

Understanding advanced prostate cancer

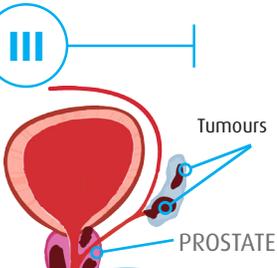
This resource is for men who have just been diagnosed with advanced prostate cancer or who have been told by their doctor that their cancer has now spread.

If you need information about prostate cancer not responding to hormone therapy, please see our resource called **Understanding options after hormone therapy**.

Types of advanced prostate cancer

LOCALLY ADVANCED PROSTATE CANCER

STAGE III

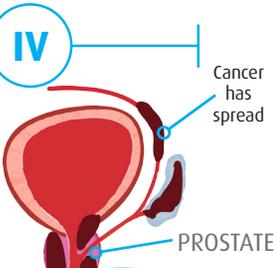


Locally advanced prostate cancer or stage III prostate cancer has spread outside the prostate to nearby parts of the body like the seminal vesicles, bladder and rectum

Treatment Goals: remove or control the growth of the cancer

ADVANCED OR METASTATIC PROSTATE CANCER

STAGE IV



Metastatic or stage IV prostate cancer has spread to other parts of the body even further away from the prostate such as the lymph nodes or bones

Treatment Goals: control the growth of the cancer



Treatments for advanced prostate cancer

The treatment you receive will depend on your overall health, how far the cancer has spread and the type of treatment you received before the cancer started to spread.

 Radiation therapy	USED FOR: LOCALLY ADVANCED	POTENTIAL SIDE EFFECTS
<p>External beam radiation therapy (EBRT)</p> <ul style="list-style-type: none"> • A machine delivers a high-energy x-ray to the tumour • Can be combined with hormone therapy before, during and after radiation therapy • May also be combined with another kind of radiation called brachytherapy where radioactive pellets (seeds) are inserted directly into or near the prostate to kill nearby cancer cells 		<ul style="list-style-type: none"> • Fatigue • Urinary or bowel problems • Difficulty getting and keeping an erection
 Surgery Also called prostatectomy	USED FOR: LOCALLY ADVANCED	POTENTIAL SIDE EFFECTS
<ul style="list-style-type: none"> • Surgery removes the prostate, tissues around it, and sometimes the pelvic lymph nodes if the cancer is there • Radiation therapy or hormone therapy may be offered after surgery to lower the risk of the cancer coming back 		<ul style="list-style-type: none"> • Difficulty controlling urination • Difficulty getting and keeping an erection

 <p>Hormone therapy Androgen deprivation therapy</p>	<p>USED FOR: LOCALLY ADVANCED/ METASTATIC</p>	<p>POTENTIAL SIDE EFFECTS</p> <ul style="list-style-type: none"> • Low sex drive • Difficulty getting and keeping an erection • Hot flashes • Mood swings • Breast tenderness and growth of breast tissue • Loss of muscle and physical strength • Decrease in bone strength and risk of bone fractures
 <p>Chemotherapy</p>	<p>USED FOR: METASTATIC</p>	<p>POTENTIAL SIDE EFFECTS</p> <ul style="list-style-type: none"> • Nausea • Hair loss • Decline in blood cell production, which may make it difficult to fight infections • Numbness • Weakness or tingling in hands and feet
 <p>New hormone drugs Also called antiandrogens</p>	<p>USED FOR: METASTATIC</p>	<p>POTENTIAL SIDE EFFECTS</p> <ul style="list-style-type: none"> • Decrease in sex drive • Difficulty getting and keeping an erection • Hot flashes • Muscle weakness
 <p>Clinical Trials</p>	<p>USED FOR: LOCALLY ADVANCED/ METASTATIC</p>	<p>POTENTIAL SIDE EFFECTS</p> <ul style="list-style-type: none"> • Different for each clinical trial • Ask your team about them before joining

Treatment follow-up and monitoring

Your healthcare team will continue to measure your prostate specific antigen (PSA) levels to monitor how well the treatment is working. All treatments carry the risk of side effects and it is important to remember that not everyone will react the same way. Your healthcare team may be able to help you control side effects and some may go away when treatment is finished.

Questions to ask your healthcare team

1. What treatment or combination of treatments is best for me?
2. How do I know if my treatment is working? How will I be monitored?
3. What happens if my treatment stops working?
4. What can I do to reduce side effects? How long will they last?
5. Can I change the treatment I'm on or take medication to help with the side effects?



For more information and support, visit prostatecancer.ca