

# St. Luke's helps Ankeny man get back in the game



Bob Mann is cancer free and back to his tennis game after having a robotic prostatectomy.

Bob Mann is on top of his health. Every year he schedules a physical with his doctor. And every year he makes sure to have a prostate specific antigen (PSA) test done to screen for prostate problems.

"The last couple of years my PSA counts were relatively stable," said Bob. "But this year my primary care doctor called to tell me it had escalated to nearly double what it was before, and shared that it was most likely an issue with my prostate."

Bob and his wife Trudy of Ankeny were planning to go to Arizona for the winter, so his doctor recommended they visit a urologist in Arizona.

After having another blood test and verifying his PSA level was still elevated, Bob proceeded to have an ultrasound biopsy in Arizona. The biopsy results confirmed Bob had cancer.

"Because we caught the cancer at an early stage, we were given a lot of options including waiting to see what could happen," shared Bob. "I however was not content to do nothing. Knowing I have cancer is something I chose to deal with."

The urologist gave Bob and Trudy several treatment options to consider, none of which were appealing to the couple at first. After much thought and research they felt surgery would be best for Bob.

"The radical prostatectomy surgery was the procedure for me. If you're fortunate enough to have the cancer localized to the gland, as I was, it's the only option you have to completely eradicate yourself of cancer," said Bob. "With my age and active lifestyle I wanted to get it completely removed with little side effects."

"It really helped to have our kids on board with us," shared Trudy. "Right away they said, 'Dad we really want you to have surgery,' that was very encouraging."

After Bob and Trudy determined surgery was the route for them, they needed to decide what type of procedure

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Jonathan Rippentrop, MD,  
urologist, Physicians' Clinic of Iowa, P.C.

Bob would undergo. They talked to other men who had a variety of procedures done, each with mixed results and experiences.

"We started considering a robotic procedure because a friend of the family had prostate cancer and robotic surgery at St. Luke's the year before and was very pleased with his results," said Bob. "After discussing it with him, we felt robotic surgery was best for us. It was less invasive with less chance for infection and a much easier recovery. We liked all of those possibilities."

## Robotic surgery

Bob and Trudy made an appointment with the same surgeon their friend had used, Jonathan Rippentrop, MD, urologist with Physicians' Clinic of Iowa, P.C.

"Realizing St. Luke's was the leader in robotic surgery was very important in my decision to come all the way to Cedar Rapids for my surgery," Bob said. "Knowing the hospital does a lot of procedures and that Dr. Rippentrop was a leader in prostatectomies was certainly comforting to me. Knowing you are in capable hands means a lot."

After visiting with Bob, Dr. Rippentrop agreed a robotic radical prostatectomy would be a good option. The procedure involves completely removing the prostate and then reattaching the bladder and urethra to ensure proper urine function after surgery.

"A robotic prostatectomy has multiple advantages including smaller incisions, which means less pain and faster recovery for the patient," said Dr. Rippentrop. "From a surgical

perspective the three dimensional camera coupled with the precision of the robotic arms allows for better control and more accuracy on the microscopic scale, which results in better outcomes for the patient."

## Recovery

After a one night stay at St. Luke's, Bob was able to return home to Ankeny. And three weeks later Bob saw noticeable improvements in his recovery.

"We have seven grandchildren and I have been able to do a lot with them," shared Bob. "We've been very active playing tennis, fishing and playing in the pool; only a few weeks after surgery, it really is quite remarkable."

Bob is pleased not only with his recovery time, but also with his cancer prognosis.

"Six weeks after surgery, I had my follow up appointment where they took my PSA numbers," Bob said. "The doctor couldn't read it, the number was so low. They removed all the cancer and I should remain cancer free."

Bob and Trudy couldn't be happier with their decision to travel to St. Luke's to have a robotic prostatectomy. "One of the things we really liked was the fact we didn't feel like a number," said Trudy. We really felt everyone was genuinely concerned and cared about us as individuals."

■ To watch Bob's video story and his robotic prostatectomy log on to [stlukescr.org](http://stlukescr.org) and look for the "Inside St. Luke's OR" banner.



## What you need to know about prostate cancer

- Prostate cancer is the most common cancer in men after skin cancer and is the second most common cause of cancer death in men.
- Your risk for prostate cancer increases with age. The American Urological Association recommends annual screenings starting at age 40.
- Prostate cancer itself often does not have symptoms, so it's important to have a yearly screening.

■ For more information about prostate cancer contact St. Luke's Cancer Care Services at 319/369-7836.