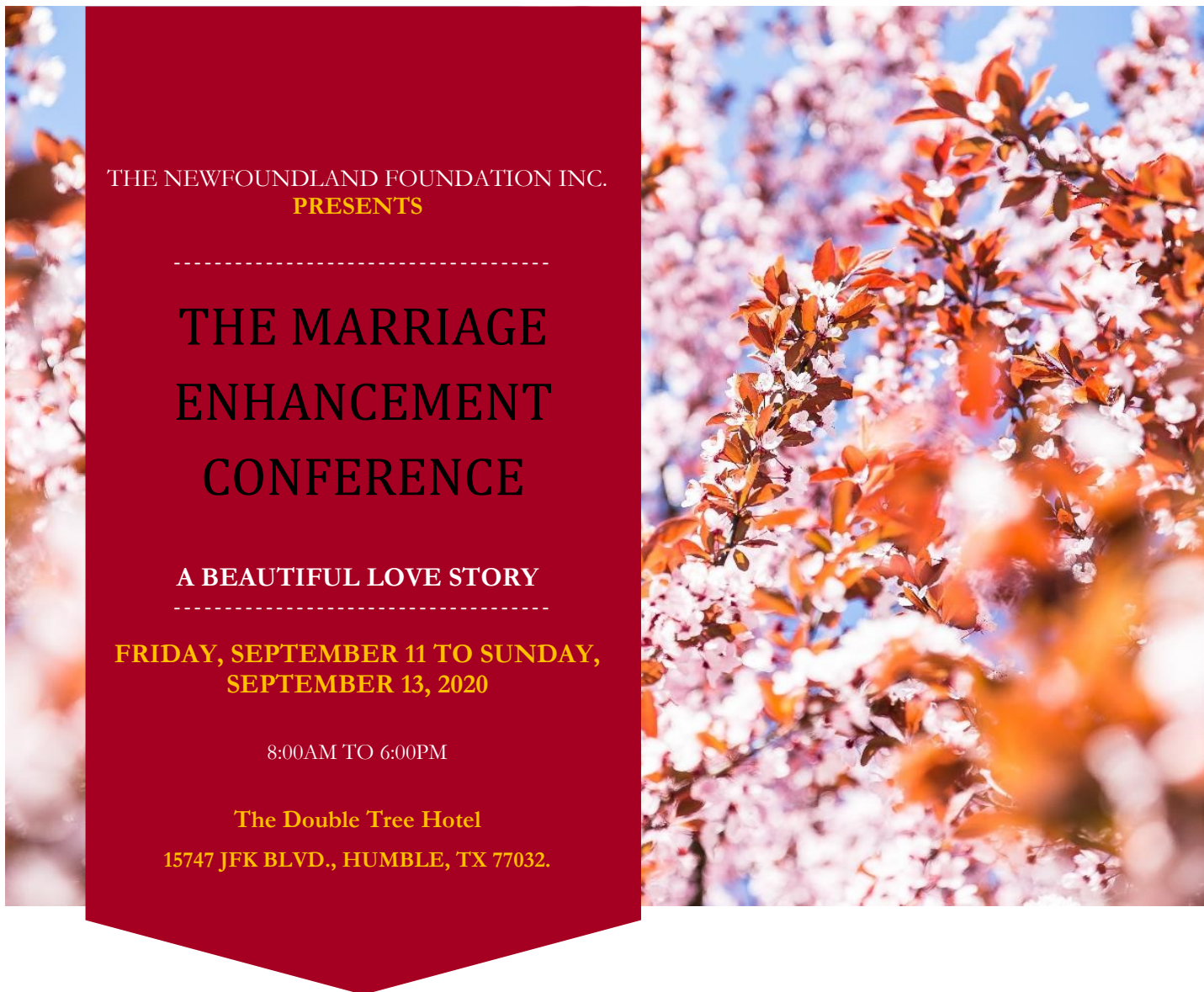
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THE NEWFOUNDLAND FOUNDATION INC.  
**PRESENTS**

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**THE MARRIAGE  
ENHANCEMENT  
CONFERENCE**

**A BEAUTIFUL LOVE STORY**  
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**FRIDAY, SEPTEMBER 11 TO SUNDAY,  
SEPTEMBER 13, 2020**

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**Key Speaker:  
Dr. Mfon Cyrus-David, MBBS, MS.,  
Sugar Land, TX.**

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**Also Speaking:  
Dr. Faith Atai, MD.  
Sugar Land, TX.**

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**Love is demanding, yet truly fulfilling.  
Come and discover, rekindle or en-  
hance the love in your marriage.**

## Love Strong—Rethink Marriage: A Lifelong Covenantal Companionship

by Dr. Mfon Cyrus-David



Marriage—A lifelong covenant to do good

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**We concluded that marriage is much more than sizzling hot romance; it is about a companionship through the twists and turns of life.**

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In the past three articles, I reviewed the prevailing views of some people on gender roles in marriage. In the first edition, under the title, “Rethink Marriage: Roses and Lit Candles”, I addressed the tendency to see the cooling down of romance, as an ominous sign for a marriage, regardless of the prevailing adverse environmental conditions. We concluded that marriage is much more than sizzling hot romance; it is about a companionship through the twists and turns of life. In the 3<sup>rd</sup> and 4<sup>th</sup> editions (see [www.newfoundlandfi.org/media](http://www.newfoundlandfi.org/media)), we also addressed the misalignments that stem from restricting one’s spouse to certain aspects of the relationship either due to the cultural values, or the inability to understand, and therefore to manage the full contexts of the relationship. In all, we fail to truly love and support each other, and in the process leave each other unfulfilled, and at times completely lost. None of these misalignments truly reflect God’s design for marriage—a covenantal relationship. So, what is a covenantal relationship? The answer lies in the passages below.

**Genesis 2:24-25 (NKJV)**

<sup>24</sup> Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

<sup>25</sup> And they were both naked, the

man and his wife, and were not ashamed.

**Matthew 19:6 (NKJV)**

<sup>6</sup> So then, they are no longer two but one flesh. Therefore, what God has joined together, let not man separate."

A marriage covenant is not just an agreement between a man and a woman to share some aspects of their lives together, as they may deem convenient. It is an agreement before God and man, often with an oath, to become one in a way that demonstrates sacrificial love and cherish through all that lies ahead, and to the very end of life. Two cannot become one except they are in each other’s lives comprehensively. Thus, partial acceptance, engagements, or arrangements do not constitute a covenantal marriage. It is pertinent to clarify that while we are to be one, and as such engaged in each other’s lives, we are still to allow for and even cherish our unique differences-- preferences, roles, aptitudes, etc.

Why is it necessary for us to have the proper perspective on the marriage covenant? It is important because, marital satisfaction, and its longevity are clearly influenced by the spouses’ expectations. How many marriages have not died because the romance fizzled out during a rough patch? How many spouses have not been

negated to roles that have left them in a severe crisis of identity? Often, these stem from a misconstrued view of what marriage is all about. For example, there is a common view or teaching that stems from the misinterpretation of 1 Timothy 5:8 (NIV), which states, “Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever”. This is that a husband who fails to be the primary provider, regardless of the circumstance, is living in sin or has lost the glory of God. This would infer that Richard Wurmbrand, who was incarcerated in a communist Russian jail for 14 years for preaching the gospel was irresponsible and had denied the faith. Because during this period, Sabina (his wife) and his son suffered, since when the shepherd is taken, the flock usually scatter (see [www.TorturedForChrist.com](http://www.TorturedForChrist.com)). The truth is that in this world we will face persecutions, be tried and jailed for standing for what is right, even while married. The best approach to marriage is to recognize that the spouses came together for purpose. This is evidenced by the fact that the case for creating Eve was made secondary to Adam’s limitations. See below.

## Love Strong—Rethink Marriage: A Lifelong Covenantal Companionship

### **Genesis 2:18-22 (NKJV)**

<sup>18</sup> *And the LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him."*

<sup>19</sup> *Out of the ground the LORD God formed every beast of the field and every bird of the air, and brought them to Adam to see what he would call them. And whatever Adam called each living creature, that was its name.*

<sup>20</sup> *So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him.*

<sup>21</sup> *And the LORD God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place.*

<sup>22</sup> *Then the rib which the LORD God had taken from man He made into a woman, and He brought her to the man.*

God observed that while Adam was consumed with his task of naming the animals, etc., he lacked a suitable companion. It would not be a stretch if one speculated that he had a problem with finding the proper names for some of those animals—the lack of a woman’s perspectives. Thus, God created Eve as a suitable and comparable companion, who would **WORK WITH HIM THROUGH THE PROCESS OF ACCOMPLISHING THEIR LIFELONG OBJECTIVES!** Thus, Eve complemented Adam’s aptitudes, and God provided them with the proper perspectives and the enable-

ment, which fostered an effective threesome, rather than a two-way relationship.

That of Abraham and Sarah is a beautiful story of love, dedication, forbearance, and divine enablement. She knew that she was in love with someone who also loved someone else—God. Thus, she would have to share her husband’s attention with this great and mighty God, that she also loved, in that this covenantal marriage was a threesome. By the love covenant, Sarah, having heard what God had told her husband, packed up their belongings, and set forth for a nomadic life. Every woman knows the need for a community, but hers had to be acquired shift-on-the-fly (i.e. as they went along). A covenantal relationship calls for following the visionary—this is how it works. Failing to follow breaks the covenant, and hurts the relationship. Then came the case of infertility. This great man was without a son, and this beautiful woman would not grace her tent with someone who *pisses on the wall*. It was a big challenge for this premedieval family, in that in those days, a woman’s strength was in her litter of children, and a man boasted of his numerous sons. Little did they know that their senior partner had decided to take them on the ride of self-revelation. He had decided to show them the mi-

raculous—His capacity to reactivate the body after it had ceased to function.

First, they were to lose hope of ever having a child as they had both reached menopause and andropause, respectively (Genesis 17:17). Second, they had to learn to believe in the word of promise from this infallible God, which defied all human possibilities—God was teaching them to look beyond their senses. Sarah hit a serious identity crisis, and truly fell apart. She turned to Abram, and he could not help, yet the promise remained. She then had an idea, “Perhaps, God will fulfill His promise through Hagar.” By following through with this thought, she brought a serious problem into that marriage, in that, through the human factor, a child was born who was not a child of the promise—Ishmael. This was perhaps the biggest test that they had ever faced as a couple, because Abraham had to send away His own son, and that, with next to nothing into an uncertain future. He passed the test because it was a covenantal marriage, and God had sided with Sarah. This premedieval woman, went into an identity crisis, made a huge mistake, insisted that it should be corrected (even to the extent of a man losing his son), and had her way! There is yet another big one.

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**A covenantal relationship calls for following the visionary—this is how it works. Failing to follow breaks the covenant, and hurts the relationship.**

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**Lay a strong foundation and don't stop. Love Strong.**

## Love Strong—Rethink Marriage: A Lifelong Covenantal Companionship

In Genesis 18:12, in response to the statements of the angelic visitors that she would have a baby in due course, Sarah giggled, “Will my lord have pleasure?” Had they stopped having *pleasure*? Could it be that as Sarah had reached menopause that her loving husband stopped *perturbing* her, and got into an acquiescent state sexually? It is very likely! In Genesis 25:1, after Sarah’s death, the same Abraham who had stopped having *pleasure* got married to the younger Keturah, and had six children. Neighbor, it was a love marriage, and a covenantal one! What about the separation from Lot, and the loss of that community at the beginning of the trip (Genesis 13:7-13)?

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All sorts of things happened to and around them, and these events called for them to be there for each other, listen to and gain from each other’s perspectives.

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What about the war against King Chedorlaomer and his allies, where he fought to liberate Sodom and Gomorrah (Genesis 14:1-17)? Not to mention the severe famine, that led to the travel through Egypt, and subsequently, the transient loss of Sarah to Pharaoh (Genesis 12:10-20)? All sorts of things happened to and around them, and these events called for them to be there for each other, listen to and gain from each other’s perspectives. And above all, to lean on the God that was higher and mightier than their circumstances, and thus, their love endured. Another example of a covenantal marriage is that of Priscilla and Aquila (see Romans 16:3-4; 1 Corinthians 16:19).

### **Romans 16:3-4 (NKJV)**

<sup>3</sup> Greet Priscilla and Aquila, my fellow workers in Christ Jesus, <sup>4</sup> who risked their own necks for my life, to whom not only I give thanks, but also all the churches of the Gentiles.

### **1 Corinthians 7:29 (NKJV)**

<sup>29</sup> But this I say, brethren, the time is short, so that from now on even those who have wives should be as though they had none,

Often, the demands of marriage tend to compete with the work of the ministry (1 Corinthians 7:32-34). However, this was not the case with Priscilla and Aquila, in that they hosted the Church in their home, labored with

Paul to generate the revenues for his missionary trips, and exposed their lives to danger for doing so. This marriage had gone beyond the desire for comfort and other marital fulfillments to serving others. They had embraced the fact that one of the objectives of marriage is to worship God by propagating the gospel, and this they did as if they were not married. They had a greater covenant--the one between themselves and Christ, and as such, *their love was strong!*



## A Typical Marriage Vow

I, *Name*, take you, *Name*, to be my wife (or husband), to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law, in the presence of God I make this vow.

## The Gadarene Demoniac: When Satan Has Been Unleashed!

By Dr. Mfon Cyrus-David

There was a time that the story of the demoniac named Legion seemed far-fetched. However, this is not the case today, in that we witness or hear of mass shootings, rapes, pedophilia, and other lurid behaviors that suggest that people have lost touch with their realities, lost control of themselves, or are under the control of other devious forces. The worst part is that there appears to be the tendency to rationalize these behaviors, or normalize them by forcing others to accept these as appropriate, rather than to **SEEK TO BE DELIVERED**. Legion was not a normal person. In other words, his behavior fell outside what was acceptable then, and is still the case today. He was an extremely spiritually damaged person, in that extraneous forces took him over, controlled his behavior, and used him to disrupt his society (see Luke 8:26-39; Mark 5:1-20).

So, one may ask, “What went wrong here, and how did he get to be so damaged?” The answer simply put, is the increased vulnerability to satanic influences brought about by adherence. The setting of this events, sheds further light on the issue. Gadara and Gerasene were Greek cities, and at that time, the message of the cross had not yet reached them. Furthermore, the paucity of Jewish influence was obvious in that

they raised and used pigs, which was not consistent with the Jewish customs (Leviticus 11:17; 20:25). But the clincher here was their shocking reaction to the demoniac’s deliverance—they asked Jesus Christ to leave their region! Truly, they were heathens, and perhaps gothic. These types of environments provide the media for Satan to dominate and manifest his full attributes, because chasing God out, is tantamount to welcoming Satan with open arms. John 10:10 (NKJV) states,

*the thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

In other words, all the permission Satan needs is the absence of God, and even worse is the when there is the conscious worship through the participation in his rituals. In addition, from that passage, we also learn more about the outcomes of adhering to either the doctrines of Satan or Jesus Christ. Closeness to Satan takes one progressively towards the loss of control of one’s life (i.e. stealing), destruction while here on earth, and eventual death. Meanwhile, being close to the Christ through salvation, sanctification, growth in His word, and the communion of the Holy Spirit with the fellowship of other believers, leads to eternal life, de-

liverance from bondage, wholesome living and eventual victory (breakthrough). Romans 6:16 (NKJV) states,

*do you not know that to whom you present yourselves slaves to obey, you are that one’s slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?*

Thus, we are the products of whoever takes control of our lives.

One may then ask, “What are the features of a spiritually damaged person?” It is pertinent to note that often, the damage is progressive, and may not be obvious at first, then mild in presentation, and eventually becomes very severe, as was the case of the demoniac. From Luke 8:26-39, and Mark 5:1-20, one can deduce the following attributes.

### At the level of the individual.

*Prolonged Bondage:* The bondage tends to be prolonged as few know, or are able to administer the needed deliverance effectively. Often, the exposures are from childhood through one’s parents and guardians.

*Lack of Control:* This may be the lack of self-control, as one tends to do inappropriate things (e.g. sexual indiscretions), or it may be the lack of leverage, as one is forced into certain rituals, that further foster the damage.



“Neighbor, there is help.”

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**“We are the products of whoever takes control of our lives.”**

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## The Gadarene Demoniac: When Satan Has Been

*Personal Humiliation:* The demons literally forced the demoniac to remove his clothes, and as such he became a spectacle to himself and his family. This may also depict the indulgent in self-destructive behaviors like having sex publicly, or losing the usual respect for one's privacy, which can be made worse when under the influence of drugs.

*Self-Mutilation:* Not only did the demons cause him to mutilate himself in this occasion, this behavior was also seen in a demon-possessed young man who would often fall into the fire (Matthew 17:14-21); and the prophets of Baal, who cut themselves ritualistically, during the challenge at Carmel with Prophet Elijah. Satan does not care about us.

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**“The worst part is that there appears to be the tendency to rationalize these behaviors, or normalize them by forcing others to accept these as appropriate, rather than to SEEK TO BE DELIVERED.”**

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*The Destruction of One's Family Life:* The demoniac could not live in his house, and as such with anyone. Even with milder forms of the damage, such people are difficult to live with, and thus, the marriages, family lives and businesses suffer or break down completely.

*Other Numerous Psychosocial Complications:* They tend to be alienated from others. As in the case of the demoniac, he lived in tombs, was out of his mind (psychotic), highly uncultured, and was ostracized and alienated from others (i.e. an outcast).

*Deep Satanic Competence:* The demoniac or better still the demons in him recognized Jesus Christ. He was so strong that no one could restrain him. In severe cases, the damage may show up in the form of unusual physical attributes. The hatred for born again Christians is also a feature, as they tend to be paranoid about Christians, and as such are more likely to generate false accusations or spread rumors. This is because the Holy Spirit in the Christians is opposed to the demons in such persons.

**At the Level of the Community.**

*A Nuisance to the Community:* The demoniac took over the tombs, and made these his sleeping quarters, he interfered with travel and thus with commerce. They tend to be *malignant* and as such chaotic, and with them nothing works right.

*Leadership or Professional Incompetence:* Think of the Gadarene demoniac as a leader, and you will see that the real leaders would be Legion. Then, imagine the chaos and confusion that these would bring, and then it becomes obvious that damaged people should not lead others, as they are too incompetent to do so.

*Criminal Misconducts:* Since there is no propriety, they tend to be non-compliant with the regulations, and often are criminally minded. Thus, crimes abound, and the system breaks down.

*The Pathogenesis of a Failed State:* By definition, a failed state is a nation that can no longer solve its problems. This becomes all about the number of damaged people, and the severity of the bondage, in that, increasing satanic adherence results in the greater number and severity of damaged people. And, soon the resulting dysfunction breaks down the marriages, the families, the communities, the economy, and eventually the government and the whole civilization. There is help!

However, the story does not end here. Over two thousand years ago, in Matthew 23:37-39, Jesus of Nazareth stood before the great City of Jerusalem and lamented,

*<sup>37</sup> "O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! How often I wanted to gather your children together, as a hen*

*gathers her chicks under her wings, but you were not willing!*

*<sup>38</sup> See! Your house is left to you desolate;*

*<sup>39</sup> for I say to you, you shall see Me no more till you say, 'Blessed is He who comes in the name of the LORD!' "*

He was escorted to the wilderness, where He defied the Devil (Matthew 4:1-11), and then He laid the foundation of the Christian faith by teaching, preaching and demonstrating the kingdom of God. Thereafter, He took up His cross, ran the gauntlet of the Calvary road, and laid down His life. Then, He descended to Hades, where He took the keys of dominance over sin and death (Revelation 1:18), resurrected, and set all believers on the path of eternal life and freedom in Him. This is such that at the very name of Jesus Christ, every knee must bow, whether in heaven, on earth or in Hades. Our deliverance was provided for, and the process is sure. The big question is, "Will you be made whole?" You can surely go *over the wall!*

**“A failed state is a nation that can no longer solve its problems.”**

## Pure and Strong—Connected, but at What Cost?

By Dr. Mfon Cyrus-David

“Oh, the wonderful world of young adulthood!” It is the period of self-discovery, where one continues on the journey of determining who they want to be, and which role models to imitate.

Hopefully, one has gone past the confusions of the teenage years, and has identified a few acceptable paths that they will thread. One thing is certain, and that is the inevitability of getting connected, in that we need friends, family and academic and professional colleagues. I remember how this frenzy hit my college mates, as they rushed to join various organizations in an effort to get some identity, belong to something that was popular, and hopefully laudable. It is all good, until it starts to hurt. I remember a young woman from a middle-class family, who gained admission into a prestigious college here in the United States. How excited she was when asked by her friends to join a sorority. However, there was a “but”—the initiation ceremony. In a nutshell, from a fairly modest past, she ended sleeping with 16 guys within a period of two weeks. Of course, she got in, got *really connected*, but it hurt her so badly, that she shared her pain with someone, and now, you have heard it too.

A particularly touching story, is that of Dinah, the daughter of Jacob (see Genesis 34: 1-31). Maybe she

was just bored, or curious. Maybe her austere culture left her feeling deprived, or perhaps, she was drawn to the gay or more outgoing lifestyle of her Hivite neighbors, one will never know. One thing is certain, and that is that she had no business going out there in the first place, and worse yet, doing it all by herself. It is clear that she sparkled like a diamond in the sunlight. It must have been her beauty, perhaps her shamefacedness or innocence, which made her irresistible to Shechem, the Prince. For he fell head-over-heels in love with her, and unfortunately, he took and raped her. I am very certain that that was not what the young woman had in mind, when she went out exploring, because she went to hang out with the women. However, that is what happened to her—she got defiled, and a major conflict broke out (Genesis 34:1-6). She went out in search of friendship, to expand her network, and to satisfy her curiosity, and ended up being culturally damaged, as her virtue was lost for life. And, this also annihilated a community, as her brothers killed Shechem, and all of his clansmen. What a trip that was?!

I remember as an adolescent, how I had developed relationships with a couple of young men, and we would go out to private parties almost every weekend. Typically, we would pick up



The pleasantness of a friend springs from their heartfelt advice.

each other, all dressed up in what was in vogue, looking and smelling good. It all seemed good until one day, they came as usual, and we got to the party venue, and I was bounced! As I stood out there, I wondered what had gone wrong, and noticed that no one came back for me. I am not quite sure how I found my way home, but I did, and it took me many years to understand what had gone wrong, and that is that I was an outsider. I was young man from a comfortable family, and as such we had the proper optics, and this attracted my party buddies. However, in their essence, I was from a religious home, and would never be who they were, nor approve of all of their ways. When the mark of the cross of Calvary is on you, then, you must seek succor from your own kind, for if you stray, you’ll be left standing on the sidewalks of life.

Connections are wonderful if they foster a healthy relationship with Jesus Christ, and the growth into a

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**“When the mark of the cross of Calvary is on you, then, you must seek succor from your own kind, for if you stray, you’ll be left standing on the sidewalks of life.”**

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mature partnership with the Almighty God. In Psalm 122:1 (NKJV), King David said, “I was glad when they said to me, ‘Let us go into the house of the LORD.’” This king knew that such companions would keep him focused on his ideals, enhance his values, and make him formidable. What about your physical and psychological health? Do your friends foster healthy eating habits, physical and mental fitness, etc.?



## Pure and Strong—Connected, but at What Cost?



There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.

“Do your connections heal or hurt you?” If you cannot answer this question confidently, it becomes necessary to find a trustworthy person in your world who can help you.”

**1 John 2:14 (NIV)**

“I write to you, young men, because you are strong, and the word of God lives in you, and you have overcome the evil one.”

With respect to your support team, which comprises of your immediate family, friends, and the extended family members, do your connections enhance or diminish the quality of these all-important relationships? Dinah’s did just that. As a matter of fact, she is part of a long line of young people who have brought death and destruction to their families and others, in their bid to feel out the world around them. What about fostering godly relation-

ships with the opposite sex, abstaining from drug abuse, and other self-destructive behaviors? With respect to one’s educational development and career, which are usually the most important drivers of these connections, one must make certain that these connections serve to foster a healthy balance between the drive to succeed professionally (i.e. including financially), and in other aspects of one’s life. Often, this balance is never attained, and the end is usually the woeful story of broken lives. For the sake of being comprehensive, I would dare to mention to the endeavors to reach out to the less fortunate in one’s life. Healthy connections, build us into such supportive networks, which serve as bridges that we later use in life. Thus, I ask, “Do your connections heal or hurt you?” If you cannot answer this question confidently, it becomes necessary to find a trustworthy person in your world who can help you.

**In summary, the connections are too expensive if,**

- ⇒ **they take away eternity with God or attenuate the God-man partnership,**
- ⇒ **they enslave you. (e.g. abusive relationships),**
- ⇒ **they shorten your life,**
- ⇒ **they destroy pertinent positive relationships, and**
- ⇒ **they prevent you from leaving behind a**

**lasting legacy.**

In 1 Corinthians 12:31, the Apostle Paul speaks of “a more excellent way.” This is the way of love. The more excellent way is to love God with all of your heart, and let Him escort and navigate you through the passages of life; And to love your neighbor as you love yourself, as we are often caught, entrapped and hurt by our own ungodly desires. God and good mentors can help you to remain pure and strong.

## It's Preventable—Prostate Cancer: The Recommendations for Screening

By Dr. Mfon Cyrus-David

The prostate gland, among a few other organs, is unique to being a man. It stays quietly and out of reach until one gets to the fifth or sixth decade. Some men never know that they have a prostate, especially, those who leave us too early. Those who do, do so when they are either informed by their physicians or health educators that they will need to have it examined because they are of age, or because they have the symptoms associated with its being inflamed or enlarged. Often, a man gets teased by others that he bottles up all his problems, and then these issues pop out in his prostate at a later date. However, the case of prostate cancer is a serious one, in that in 2018, it was estimated that 1.3 million new cases would occur, and 359,000 men would die from the disease, globally. It is the second most frequently diagnosed cancer in men in over 50% of the countries of the world, and the 5<sup>th</sup> leading cause of death among men, especially in Sub-Saharan Africa and the Caribbean. Here in the United States, men have 1 chance in 9 of being diagnosed, and 1 chance in 41 of dying from it. It should not be mistaken for benign prostatic hyperplasia (BPH), which is just the enlargement of the prostate. As it is always growing, in later life it may obstruct the urethra that passes through it, and thus, the person would present with

obstructive urinary symptoms. It is also not the inflammation of the prostate (i.e. prostatitis), which may also present with urinary symptoms that are best left for a physician to tease out.

There is limited knowledge of the risk factors for prostate cancer. However, being a man, being 50 years or older, or even earlier for the high-risk groups (i.e. men of African descent [Africans, African-Americans, African Caribbean, etc.]), and those with a strong family history of being diagnosed with the disease (which suggests a genetic predisposition) are the risk factors. In addition, another risk factor is obesity, which may predispose to the fulminating subtypes of the disease. The delay in presentation predisposes to being diagnosed with very advanced diseases that are often fatal. This is usually due to the social barriers to accessing the needed health care services in a timely manner. It is difficult enough to get men to communicate on everyday issues, how much more personal health-related matters. Thus, the farther they are from the healthcare system, the less likely they are to have the informational access that is vital for informed decision-making. Usually, the most disconnected groups are the racial/ethnic minorities. Of course, one must not forget that as of today, there are effective drugs (e.g. finaster-

ide and dutasteride) that can be used to reduce one's risk of developing the disease, although this effect has not been found to last indefinitely.

With respect to screening for prostate cancer, it is pertinent to be reminded that there are benefits, risks, and a few uncertainties. Thus, it calls for working with your physician to make informed decisions about your health. The current recommendations for prostate cancer screening are summarized in the table below.

The mere fact that these recommendations are not uniform suggest that there are quite a few uncertainties surrounding screening for prostate cancer. These uncertainties include, the low sensitivity of the PSA test of only 32% (i.e. a false positive rate of 68%), and however, a high specificity of 87%, indicating that it detects most non-cancerous specimens as such. This is best explained by the fact that the PSA levels can be affected by infection, recent instrumentation (i.e. procedures), ejaculation or trauma (i.e. injury), and not to forget, certain medicines such as finasteride and dutasteride, reduce the levels of PSA in the blood. Similarly, for DRE, while there is the tendency to detect clinically relevant prostate cancer, when compared to PSA

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**The mere fact that the recommendations are not uniform suggest that there are quite a few uncertainties surrounding screening for prostate cancer.**

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test only, the detection rate is low (e.g. 3.2%), but the rate improves when used in combination with PSA testing (5.8%). Thus, just having an abnormal PSA level (e.g. 4-10ng/ml), does not mean that one has prostate cancer, as it had been reported that repeated tests showed reductions to the normal range in 25% of the cases. *No wonder the mass screening of unselected nor uninformed men is not recommended.*

## It's Preventable—Prostate Cancer: The Recommendations for Screening

Age Category	Screening Test	Screening Interval
<b>The American Cancer Society (ACS)</b>		
50 years or older	Prostate-specific antigen (PSA) test and/or digital rectal examination (DRE)	Not specified; the men should have at least a 10-year life expectancy.
<b>The United States Preventive Task Force (USPTF)</b>		
55 – 69 years	PSA test; The decision to screen should be an individual one	Not specified (i.e. periodic).
70 years or older	Do not screen for prostate cancer.	
<b>The National Comprehensive Cancer Network (NCCN)</b>		
45 – 75 years	Prostate-specific antigen (PSA) test and digital rectal examination (DRE)	2-4 years or 1-2 years depending on the findings; biopsy, where indicated. On healthy men only.
Older than 75 years	PSA test and DRE	1-4 years; biopsy, where indicated. On healthy men only.
<b>American Urological Association (AUA)</b>		
40 years	Do not screen (i.e. recommended against)	
45-54 years	PSA test; Not recommended for average risk category, but individualized for the high-risk category.	
55-69 years	PSA test; shaded decision making; screening done based on the patients values and preferences.	2 years or more.
70 years or older	Not recommended, and this is also for those who have less than 10-15 years of life expectancy. Otherwise, it should be individualized.	
<b>General Recommendations</b>		
Purpose	Mass screening of men is not recommended. However, after men have been informed of the benefits and risk, and they elect to screen, it should be done as per the guidelines.	
Initiation of Screening	No consensus, but recommended as above.	
Termination of Screening	No consensus, but recommended as above.	

### Current Recommendations for Prostate Cancer Screening by Various Organizations in the United States.

In spite of these limitations, screening for prostate cancer with PSA testing and DRE saves lives. In addition, there is the tendency to detect organ-confined diseases, and over time, the rate of being diagnosed with metastatic disease has declined. However, because prostate cancer has varieties (i.e. the indolent, slow-growing and aggressive

types), screening often leads to over detection, a situation where indolent cancers that would not have been a problem to the patient are diagnosed and treated, with the attendant complications. The harms of screening include patient anxiety, risks associated with the biopsies, such as bleeding, pain, infection, and the costs of repeated biopsies. These

patients may then receive unnecessary treatments (i.e. over-treatment), with often serious complications, such as incontinence and sexual impotence. Thus, it becomes pertinent that all men should have that crucial conversation with their physicians about their prostate cancer risks, and the risks and benefits of screening. This is especially the case

for the higher risk group—the men of African descent, and those with a strong family history of prostate cancer. While the PSA test on its own is not reliable, you and your physician, can walk through the ropes to assess and come up with an objectively determined health status with respect to prostate cancer. *It is preventable!*



The Newfoundland Foundation



WE ARE ALL IN THIS  
*together*

**FROM THE EDITOR'S DESK:** This month's edition has articles from the four arms of our ministry, namely:  
The Marriage and Family Ministry - Love Strong.  
The Christian Life Ministry - Over the Wall.  
The Young Adults/Singles and Campus-Focused Ministry - Pure and Strong.  
The Clinical Cancer Prevention program - It's Preventable!

These are designed to inform, motivate and revive our spirits, as we continue on our walk with the Holy Spirit.

**ABOUT THE NEWFOUNDLAND FOUNDATION, INC.:** Our mission is to live our lives and to carry out His commands in such a way that would demonstrate God's sovereignty through His interventions in the lives of individuals or nations; His unfailing love through the salvation of souls, and the meeting of various needs, and to prepare our world for His return by building the body of Christ unto maturity.

**CONTACT INFORMATION:** For further information, visit [www.newfoundlandfi.org](http://www.newfoundlandfi.org), or send an email to [mscd@newfoundlandfi.org](mailto:mscd@newfoundlandfi.org).

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