

PROSTATE CANCER 101

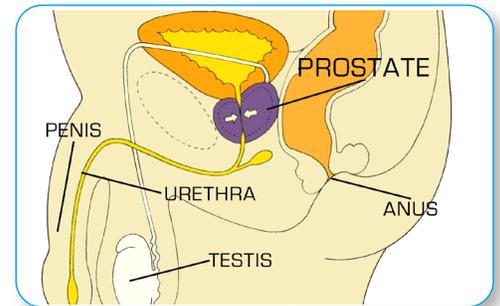
Prostate cancer is the most commonly diagnosed non-skin cancer in U.S. men. It is estimated that 248,530 men will hear the words “You have prostate cancer” in 2021. Fortunately, when diagnosed early, prostate cancer can be treated effectively and nearly 100 percent of men diagnosed today will be alive 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 protein 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. 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.

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

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.

Early Detection

Most men should begin talking with their doctors about prostate cancer screening around age 45. Catching prostate cancer in its earliest stage is key to saving lives.

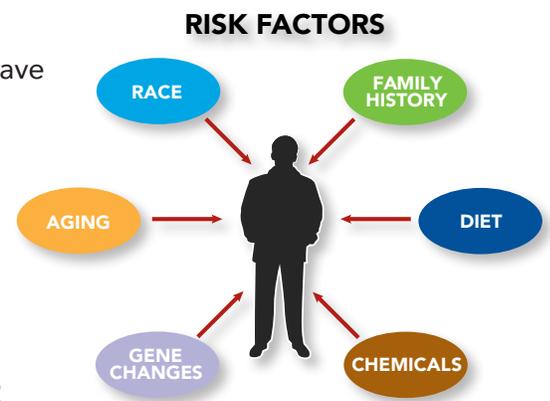
A Prostate Specific Antigen (PSA) blood test measures the level of PSA in the blood. PSA is a protein made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer.

A Digital Rectal Exam (DRE) is a physical exam of the prostate done by a doctor or nurse who inserts a gloved, lubricated finger into the rectum to estimate the size of the prostate and feel for lumps or other abnormalities. DREs are quick and painless and last only a few seconds.

Risk Factors

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

- Age – almost all prostate cancer occurs in men 50 and over
- Race – African American men are 1.8 times more likely to be diagnosed with prostate cancer and 2.2 times more likely to die from the disease
- Family History – father, brother, or a son who has been diagnosed
- Diet – eating large amounts of animal fat can increase risk
- Chemicals – exposure to Agent Orange or pesticides
- Gene Changes – certain genetic mutations such as BRCA1 and BRCA2



Staging

PROSTATE CANCER

Stage I	- the cancer is small and only in the prostate
Stage II	- the cancer is larger and may be in both lobes of the prostate but is still confined in the prostate
Stage III	- the cancer has spread beyond the prostate to close by lymph glands or seminal vesicles
Stage IV	- the cancer has spread to other organs such as the bone and is referred to as metastatic cancer. If prostate cancer spreads, or metastasizes, to the bone, you have prostate cancer cells in the bone, not bone cancer

Treatment

The stage and grade of the prostate cancer help the doctor determine which treatment options should be considered.

It's important to consider all treatment options and possible side effects before deciding on a treatment plan. Treatment options include:

- Active surveillance
- Surgery
- Radiation
- Hormone therapy (ADT)
- Ultrasound
- Chemotherapy
- Immunotherapy
- Clinical Trials

Choosing a multidisciplinary treatment team with extensive experience treating prostate cancer ensures you have several experts working together to help you make the most informed decisions.

Survivorship

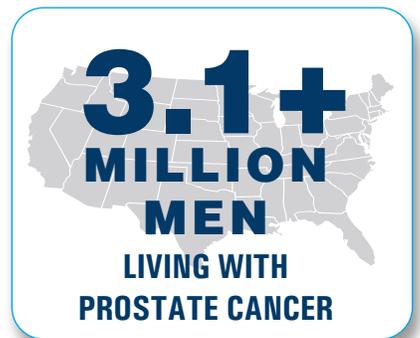
It's never too early to talk with your doctor about your long-term survivorship plan. Find out what tests the doctor recommends and how often you need to return for screening. You can also ask about a treatment summary, which is a helpful tool for other doctors who might care for you during your lifetime.

Life after prostate cancer may be different from before you were diagnosed. As you join the 3.1 million men living with prostate cancer in the U.S, it is crucial 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.

ZERO - The End of Prostate Cancer provides this information as a service. It is not intended to take the place of medical professionals or the recommendations of your healthcare team. We strongly suggest consulting your healthcare team if you have questions about your specific care.