

### What are the Treatment Options?

If prostate cancer is detected in the early stages, treatment options are much broader, and the chances for a cure are much greater. The best predictor of whether someone has curable prostate cancer is whether the disease is completely confined within the prostate gland and if the cancer is completely eradicated with treatment.

A patient's treatment options depend on the stage of the disease, age, physician's recommendation and personal decision. **Surgery** or **Radiation Therapy** is often the first course of action for treating the disease.

The goal of surgery is to remove the cancer. The most common prostate cancer surgery is called **Radical Prostatectomy**. This procedure, which involves removing the entire gland, is the most effective way to eliminate cancer that is confined to the prostate. If the cancer has advanced and spread outside the prostate, it cannot be cured with surgery alone.

Radiation therapy involves exposing cancer cells to high doses of radiation, with the goal of killing the tumor. One type of radiation therapy that is becoming more popular is **Brachytherapy**. With this treatment, tiny radioactive seeds are implanted into the prostate. The seeds then deliver high doses of radiation to targeted areas of the prostate with the goal of destroying the cancer.

Additionally, some physicians and patients may use monotherapy or opt to combine other therapies with surgery and radiation, such as:

**Hormonal Therapy**, a treatment used to decrease the production of testosterone, which is the primary fuel for hormone dependent prostate cancer. Ultimately, the starvation of testosterone slows cancer cell growth.

**Chemotherapy**, a treatment involving the use of drugs to destroy cancer cells.

**Watchful Waiting** is another option involving careful observation without immediate treatment for prostate cancer.

Choosing a treatment approach should be done in consultation with your doctor.

If you are a man and have not been recently checked for prostate cancer, consider the following questions.

	Yes	No
1 Are you over the age of 45?	<input type="checkbox"/>	<input type="checkbox"/>
2 Are you African American and over the age of 40?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you have a history of prostate cancer in your family?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you ever had an abnormal prostate-specific antigen (PSA)?	<input type="checkbox"/>	<input type="checkbox"/>
5 Are you experiencing a weak urine stream, discomfort while urinating or other abnormal urinary complications?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "yes" to one or more of the questions, you should make an appointment with your doctor for a prostate cancer screening.

### Prostate Cancer Awareness Week

Each year, Prostate Cancer Awareness Week is recognized during the third week of September. Local screening sites across America offer free or low-cost screenings to men over the age of 45 years, or high-risk males over the age of 35.

Prostate Cancer Awareness Week is sponsored by the Prostate Cancer Education Council. The Council is made up of respected medical doctors, researchers, and professionals dedicated to research and educational efforts designed to reduce and maybe one day eliminate the threat of prostate cancer.

To find a screening center near you, and to learn more about prostate cancer, visit [www.PCAW.com](http://www.PCAW.com), or call **1.866.4PROST8**.

**GET CHECKED!**





Prostate cancer. Two words no man wants to hear. Prostate cancer is the second leading type of cancer in American men. In 2002, almost **184,000** new cases will be diagnosed in the United States and more than **30,000** will die.

However, there's good news all men should hear: **Your chances of survival go way up with early diagnosis and treatment.** In fact, if caught early, survival rates are **90%** or higher. But to be a survivor, you need the straight facts about risk factors, signs and symptoms, detection methods and treatment options. So, here's some **Straight Talk** to help you take charge of your health.

*"As a nation, we've faced some tough challenges that have taught us how precious life is. But many of us - myself included - face a more private challenge: prostate cancer. If you're a man over 40, do yourself and your loved ones a favor: ask your doctor about a simple screening. It might just save your life."*

*- Rudy Giuliani*