

# MEN GET IT.

prostate  
cancer



# TAKE CHARGE.



**National Prostate  
Cancer Coalition**

awareness. outreach. advocacy.

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*NPCC does not endorse any course of treatment for men with prostate cancer or other conditions. Treatment decisions should be made by a patient and his health service provider.*

# MEN GET IT.

## prostate cancer

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Prostate cancer is a tough opponent, but you can win by taking charge now.

**Annual Screening Saves Lives.** One man in every six will get prostate cancer during his lifetime, but if caught early, nearly 100% survive.

**Play offense: Get screened. Eat right. Stay in shape.** Early prostate cancer has no symptoms. Get screened annually. Don't wait for prostate cancer to find you. The further it has spread, the tougher it is to beat.

**If you get prostate cancer, you can beat it.** Prostate cancer is treatable. You can live without a prostate, but treating it can cause side effects with an impact on your life. Prostate cancer is a tough opponent, but good coaching and lots of tools are available.

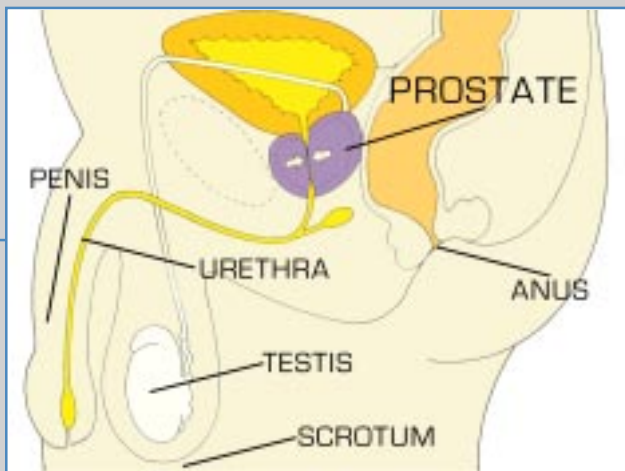
**Keep prostate cancer out of your future by fighting for a cure now.** Research has incredible potential, but funding for prostate cancer research is lagging far behind other diseases. Join the fight to increase research funding and defeat prostate cancer.

# ***What is Prostate Cancer?***

**The prostate is a gland involved in the male reproductive system.** It is surrounded by other glands, nerves and organs involved in sexual function. It is wrapped around the urethra and helps control the flow of urine. While you can live without a prostate, its location makes prostate cancer difficult to treat.

**Sometimes cells keep growing beyond their natural lifespan** and can swell up into a tumor. Tumors can be harmless – **benign**, or harmful to the cells around it - **malignant (cancer)**. Cancer cells can remain in the prostate - **local**, its immediate surroundings - **regional**, or cells can break free, get into the blood or lymphatic system and cause cancer to spread to other parts of the body - **metastatic**.

**Prostate cancer is a common, but usually slow growing cancer**, compared to other types of cancer. It is fed by, and generally depends on, male **hormones** to grow.



# Who is at Risk?

**The average man has about a 17% chance of getting prostate cancer in his lifetime and a 3% chance of dying from it.**

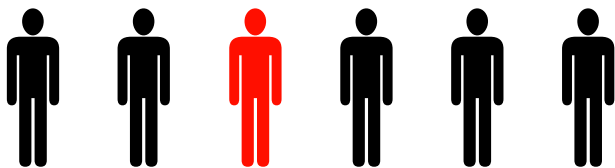
**Risk of prostate cancer increases with age.** Prostate cancer is rare for men under the age of 40, and most cases occur in men over the age of 65.

**Men with a father or brother with prostate cancer are twice as likely to get the disease.** Men with three relatives diagnosed with prostate cancer are almost guaranteed to get it.

**African American men have a 60% higher risk of getting prostate cancer than white men, and twice the risk of dying from it.**

**Veterans of Asian Wars** (Vietnam and Korea) who were exposed to Agent Orange are at risk of developing prostate cancer.

***1 in 6 men***



***will get prostate cancer.***

# WHERE TO GET SCREENED

- :: The National Prostate Cancer Coalition operates **the Drive Against Prostate Cancer**, the only national mobile screening program for prostate cancer.
- :: **Your primary care physician** can do both the PSA test and physical examination.
- :: If you cannot afford a doctor visit, call **your local hospital or clinic** to see if they offer any free screening programs.



Learn more about screening and ***the Drive Against Prostate Cancer*** on our website.

Visit [www.DriveAgainstProstateCancer.com](http://www.DriveAgainstProstateCancer.com)

Sign the **pledge to get screened annually**, and sign up for an email reminder for your annual screening, or to be notified when ***The Drive*** is coming to your area.

# ***Prostate Cancer Screening***

Talk to your doctor about screening for prostate cancer.

**Screening doesn't show whether you have prostate cancer, only whether you need further testing.**

**Prostate cancer screening consists of two examinations:**

:: **A blood test** that measures levels of Prostate Specific Antigen or **PSA**

:: **A physical exam** of the prostate, the Digital Rectal Exam or **DRE**

These exams can be done together to increase the accuracy of diagnosis.

## **WHEN TO GET SCREENED**

**The right age to start PSA testing depends on your level of risk:**

:: Annual screening should start at **50** for the general population.

:: Men with one risk factor should start annual screening at **45**.

:: Men with more than one risk factor should start annual screening at **40**.

:: Some men choose to take a single test at an earlier age, **35 or 40**, to establish a "baseline" level for future comparison.

# Is Prostate Cancer Preventable?

**Changing your diet could lower your risk.**

Studies show a strong connection between consumption of saturated fat and red meat and increased rates of prostate cancer diagnosis and mortality.



***A number of food nutrients appear to reduce likelihood of getting cancer.***

**Vitamin E, selenium, soy, green tea, and tomatoes** appear to reduce the likelihood of getting cancer. Large studies are underway to confirm these findings, and more cancer fighting nutrients are being discovered and studied all the time.

# Are There Any Symptoms?

**There are no noticeable symptoms of prostate cancer while it is still in the early stages,** which is why screening is so critical. In more advanced stages, symptoms may include difficult or frequent urination, blood in the urine or bone pain. In order to find prostate cancer in its most treatable form, it must be caught before symptoms appear.

**Follow the latest in prostate cancer prevention, research, and policy news** by signing up for **aware**, our free weekly online newsletter.

Visit [www.FightProstateCancer.org/news](http://www.FightProstateCancer.org/news)

# How Dangerous is it?

**Prostate cancer is the most commonly diagnosed non-skin cancer in American men.** It is the second greatest cause of cancer related death for men, second only to lung cancer.

**About 99.3% of men diagnosed with prostate cancer are still alive in five years** (not including those who died from other causes). About **86%** of prostate cancer cases are found while the cancer is still either **local or regional**, and nearly **100%** of these men are still alive after five years. In cases where the cancer has spread to **distant** parts of the body, **34%** survive five years.

# ***Prostate Cancer Treatment***

***The right treatment for each man depends on his individual case.***

**For early or local prostate cancer** that has not spread outside the prostate gland or nearby area, the most common treatment options are:

- :: **Deferred treatment:** wait and watch closely for signs the disease is progressing.
- :: **Surgery:** the surgical removal of part or all of the prostate, and other nearby areas if necessary, also known as prostatectomy.
- :: **Radiation:** killing cancer cells with radiation, either with an external beam of radiation, or by implanting tiny radioactive “seeds.”

Depending on the treatment, **side effects can range from short to long term incontinence or impotence**, to other effects like pain and depression.

**For prostate cancer that has returned after initial therapy**, options depend on the case. Some may require observation, some ‘salvage’ radiation treatment and some may proceed to hormone therapy.

***If you have prostate cancer, you can beat it.***

***Many  
treatment  
options  
are  
available.***



**For advanced or metastatic prostate cancer** that has spread to the bone or other parts of the body, the most common treatment options are:

- :: Hormone Therapy:** starving the cancer cells of the testosterone by using drugs that inhibit testosterone production.
- :: Chemotherapy and Radiotherapeutic Agents:** taking medications that are toxic to cancer cells. Generally used to treat cancers that have become resistant to hormone therapy.
- :: Bisphosphonates:** medications that strengthen bone, to prevent damage and pain from bone metastasis, and to counteract bone weakness that can be caused by hormone therapy.

**For all patients:**

- :: Complementary and Alternative Medicines (CAM):** treatments in addition to, or instead of conventional treatments, from natural medicines and supplements to whole alternative medical systems.
- :: Investigational Treatment:** Some patients enroll in research studies known as clinical trials, to try promising new therapies or techniques. It is always appropriate to **talk to your doctor** if you are interested in participating in a clinical trial.

# How Do I Decide on a Treatment?

**Working with your doctor and other specialists**, you can learn about your unique case, and discuss how the various treatment options will work best for you.

Minimizing side effects and **maintaining a high quality of life** are serious factors to consider in the decision making process.

***Educate yourself.***



Get multiple opinions from doctors with different specialties, and learn from people who have gone through the experience, and you will be better prepared to make tough choices.

# ***Prostate Cancer Research***

**Advances are being made in prostate cancer research**, but far greater resources need to be dedicated to this critical mission.

***Major progress is being made on many fronts.***

:: **More precise surgery and radiation techniques** to reduce side effects and lessen the chance of recurrence.

:: **More effective chemotherapy drugs** with fewer side effects.



:: **Better testing and imaging technology** to more accurately diagnose and locate prostate cancer.

:: **New areas of research; targeted medicines** designed to kill cancer cells while leaving healthy cells untouched, **genetic testing** to determine which patients will respond to which treatments, and **vaccines** to teach the immune system how to fight cancer.

:: **More knowledge about prevention** to confirm what we now suspect, that certain foods and substances can lower your risk.

# ***Fighting for Research Funding***

**The National Prostate Cancer Coalition is advocating for major increases in research funding** to support new discoveries and speed up the process of making new drugs available.

By educating lawmakers, training advocates and working with organizations across America, **NPCC has led the fight to increase government investment** in prostate cancer research from **\$85.5 million** in 1995 to **over \$466 million** in 2005.

**The U.S. Department of Defense is fighting prostate cancer with a high-intensity research program**, but it needs more funding for the clinical trials necessary to make their discoveries available to everyone.



Join the fight. Visit our website at [www.FightProstateCancer.org](http://www.FightProstateCancer.org) to learn more about prostate cancer research, where the funding comes from, and what you can do to help increase it.

**Sign-up for NPCC 'Call to Action'** and we'll let you know when you can act and make a difference.

# About NPCC

## Awareness

The National Prostate Cancer Coalition aims to educate every American about the risk of prostate cancer, the importance of early detection and the research funding needed to beat the disease. We have built a network of partners from Former New York City Mayor Rudy Giuliani to NASCAR, to create effective awareness campaigns like Do It For Dad, and Prostate Cancer Awareness Month.

## Outreach

The National Prostate Cancer Coalition manages the nation's only mobile prostate cancer screening clinic, the Drive Against Prostate Cancer, reaching out to at-risk and underserved communities by offering free, complete and confidential screenings. In 2005, NPCC plans to screen over 10,000 men nationwide.

## Advocacy

The National Prostate Cancer Coalition actively works with government officials to increase federal funding for prostate cancer research, by partnering with top-notch organizations representing high-risk groups such as African Americans and Veterans.

## Wear the Wristband

Support the Cause - Purchase **Do It For Dad! Prostate Cancer Wristbands** for \$1.00 each (plus shipping and handling) with a minimum order of 10 wristbands.

Do It For Dad

Available now online, order your wristband today.

Visit [www.FightProstateCancer.org](http://www.FightProstateCancer.org)

The National Prostate Cancer Coalition (NPCC) sets the standard for rapidly reducing the burden of prostate cancer on American men and their families through awareness, outreach, and advocacy.

**Visit our new website at:**

**<http://www.FightProstateCancer.org>**

- :: For more information about screening, prevention, treatment and research.
- :: For the latest news and to sign up for *aware*, our free weekly eNewsletter
- :: For the latest action on policy and research funding battles, and to sign up for NPCC 'Call to Action'
- :: For the *Drive Against Prostate Cancer* and to sign up for screening alerts.



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