

PROSTATE CANCER IS...

Prostate cancer is a cancer that begins in the prostate gland. Prostate cancer is the most common cancer in American men after skin cancer. In fact, 1 in 6 men will be diagnosed with prostate cancer. Those most at risk are over 60.

OTHER PROSTATE DISEASES

Prostatitis

Prostatitis, or inflammation of the prostate gland, is most common in young and middle aged men. There are four types of prostatitis: acute bacterial prostatitis, chronic bacterial prostatitis, chronic prostatitis, and asymptomatic inflammatory prostatitis.

BPH

It's really common for a man's prostate to become enlarged as he ages. Actually, the prostate begins growing in adolescence and continues to grow through out a man's life. The enlargement doesn't start to cause problems until a man hits middle to old age. Problematic prostate enlargement is called benign prostatic hyperplasia (BPH). BPH is so common that 50% of men over 60 and about 90% of men over age 70 suffer from it.

PIN

Prostate Intraepithelial Neoplasia, or PIN, is a microscopic finding in the prostate now thought to be a possible precursor to prostate cancer, although not all men with PIN will have prostate cancer. A pathologist identifies PIN in tissue samples from prostate biopsies taken after a man has had a high PSA reading or an abnormal DRE. PIN is evaluated as either low (Grade I) or high (Grade III). An estimated 30% of men with Grade III PIN will be diagnosed with prostate cancer within one year.



The mission of the Foundation for Cancer Research and Education is to decrease the death rate from prostate cancer while enhancing quality of life. Our focus on prostate cancer research will be a model for the treatment of other cancers and will prevent heart attacks and strokes.

Our educational efforts are to acquaint the general public, cancer patients, and health care professionals with recent advances in prevention, diagnosis, and treatment of prostate cancer.

FCRE advocates comprehensive cancer care, which means understanding all of the available cancer treatment options and combining them if necessary. A comprehensive program also includes evaluation and treatment of cardiovascular disease, obesity, diabetes, or any other disease that affects overall health.

FCRE partners with other foundations, institutes, institutions, hospitals, and support groups to host conferences, seminars, special events, and produce publications to reach as many men and women as possible. Our information comes from the best available science and is grounded on solid, evidence-based medicine gleaned from well-designed clinical trials.

To make a donation, request brochures, or to sign up for our newsletter, please contact us on the web, via email/postal mail, or by phone.

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WHAT IS Prostate Cancer?



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WHAT CAUSES PROSTATE CANCER?

AGE

Age is by far the greatest predictor of who will be diagnosed with prostate cancer. In fact, about 2 out of 3 prostate cancers appear in men over 65. The older a man gets, the higher his chance of being diagnosed with prostate cancer.

RACE

African American men are more likely to have advanced or aggressive prostate cancers at diagnosis and are more likely to die of prostate cancer than men of other racial backgrounds. Prostate cancer is least common in Asian-American men.

Nationality

Where you live matters. Prostate cancer is most common in the United States and Western Europe.

Genetics

A man with a father or brother with prostate cancer is more likely to be diagnosed himself, especially if that brother or father got prostate cancer at a young age.

DIET

Prostate cancers occur more often in men who eat a diet high in dairy fat and red meat. The cancers these men get tend to be more aggressive.

Prostate Cancer A Treatable Disease



The prostate is a small, walnut-sized gland that sits below the bladder and in front of the rectum. The upper section of the urethra runs right through the center of the prostate gland.

The prostate produces some of the substances that transport sperm and help it fertilize a woman's egg during sex. The seminal vesicles, located just above the prostate, produce most of the substances found in semen. Sperm is produced by a man's testes, as is the male hormone testosterone, which guides prostate function and growth. Dihydrotestosterone, a byproduct of testosterone, also plays a role in prostate growth in both adolescence and in old age. Nerves that control erectile function run alongside the sides of the prostate gland, which is why many treatments for prostate diseases can cause temporary or permanent impotence.

First, find out what kind of prostate cancer you have through staging and diagnostic scanning. Some prostate cancers are harmless. Some are very serious. Which kind you have will determine which treatment is best for you. Doctors typically use the **ENDORECTAL MRI, COLOR DOPPLER ULTRASOUND, TRANSRECTAL ULTRASOUND** and/or **SATURATION BIOPSY PROTOCOL** to determine the size of your cancer and if it has spread to adjacent organs, any of your lymph nodes or to your bone, lung, liver or other sites.

CHOOSING A TREATMENT

Which treatment is right for you depends on the type of prostate cancer you have. Your own personal beliefs and priorities are important. Some men want to avoid certain side effects at all costs. Others want to rid their bodies of all cancer. Be sure to talk to your oncologist and other patients before making a choice.

Common **treatments** include:

- Active surveillance
- Hormonal therapy
- Radiation therapy
- Radical prostatectomy
- Chemotherapy