

## PROSTATE CANCER 101

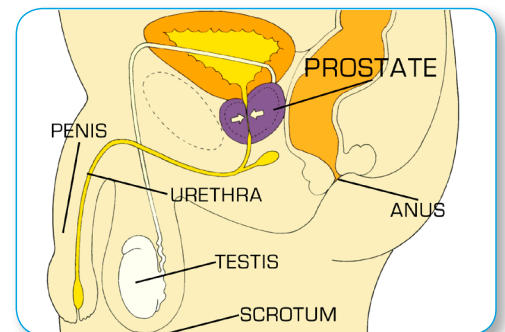
Prostate cancer is the most commonly diagnosed non-skin cancer in U.S. men. It is estimated that 174,650 men will hear the words “You have prostate cancer” in 2019. Fortunately when diagnosed early, prostate cancer can be treated effectively and nearly 100 percent of men diagnosed today will be alive in five years.

The prostate is a small walnut-shaped gland in the male reproductive system that is located beneath the bladder. It surrounds the upper part of the urethra, which is the tube that carries urine from the bladder. The prostate is necessary for sexual activity and urination. It also produces Prostate Specific Antigen (PSA) which is a substance that increases when a man has prostate cancer.

### What is Prostate Cancer?

Cancer is a disease that begins in cells, which are the building blocks that make up all tissue and organs of the body, including the prostate. Normal cells grow, divide, and die on a regular schedule. Sometimes something goes wrong with this process and the cells don't die as they should and instead, create a growth or tumor. Tumors can be benign, meaning not cancer, or malignant, meaning cancer.

Most prostate cancer grows very slowly with many men never knowing they have the disease. However, some prostate cancers are aggressive and will spread beyond the prostate to other parts of the body such as the bones, lymph nodes, and lungs.



### Symptoms and Detection

Most men do not have symptoms of early stage prostate cancer. Some symptoms can be mistaken for other disorders such as frequent or painful urination, hesitation to start or continue urinating, blood in the urine, and painful ejaculation. Common symptoms of advanced prostate cancer include pelvic or back pain, leg weakness, anemia, and weight loss.

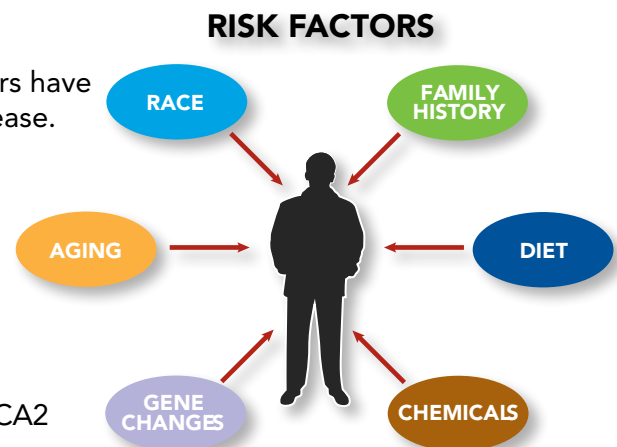
It is important to understand your personal risk and talk with your doctor about routine testing. Early detection saves lives.

Prostate cancer is most frequently detected with a Prostate Specific Antigen (PSA) test and a Digital Rectal Exam (DRE). Both tests can easily be done in a doctor's office. Additional tests are done if there are abnormal results.

### Risk Factors

All men are at risk of developing prostate cancer and certain factors have been identified to increase a man's chances of developing the disease.

- Age – almost all prostate cancer occurs in men 50 and over
- Race – African American men are 1.7 times more likely to be diagnosed with prostate cancer and 2.3 times more likely to die from the disease
- Family History – father, brother, or a son
- Diet – eating large amounts of animal fat can increase risk
- Chemicals – exposure to Agent Orange and other pesticides
- Gene Changes – certain genetic mutations such as BRCA1 and BRCA2



### Treatment

Once diagnosed, your doctor will determine the location of the prostate (Stage) and grade (Gleason Score). This information helps the physician identify appropriate treatment options and work with you to develop a treatment plan. ZERO recommends all men diagnosed with prostate cancer include a visit to an oncologist so that you are educated about all of your treatment options. Using a multidisciplinary approach to treating prostate cancer ensures you have several experts working together to help you make the most informed decisions.

Many treatments for prostate cancer can cause side effects that are disruptive such as urinary incontinence and erectile dysfunction. Consider all of your options before deciding on a plan, especially if diagnosed with slow growing cancer that is not aggressive.

Treatment options include:

- Active surveillance
- Chemotherapy
- Experimental techniques such as cryotherapy and high intensity focused ultrasound
- Hormone therapy
- Immunotherapy
- Radiation
- Surgery

### Survivorship

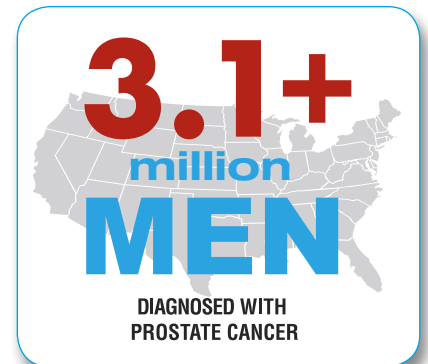
Once you have completed your treatment, talk with your doctor about your follow up plan. Find out what tests the doctor recommends and how often you need to return for screening. Ask about a treatment summary. This is a convenient way to record your diagnosis, anti-cancer treatments, and any procedures you had to fight prostate cancer. A treatment summary is a helpful tool for any doctors who care for you during your lifetime.

Life after treatment for prostate cancer may be different from before you were diagnosed. As you join the more than 3.1 million prostate cancer survivors in the U.S, it is important to keep an ongoing dialogue with your health care providers about nutrition, physical therapy, ongoing side effects, and how you can maintain optimal health.

### QUESTIONS FOR THE DOC



- What is the stage of my cancer?
- Has my cancer spread and if so, how far?
- What are all of my treatment options?
- What are the possible side effects of each treatment?



### LEARN MORE

We encourage you to use this information in conversations with your health care team about prostate cancer and related topics. For more information about prostate cancer and ZERO – The End of Prostate Cancer, visit our website [www.zerocancer.org/learn](http://www.zerocancer.org/learn).