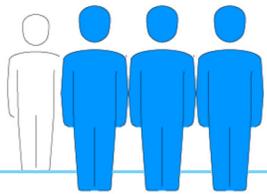


Understanding localized prostate cancer

This resource is for men who have been diagnosed with localized prostate cancer. Also known as early-stage disease, the tumour is found only in the prostate and includes both stage I and II cancers.



3 in 4

Canadian men diagnosed with prostate cancer have early-stage disease.



Will my cancer spread?

The cancer grade (Gleason score), tumour size and your prostate specific antigen (PSA) level will help your doctor rate the cancer based on how likely it is to spread. Your healthcare team may use these risk levels to help them develop a treatment plan.

RISK CANCER WILL SPREAD



	LOW	INTERMEDIATE	HIGH
TUMOUR SIZE	Limited to half of one prostate lobe	Found in more than half of one prostate lobe	Found in both prostate lobes but still contained in the prostate
PSA LEVEL (ng/mL)	Less than 10	10-20	Greater than 20
GLEASON SCORE	6 or less	7	8, 9 or 10

Some prostate cancers grow so slowly, a monitoring approach may be recommended. If you and your healthcare team decide to treat the cancer, the goal is to get rid of the tumour.

Active surveillance for localized prostate cancer



Active surveillance

USED FOR THESE RISK LEVELS

- This is a monitoring strategy
- Can be used if your prostate cancer is growing slowly and is not very large
- Can help delay or avoid treatments that have side effects
- Will be monitored regularly, tests may include PSA tests, digital rectal exams (DREs) and biopsies
- Many men will never need treatment; however, if the tests show that your cancer is growing, your team may recommend other treatment options



Other treatments on the next page.

Other treatments for localized prostate cancer



Surgery

Also called prostatectomy

- The goal is to remove the cancer from the body
- Involves removing the prostate, seminal vesicles and other surrounding tissue
- Different surgery techniques can be used:
 - **Open surgery** (radical retropubic prostatectomy): The prostate is removed through a single cut made below the belly button
 - **Laparoscopic surgery** (keyhole surgery): Several small cuts are made in the abdomen and the prostate is removed with special tools
 - **Robotic-assisted radical prostatectomy:** Laparoscopic surgery can be done with the help of a robot, but not every hospital offers it. The surgeon guides the robot's arms to perform the surgery
- Nerve sparing techniques may be used to reduce erectile dysfunction by trying to avoid nerves that control erections

USED FOR THESE RISK LEVELS



POTENTIAL SIDE EFFECTS

- Problem controlling urination
- Difficulty getting and keeping an erection



Radiation therapy

- Radiation damages and kills the cancer cells. It can be delivered in different ways:
 - **External beam radiation therapy (EBRT):** A machine targets the tumour with radiation
 - **Brachytherapy:** Radioactive pellets (seeds) are placed in or near the prostate to kill the cancer and may be used alone or in combination with EBRT

USED FOR THESE RISK LEVELS



POTENTIAL SIDE EFFECTS

- Problem controlling urination
- Difficulty getting and keeping an erection
- Bowel problems
- Fatigue



Hormone therapy

Androgen deprivation therapy

- Some men may receive short-term doses of hormone therapy, in addition to radiation therapy
- Hormone therapy injections or implants slow the growth of the tumour by reducing levels of male hormones, like testosterone, which the cancer needs to grow

USED FOR THESE RISK LEVELS



POTENTIAL SIDE EFFECTS

- Decrease in sex drive
- Difficulty getting and keeping an erection
- Hot flashes
- Muscle weakness

Taking care of yourself

A prostate cancer diagnosis can be overwhelming. Talking to a loved one about your feelings may help you overcome anxiety or stress. It may also help to talk to other men about their experience with prostate cancer. Physical activity, healthy eating and mental wellness can help you maintain and improve your health during and after treatment.

Questions to ask your healthcare team

1. Do I need immediate treatment or can I use active surveillance to monitor my cancer?
2. If I am on active surveillance, how will my cancer be monitored? How will I know if I need other treatment?
3. What are the side effects of the different treatments? How mild or serious can they be? Will side effects be short-term or long-lasting?
4. Are there other risks or complications I might experience from treatment or active surveillance?
5. Can I prevent any side effects or help reduce their impact?
6. What happens after I finish treatment? Will I be monitored?
7. What happens if my prostate cancer comes back?



Understanding the benefits and side effects of each treatment option and talking to your team about your treatment goals, such as whether you would like to monitor the tumour or start treatment right away, will help you and your healthcare team select the treatment that is right for you. You can also seek a second opinion to make sure you are comfortable with your treatment decision. It is important to tell your healthcare team about any side effects you experience so that they can help you manage them.

For more information and support, visit prostatecancer.ca.