



IRONWOOD UROLOGY *A DIVISION OF IRONWOOD PHYSICIANS, P.C.*
Kevin R. Bigelow, M.D. Desiderio Avila Jr. M.D.

Patient Information Report

Biopsy:

Biopsy cores were taken from several different areas of your prostate to get a representative sampling of the entire gland. After the procedure, the tissue samples were sent to our laboratory. There, a pathologist examined the biopsy cores under a microscope and determined that there were cancerous cells present

Treatment Options:

Each patient diagnosed with prostate cancer must make a decision, along with his physician, as to what kind of treatment is best. Before selecting a course of treatment, you need to have a sense of the cancer's current state and its potential for future growth. Knowing the cancer's stage can help you to evaluate your options. Cancer staging information and your doctor's advice can help guide your treatment decisions, but they cannot make them for you. This knowledge can help you evaluate the various treatment options you may be offered.

- **Watchful Waiting:** You carefully monitor your condition and serum PSA, watching for signs that the cancer is progressing. Many men on watchful waiting also take hormones to control the cancer and give them additional times.
- **Hormone Therapy:** Hormone therapy reduces testosterone levels and causes the prostate gland to shrink, which makes the surgeon's job easier. There is also the possibility the hormone therapy can shrink the cancerous tumor itself.
- **Radiation Therapy:** Radiation therapy works best when the cancer is caught at an early stage and is still confined to the prostate gland. Radiation can be delivered externally, through a device that emits a concentrated beam of energy (external beam therapy), or it can be delivered through tiny pellets implanted directly into the prostate (brachytherapy or seed implantation). Radiation kills cancer cells outright and also damages their DNA, hindering their ability to divide and reproduce.
- **Radical Prostatectomy:** If surgery is your choice of treatment, ask your doctor to carefully spell out all the possible scenarios beforehand. Make sure, for example, you understand the circumstances under which the nerve-sparing procedure can and cannot be performed.

Our goal is to provide you with the facts you need, the answers you seek, and the support you deserve to help you regain your sense of control. We urge patients to join a support network, if possible, *before* making any treatment decisions.

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Support Groups:

Man to Man

Phone: 800-227-2345

Nationwide network of support groups for men with prostate cancer. Some groups also offer Side by Side, special groups or sessions for women partners.

US TOO International, Inc.

Phone: 800-808-7866

Nationwide network of support groups for men with prostate cancer and BPH as well as their wives and families; provides information, counseling, and educational meetings.

Resources For Patients With Prostate Cancer and Their Families:

American Cancer Society

Phone: 800-227-2345

Website: www.cancer.org/

Offers free literature on cancer topics, sponsors support groups and cancer recovery programs, fund scientific research and community education.

National Cancer Institute, Cancer Information Service

Phone: 800-422-6237

Website: www.cancer.gov

Government-sponsored service offering information about cancer treatments, research and care centers; provides information for health professionals and their patients about all types of cancer.

Computer-Based Resources: World Wide Web:

Bostwick Laboratories

<http://www.bostwicklaboratories.com>

American Cancer Society

<http://www.cancer.org/>

PSA-Rising

<http://www.psa-rising.com>

For Further Reading:

Bostwick, David G., M.D., M.B.A., MacLennan, Gregory T., M.D., and Larson, Thayne R. M.D.
American Cancer Society. *Prostate Cancer, What Every Man-and His Family-Needs to Know.*
Villard Books, New York, 1999 (Second Edition)

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