

Newly Diagnosed with Prostate Cancer?

We can help.



LOCALIZED & LOCALLY-ADVANCED PROSTATE CANCER

Newly Diagnosed with Prostate Cancer?

Have you recently been diagnosed with prostate cancer? We understand that this may be a stressful time for you and your family. If you are looking for answers, including what steps to take next, we can help. **You are not alone.**

This booklet:

- Provides answers to common prostate cancer questions.
- Explains treatment for prostate cancer that is contained within the prostate (localized prostate cancer) or located just outside the prostate (locally advanced prostate cancer).

How do I know if I should be reading this booklet?

80% of prostate cancer is found before it has spread to distant organs or tissues. It is likely that your cancer is localized or locally advanced.

This booklet is for you, unless your doctor has told you that they suspect your cancer has spread to distant tissues or organs (metastatic prostate cancer*).

** If metastatic prostate cancer is suspected, please contact Island Prostate Centre at 250-388-0214 to obtain a copy of our metastatic prostate cancer booklet.*

Diagnosed with prostate cancer?

- Seek out resources
- Get support
- Decide on treatment

Island Prostate Centre can help.

Common Questions

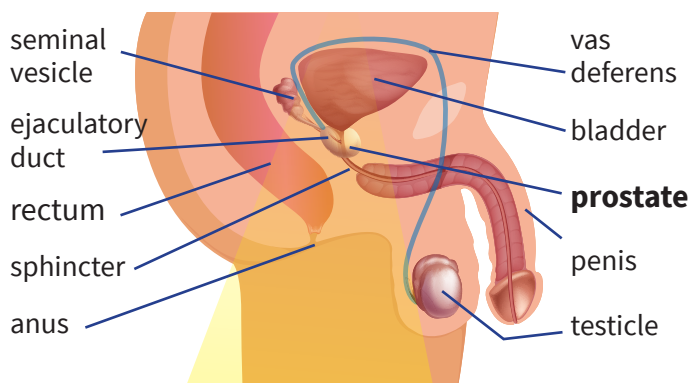
What is prostate cancer?

When cells within your prostate grow abnormally, they can become prostate cancer.

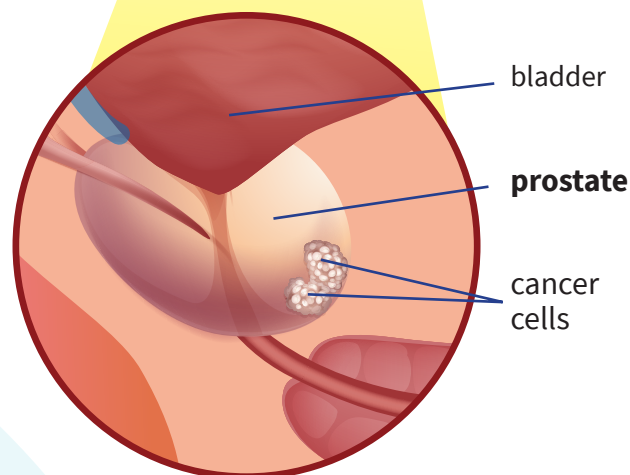
What does the prostate do?

The prostate is a gland located below the bladder and in front of the bowel. The prostate produces fluid that makes up part of semen.

Location of prostate



Enlargement of prostate, showing cancer cells



How did I get prostate cancer?

Prostate cancer is the most common type of cancer in Canadian men. Some known risk factors for prostate cancer include age, race, and family history of the disease.

Will I die from prostate cancer?

Many men will be diagnosed with prostate cancer in their lifetime; however, most will not die from the disease. Early diagnosis helps increase your chances of survival.

What treatments are available?

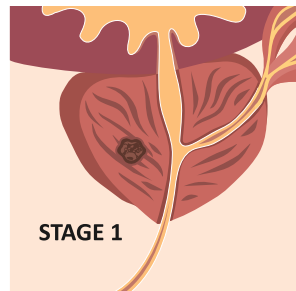
Depending on how much cancer you have, or how aggressive it is, treatment for localized and locally advanced prostate cancer can include active surveillance, surgery, radiation, and/or hormone therapy. See page 9 to read about treatments.



How do I know what stage my prostate cancer is ?

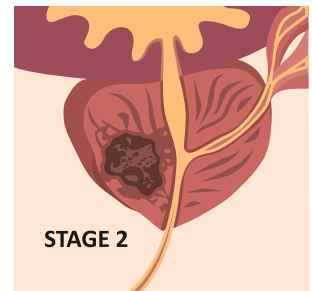
After you are diagnosed with prostate cancer, it is common for your doctor to order more tests to see if the cancer has spread to other areas within your body. Tests may include a CT and a bone scan. These tests will determine if you have localized, locally advanced or metastatic prostate cancer.

Stages of prostate cancer



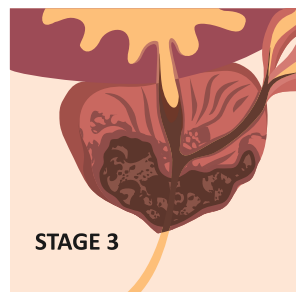
Localized prostate cancer:

The tumour or cancer cannot be felt by the doctor during exam



Localized prostate cancer:

The tumour can be felt but it has not spread outside of the prostate



Locally-advanced prostate cancer:

The tumour has spread outside of the prostate into nearby tissues



Metastatic prostate cancer:

Prostate cancer cells have broken away from the prostate tumour and created new tumours in other parts of the body

Will my cancer spread and how quickly?

There are a few factors that may determine how fast your cancer may grow. They are:

- The type of prostate cancer you have
- Where your cancer is in your body (location)
- Your Gleason score

Prostate Cancer Type

Ask your doctor what type of prostate cancer you have and if it is aggressive.

Cancer Location

If you have been diagnosed with advanced prostate cancer (locally advanced or metastatic prostate cancer) your cancer may grow more quickly.

Gleason Score

During a biopsy, the doctor removes samples of prostate tissue. Following your biopsy, a pathologist looks at the samples, noting abnormal glandular appearance.

- Cancer tissue that is slightly abnormal is predicted to grow slowly.
- Cancer tissue that is moderately abnormal is predicted to grow at a moderate rate.
- Cancer tissue that is exceptionally abnormal is predicted to grow quickly.

The pathologist gives the glandular pattern a score between 6 and 10. This is called a Gleason score.

GLANDULAR APPEARANCE	GLEASON SCORE / RISK	GROWTH / SPREAD
Slightly abnormal	Gleason 6 or less / Low Risk	Slow growing / Less likely to spread
Moderately abnormal	Gleason 7 (3+4 or 4+3) / Intermediate Risk	Moderate growing / May spread
Exceptionally abnormal	Gleason 8-10 / High/Very High Risk	Fast growing / More likely to spread

Will the doctor(s) tell me what treatment to have?

Your doctor(s) will suggest a treatment that is safe for you. Treatment suggestions are based on many factors including:

- How much cancer you have, where it is and how fast it might grow.
- Age
- Health history



What if the doctor(s) tell me I can choose between treatments?

You may be offered more than one treatment (i.e., surgery or radiation) and the choice may be up to you.

What if I am having a hard time deciding on a treatment

It can be difficult to decide on which treatment to have for your prostate cancer.

Island Prostate Centre can help.

Tips for helping you decide:

- Get the opinion of more than one doctor (i.e., urologist and radiation oncologist)
- Speak to others who have had similar treatment (1:1 peer support or group support)
- Learn more about your options (watch videos, or read books created by Canadian doctors or nurses)
- Talk to **Island Prostate Centre's Nurse Navigator**

What does the Prostate Cancer Nurse Navigator do?

Island Prostate Centre's Prostate Cancer Nurse Navigator provides education and support to patients who have prostate cancer and their families. The Nurse Navigator can help make a decision that is best for you.

All appointments are:

- In person, via zoom, or over the phone
- Confidential
- Free
- Patient centered
- Free of bias
- Educational
- Do not require a doctor's referral

Call us at 250-388-0214 and book an appointment today.

We are here to help.

Treatment for localized and locally advanced prostate cancer

ACTIVE SURVEILLANCE

Not a treatment, but a monitoring strategy.

Active surveillance means that the doctors will closely monitor your cancer.

This may be recommended if your Gleason score is 6 or 7, if your PSA is less than 10, if you are an older person that has other medical issues, or if this strategy is your preference.

Risk factors: Some people have anxiety while on active surveillance. Rarely, the disease may spread more quickly than anticipated.



SURGERY

Open Radical Prostatectomy is available in Victoria.

During this 2-hour surgery (approx.), you would be put to sleep. Following this, the entire prostate and seminal vesicles are removed (sometimes lymph nodes too). The hospital stay is around 2 days. You will have a catheter for about 2 weeks (tube that drains urine out of your penis). Recovery from a radical prostatectomy is around 6–8 weeks.

This may be recommended for you if you are under 70 years of age, without any significant health issues and have an intermediate/high Gleason score.

Risk factors: Pain, infection, scar tissue between bladder and urethra (tube that drains urine), incontinence, temporary or permanent erectile dysfunction.

RADIATION

All types of radiation discussed here are available at the BC Cancer Agency in Victoria.

External Radiation

There are two types of external radiation available in Victoria: External Beam Radiation Therapy and Stereotactic Body Radiotherapy.

External Beam Radiation Therapy (EBRT)

EBRT is low dose external radiation.

Multiple x-rays deliver radiation outside your body to a specific area. Radiation is given every day (Monday–Friday) for 1–2 months. Sessions are 10–30 minutes in length. You can drive yourself to your appointment and home again.

Bowel irritation is more common with external radiation.

Stereotactic Body Radiotherapy (SBRT)

SBRT is similar to external beam radiation (EBRT), but the radiation dose is high. SBRT is given once a week for 5 weeks or every other day for 2 weeks.

Internal Radiation

Brachytherapy (seed therapy)

Low-dose Brachytherapy

Brachytherapy is a one-time procedure. During the procedure you are put to sleep, and an ultrasound probe is inserted into your rectum. The probe helps the doctor see where to implant the radioactive seeds (which are left there permanently).

There are approximately 80–100 seeds inserted. After 6 months, 85% of the radiation is emitted.

Bladder irritation is more common with brachytherapy.

Risk Factors for any type of radiation for prostate

cancer: For a short time after radiation, you may feel tired, have an upset stomach, or not have much of an appetite. Your bowel or bladder may become irritated as they are close to the prostate.

Bladder irritation may include feeling like you must pee more often or more urgently, having a bit of blood in your urine, a bit of pain when voiding, leaking or feeling like it is hard to get the urine out.

Bowel irritation may include diarrhea or loose stool.

HORMONE THERAPY

Prostate cancer uses testosterone (a hormone your body produces) to grow. Your doctor may recommend that you take Androgen Deprivation Therapy (ADT) which is a medication that stops your body from making or using testosterone. ADT can shrink or slow down the growth of your prostate cancer.

Your doctor may recommend that you receive injections (example: once every 3 months). The duration may depend on the location of your prostate cancer, your Gleason score, and/or your preference.

Risk factors: There are multiple possible risk factors including (but not limited to) hot flashes, fatigue, mood changes, or no libido.

Why should I connect with Island Prostate Centre?

Patient Testimonials

“Thank you for your call today. The time you spent explaining my options and answering our questions is most appreciated. Though naturally the future remains uncertain, we both feel a greater sense of peace knowing we are not alone on this journey.”

“It was so reassuring to find someone who had the information (that we would not likely find otherwise) and who was so easy to talk with. Thank you for your help. We will be looking at the information that you have sent to us.”

Island Prostate Centre's programs are designed to head-off the feelings of isolation, stress and fear that can accompany a diagnosis.

- Prostate Health Nurse Navigator
- Prostate Cancer Support Group
- Cancer Recovery Exercise Program
- Prostate Cancer Peer Support Program
- Prostate Walking Group

For more information on prostate cancer, treatments and risk factors, visit our website, or **book an appointment today with our Nurse Navigator.**

We are here to help.



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