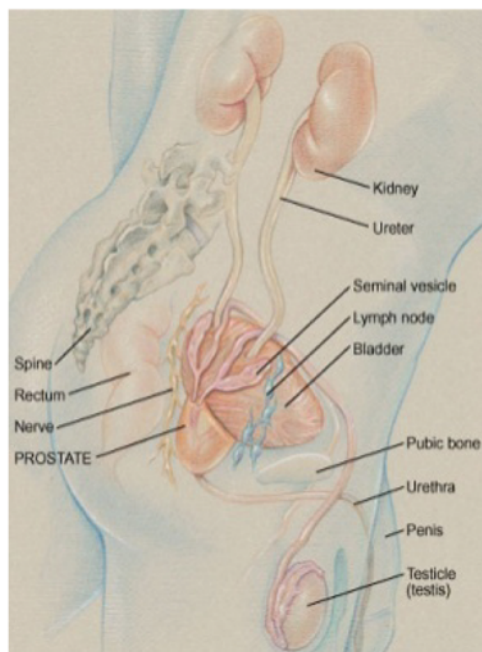


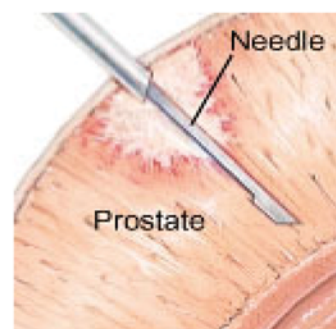
## Prostate Cancer Diagnosis



Man's reproductive system

The prostate is a gland of the man's reproductive system which is involved in the production of seminal fluid. It is about the size of a walnut and located below the bladder and in front of the rectum. Cancer can develop in the prostate, leading to changes in the gland's cells, which begin to multiply in a non-regulated fashion. The American Cancer Society recommends that all men 40 and over should have a digital rectal exam as part of their regular annual physical checkup, and men aged 50 and over undergo an annual prostate specific antigen (PSA) blood test.

If either test has abnormal results, the clinician requires a biopsy, which will help determining the presence of cancer. The stage of the prostate cancer, Gleason score, will also be established.



Prostate Biopsy

## Stages and Grades

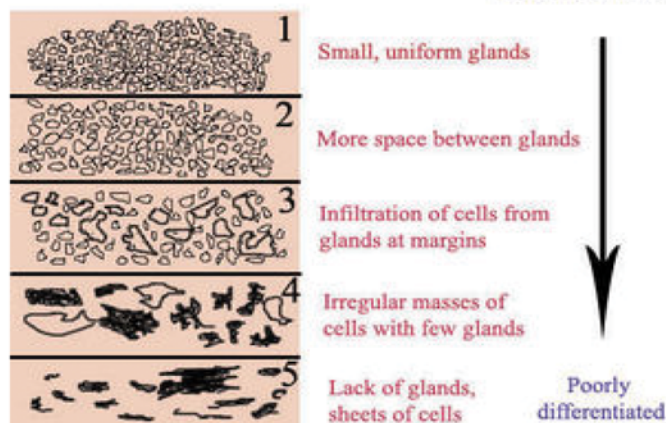
The National Cancer Institute has established the following schedule of stages in prostate cancer:

- **Stage I:** The cancer cannot be felt during a digital rectal exam. It is found by chance when surgery is done for another reason, usually for benign prostatic hyperplasia (BPH). The cancer is only in the prostate.
- **Stage II:** The cancer is more advanced, but it has not spread outside the prostate.
- **Stage III:** The cancer has spread outside the prostate. It may be in the seminal vesicles. It has not spread to the lymph nodes.
- **Stage IV:** The cancer may be in nearby muscles and organs (beyond the seminal vesicles). It may have spread to the lymph nodes. It may have spread to other parts of the body.
- **Recurrent cancer** is cancer that has come back (recurred) after a time when it could not be detected. It may recur in or near the prostate. Or it may recur in any other part of the body, such as the bones.

Another way of grading prostate cancer is with the Gleason score. The pathologist gives each area of cancer a grade of 1 through 5. The pathologist adds the two most common grades together to make a Gleason score. Or the pathologist may add the most common grade and the highest (most abnormal) grade to get the score. Gleason scores can range from 2 to 10.

## Gleason Scale

Well differentiated



# Prostate Cancer Patient Fact Sheet

## Treatment Options

The type of treatment for prostate cancer depends on the stage and grade of the illness, the life expectancy and the general health condition of the patient, as well as the patient's preference for a treatment or another. In some cases of low grade tumors, close monitoring can be proposed. For higher grades, surgery or radiation therapy are the main therapeutic options. Surgical techniques to remove the prostate are now more refined and allow for the reduction of side effects such as incontinence and impotence. After surgery, when cancer is organ-confined, risk of recurrence is very low. Radiation therapy can be performed with an external beam or by radioactive implants in the prostate. Hormonal therapy and chemotherapy can be used when cancer has spread outside the prostate or when there is recurrence after the initial treatment.

## Questions to ask your doctors

If you have been diagnosed with prostate cancer, you will have to make important decisions for your health and welfare. It is important that you ask any question that's on your mind to your doctor. For your convenience, we suggest relevant questions to ask your doctor after a prostate cancer diagnosis.

*What is my PSA level?*

*Are there additional tests that could be performed to confirm the presence or extent of cancer?*

*What is my Gleason score / stage and aggressiveness of my cancer?*

*What further tests do you recommend for me?*

*What is the cure rate of this type of cancer?*

*What is the chance that cancer spread over beyond the prostate?*

*What is my survival rate?*

*Will I have other urinary or rectal problems?*

*What can I do to improve the success of my therapy?*

*Should I follow a special diet to optimize my therapy?*

*What kind of follow-up can I expect after treatment?*

## Additional Information sources

U.S. National Cancer Institute / Prostate Cancer ([www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate))

American Cancer Society ([www.cancer.org](http://www.cancer.org))

Canadian Cancer Society ([www.cancer.ca](http://www.cancer.ca))

Prostate Cancer Research Foundation of Canada ([www.prostatecancer.ca](http://www.prostatecancer.ca))

Urological Sciences Research Foundation ([www.usrf.org](http://www.usrf.org))

American Urological Association ([www.auanet.org](http://www.auanet.org))

Canadian Urological Association ([www.cua.org](http://www.cua.org))

DiagnoCure Inc. ([www.diagnocure.com](http://www.diagnocure.com))

