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It's hard to believe another year is quickly wrapping up. As we reflect on 2018, we are thankful we have been able to provide so many of you with the information and resources needed to make ongoing healthcare decisions with confidence. In 2019, we will continue to focus on providing the most clinically-rich, member-centric medical second opinions, while investing in technologies to improve our efficiencies and the ways we interact with each and every one of our members. We wish everyone a healthy, happy and safe holiday season.

Updates

- [Children's Mercy Joins The WorldCare Consortium™](#)
- [Shift to Prevention Needed](#)
- [Second-opinion partnership for mental health boosts positive results](#)
- [The Co-operators and WorldCare International conduct study on medical second opinions service](#)

Request service.

Prostate Cancer Risk Categories

Source: [Brigham and Women's Hospital](#)

The number of men diagnosed annually with prostate cancer has increased with the introduction of PSA testing. Although this screening has caused some controversy, because the results were around 1 life saved for every 1,000 men screened, with greater follow-up this has dropped to one life saved for every 300-400 screened. And, similar to breast and colorectal cancer, one man is saved for every 12 that are diagnosed and **treated**.

In the following video from [WorldCare Consortium™](#) member, [Brigham and Women's Hospital](#), Anthony D'Amico, MD, PhD, Chief, Genitourinary Radiation Oncology at Dana-Farber/Brigham and Women's Cancer Center, reviews prostate cancer risk categories and the appropriate prostate cancer therapy for each. Dr. D'Amico also discusses novel prostate cancer therapies that are being studied at Brigham and Women's Hospital, including diffusion weighted imaging and MRI guided biopsy. [Watch the video.](#)



"My experience is that this (MSO) is an excellent service. The MSO has also given me a treatment option that had not been considered possible before. Thank you."

- Daniel, WorldCare member

6 Fast Facts About Prostate Cancer

1.

1 Month 3 Months 5 Months



Prostate cancer cells typically grow very slowly

2.



Prostate cancer is **most common** in North America, northwestern Europe, Australia, and on Caribbean islands

3.



The chance of having prostate cancer rises rapidly after age 50



Prostate Gland

4.



A rectal ultrasound, PSA* test, digital rectal exam, or biopsy may be performed to diagnose prostate cancer

5.



1 in 7 men will be diagnosed with prostate cancer during his lifetime

6.

#2

Prostate cancer is the **second** most common cancer in men in the United States

Source: <http://www.dana-farber.org>
Source: <http://www.cancer.org>
Source: <http://www.cancer.gov>

*PSA=prostate-specific antigen

Learn more about WorldCare Pain Management medical second opinion service and how we might be able to help you.

Watch video.



Advancements in fetal surgery make it possible to perform surgery in the womb

Source: [Children's Mercy Kansas City](#)

In the United States 18 babies out of 100,000 live births will have a myelomeningocele, often referred to as spina bifida, which is a congenital defect of the spine and spinal cord. Spina bifida occurs 25-29 days after conception when the baby's spinal cord fails to develop or close properly and is exposed through a gap in the backbone, which can cause weakness or paralysis in the legs, incontinence, learning disabilities and hydrocephalus (water on the brain).

In the following article from [The WorldCare Consortium's™](#) newest member, [Children's Mercy Kansas City](#), Dr. Emanuel (Mike) Vlastos, Medical Director of Fetal Therapy, Children's Mercy and Dr. Paul Grabb, Section Chief and Neurosurgeon, Children's Mercy discuss the advancements in fetal surgery that make it possible to perform surgery in the womb before the baby is even born. Learn more about:

- How it is treated in the womb
- Who is/is not a candidate for surgery
- The risks
- The benefits

And, much more. [Read the full story here.](#)

Before proceeding with complex surgery; contact us for a medical second opinion.

Contact us today.

Birth Defects

An abnormality of body structure or function present since birth

What should we know: Facts	What are we doing: WHO-SEARO	Prevent birth defects
<p>1 in 33 babies have birth defects</p> 	<p>NBBD-Surveillance Newborn Birth Defects Database</p> 	<p>If you are planning pregnancy</p> <p>Improve folic acid intake Do not take medicines without prescription</p>
<p>2 South-East Asia Region and highest prevalence of birth defects in the world</p> 	<p>~10 000 babies with birth defects identified</p> <p>~1.2 Million total births reported</p>	<p>Folic acid insufficiency causes serious conditions like Neural tube defects</p> <p>Ensure fortification of wheat flour with folic acid</p>
<p>3 million babies worldwide die every year, due to birth defects</p> 	<p>221 hospitals registered</p> <p>9 countries registered</p>	<p>Rubella infection during pregnancy causes serious birth defects</p> <p>Get rubella vaccine before pregnancy</p>
<p>Timely treatment and care can cure or minimise the effects of birth defects in your baby</p>		<p>Seek early care for birth defects</p>





Source: [World Health Organization](#)

Watch this video to learn how the WorldCare Mental Health medical second opinion service might be able to help you. [Watch video.](#)

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"First of all, I would like to thank the whole team, who helped me during this difficult time of my life. It gave me lots of relief. The information is very useful. I will sit with my family physician to look at the next options. Thanks again."

- Anonymous, WorldCare member

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