

Prostate Cancer Discussion Class Summary

1. Goals of the Class
 - a. Give background information about prostate cancer
 - b. Understand your Risk Stratification
 - c. Give you a foundation on which to decide your management option
2. Options for Management
 - a. Active Surveillance
 - b. Radical Prostatectomy
 - c. Brachytherapy
 - d. External Beam Radiation
 - e. Watchful Waiting
3. Active Surveillance
 - a. Mainly for those in Low Risk Group
 - b. Involves repeating the prostate biopsy, periodically, and following the PSA
 - c. Advantages
 - i. You maintain current quality of life
 - ii. Prostate cancer may not grow
 - d. Disadvantages
 - i. You may miss the window of opportunity for cure
 - ii. Involves repeating the biopsy
4. Radical Prostatectomy (Surgery)
 - a. Reasonable option for Any Risk Group
 - b. Involves removing the prostate gland
 - c. Advantages
 - i. The prostate cancer is removed
 - ii. You find out the exact extent of prostate cancer
 - iii. Your PSA becomes extremely accurate
 - d. Disadvantages
 - i. It is a major operation
 - ii. Possibility of incontinence
 - iii. Possibility of impotence
 - e. For high risk group, may require radiation after surgery
5. Brachytherapy (Seeds)
 - a. Reasonable option for Low to Moderate Risk Group
 - b. Involves killing the cancer cells with radioactive pellets in the prostate gland
 - c. Advantages
 - i. It is a one time treatment and your radiation is completed

- ii. May offer greater chance of maintaining erections
 - d. Disadvantages
 - i. Not great if you have cancer outside the edge of the prostate
 - ii. May have urinary and bowel urgency and frequency
- 6. External Beam Radiation
 - a. Reasonable option for Any Risk Group
 - b. Involves killing the cancer cells with radiation beams to the prostate gland
 - c. Advantages
 - i. This is a non-invasive form of treatment
 - ii. No anesthesia is required
 - d. Disadvantages
 - i. Requires multiple appointments for treatment
 - ii. May have urinary and bowel urgency and frequency
 - iii. May affect your erections over the long term
- 7. Watchful waiting
 - a. Reasonable option if your life expectancy is short
 - b. Involves intervening only if there is evidence of metastatic disease
 - c. Advantages
 - i. You maintain your current quality of life
 - d. Disadvantages
 - i. You may live longer than you expect
- 8. What to do next
 - a. Think about the options
 - b. For most people there is NO RUSH
 - c. Talk to your family, friends, primary urologist
 - d. There is no wrong answer

Web sites to review:

Memorial Sloan-Kettering Prostate Cancer Nomogram:
<http://www.mskcc.org/mskcc/html/10088.cfm>

Partin Tables:

<http://urology.jhu.edu/prostate/cancer.php>

EMMI videos on radiation therapy and prostatectomy:

https://www.my-emmi.com/register/Index.jsp?client=KP_MARIN_SONOMA_UROLOGY