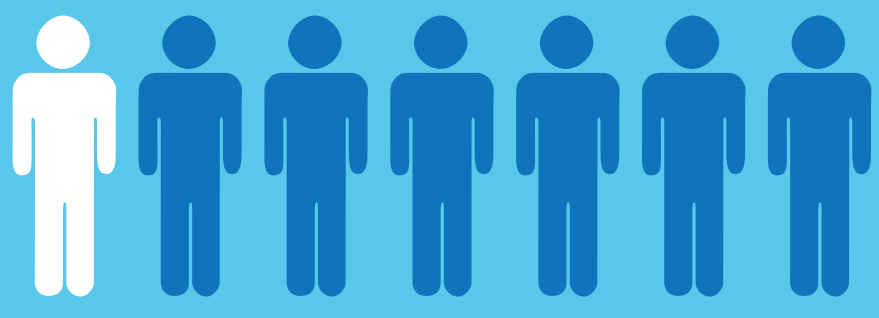


# WHAT EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER

Prostate cancer is the most common non-skin cancer among American men. Prostate cancer begins in the tissues of the prostate gland, which is the male sex gland responsible for the production of semen and is located just below the bladder and in front of the rectum.



If caught early, prostate cancer is one of the most treatable malignancies.



**1 in 8 men** will be diagnosed during his lifetime.



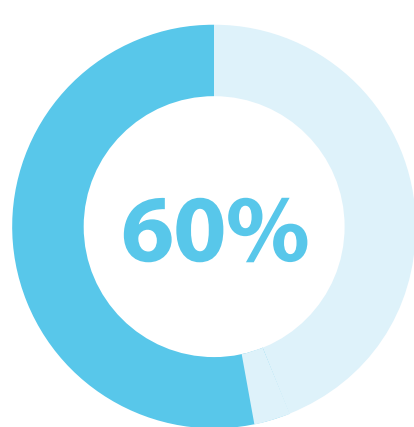
About **288,300** new cases of prostate cancer will be diagnosed.



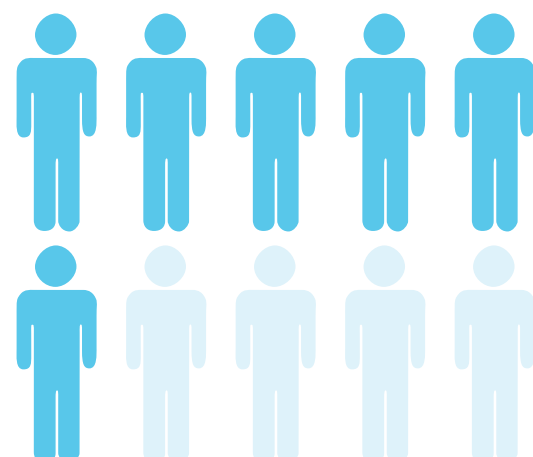
More than **3 million American men** who were diagnosed at some point in their lives are still alive today.

## RISK FACTORS

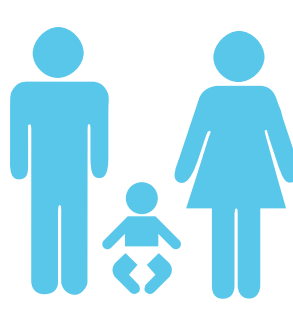
Knowing the risk factors can help you and your physician decide on a prostate cancer screening schedule that's right for you.



**RACE**  
African-American men are about **60 percent** more likely to develop prostate cancer than Caucasian or Hispanic men.



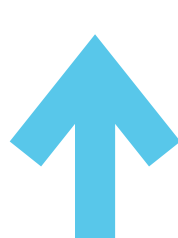
**AGE**  
**60%** of prostate cancers diagnosed in men over 65.



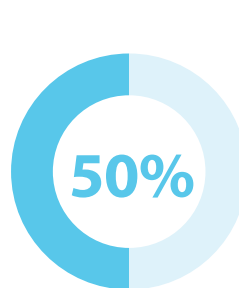
**FAMILY HISTORY**  
Men with an **immediate blood relative**, such as a father or brother, who has had prostate cancer are **twice as likely** to develop the disease.



**DIET**  
A diet high in **saturated fat**, as well as obesity, increases the risk of prostate cancer.



**HIGH TESTOSTERONE**  
**Men who use testosterone therapy** are more likely to develop prostate cancer. An increase in testosterone stimulates the growth of the prostate gland.



**PROSTATIC INTRAEPITHELIAL NEOPLASIA (PIN)**  
PIN is a condition in which prostate gland cells look abnormal. **Nearly one half of men will be diagnosed** before age 50.



**GENOME CHANGES**  
**Certain genes have been known to elevate risks**, such as BRCA1 and BRCA2 genes.

## TREATMENT OPTIONS

Understanding the different treatment options is important for quality of life. Men who require treatment typically choose between surgery or radiation therapy. But many also opt for active surveillance as a first step.

Because prostate cancer is one of the most treatable malignancies when caught early, it is important to consider the side effects of treatment.



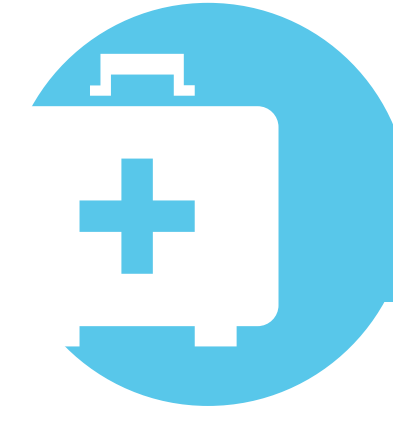
### Active surveillance

**For patients** whose prostate cancer is caught early, contained, not causing symptoms and expected to grow slowly.  
**Men are monitored closely** for changes in the progression of their cancer and tested at regular intervals.



### Radiation therapy

**Uses targeted energy** to kill cancer cells, shrink tumors and provide relief of certain symptoms. Used to target difficult-to-reach tumors.  
**Two primary types of therapy:** External beam radiation therapy and brachytherapy (internal radiation)



### Surgery

**Surgery to remove** the prostate gland is called a prostatectomy.  
**Being a candidate** for surgery depends on type, size, location, grade and stage of the tumor, as well as patient's age and physical fitness.



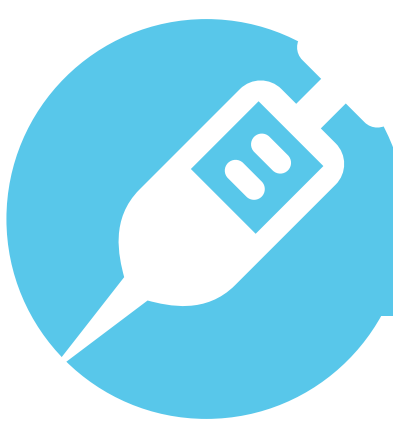
### Hormone therapy

**Form of systemic therapy** that adds, blocks or removes hormones to slow or stop cancer cell growth, or shrink advanced tumors before they are treated with radiation.  
**Uses a drug combination** to lower testosterone and other hormone levels.



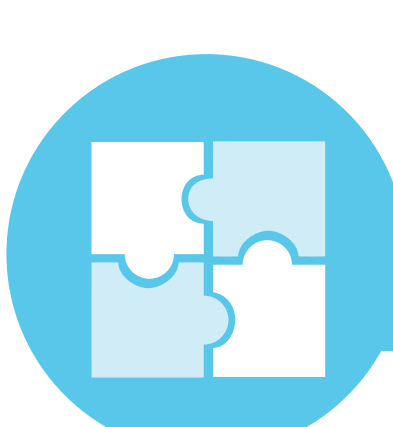
### Chemotherapy

**Typically used** for patients with advanced or metastatic prostate cancer.  
**Carefully selected anticancer drugs** designed to interfere with and stop the growth of rapidly dividing cancer cells.



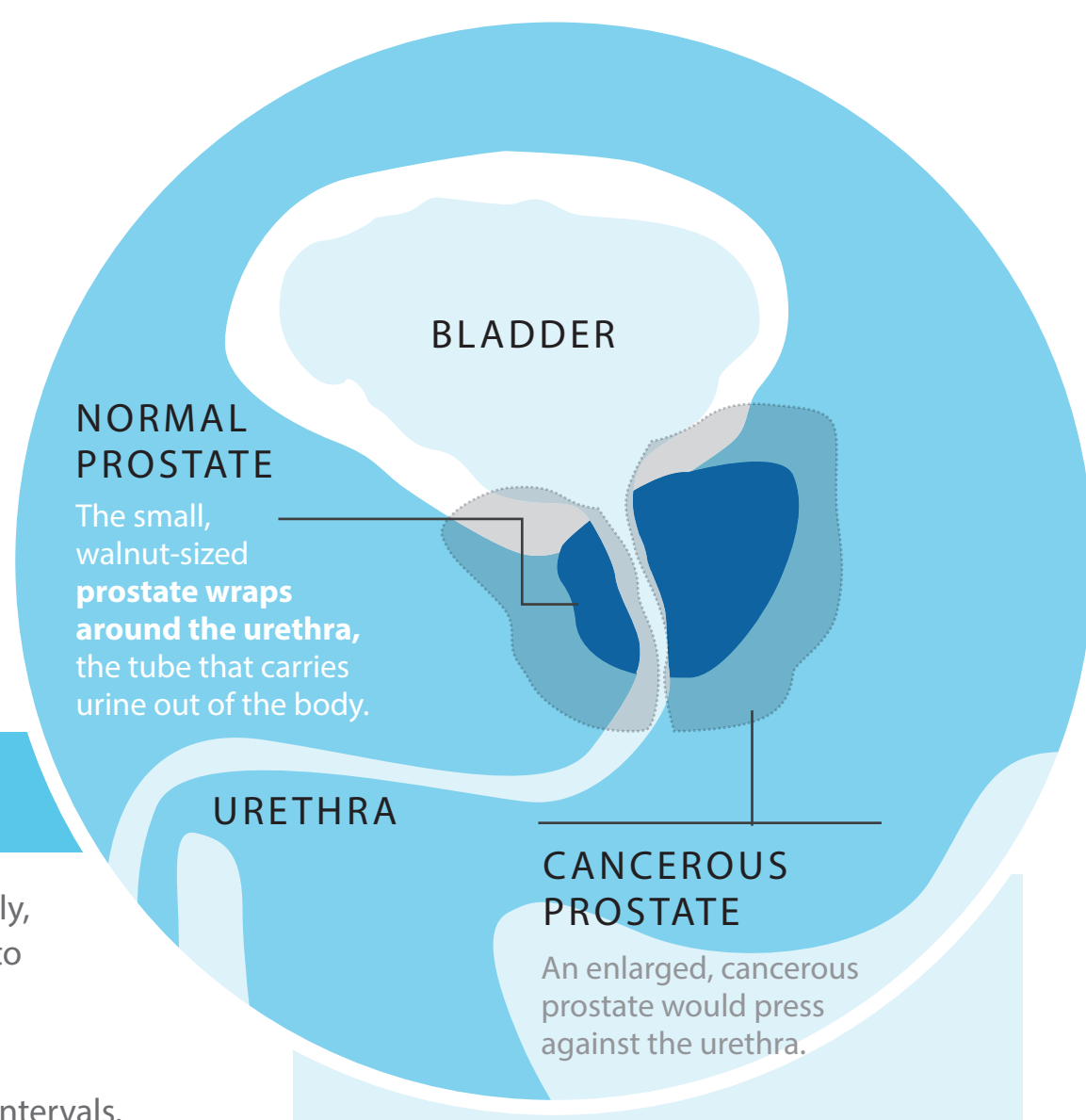
### Immunotherapy

**Typically reserved** for metastatic and more advanced disease.  
**Uses immune system** to fight cancer; treatment may be used alone or in conjunction with other treatments.



### Integrative Oncology Services

**At CTCA, your integrated team** of prostate cancer experts will combine advanced medical treatments with integrative oncology services such as nutrition therapy, naturopathic medicine and physical therapy to boost your immune system, reduce pain and help you stay strong throughout treatment.



## UNDERSTANDING THE DISEASE

Prostate cancer begins in tissues of the prostate gland. The prostate is the male sex gland responsible for the production of semen and is located just below the bladder and in front of the rectum.

Urinary symptoms can be associated with prostate cancer because of the prostate gland's proximity to the bladder and urethra.

### Urinary symptoms

- Burning or pain
- Difficulty urinating or trouble starting and stopping while urinating
- More frequent urges to urinate at night
- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine

### Other signs and symptoms

- Blood in semen
- Erectile dysfunction
- Painful ejaculation
- Swelling in legs or pelvic area
- Numbness or pain in the hips, legs or feet
- Bone pain that doesn't go away or leads to fractures

## PREVENTION AND SCREENING GUIDELINES

**Digital rectum exams**  
Doctor checks for abnormal lumps on the prostate gland and may order a biopsy.

**Only 20 percent** of men with abnormal test results actually have cancer.

**PSA test**  
The National Comprehensive Cancer Network (NCCN) recommends that **high-risk men begin annual PSA and prostate exams at age 40.**