




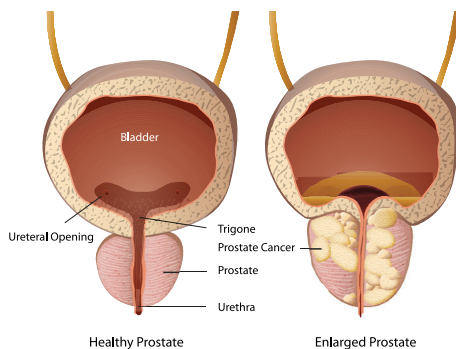
ROSWELL PARK COMPREHENSIVE CANCER CENTER

PROSTATE CANCER *Info Sheet*



 **BY AGE**
50
cancerous prostate cells
are present in about half
of American men.
however
not all prostate cancers need
to be diagnosed or treated.

IF TREATMENT IS NEEDED
90% of men treated
for early-stage
prostate cancer
are cured.



Prostate cancer comes in two types: **aggressive** and **indolent (inactive)**. Most men with indolent prostate cancer can be monitored and begin treatment only if their cancer grows.

WHAT YOU SHOULD KNOW

The **prostate** is a walnut-sized gland in men that makes some of the fluid found in semen. Cancer cells that begin in the prostate can multiply to form a tumor, which may spread to nearby tissues.

WHO HAS INCREASED RISK?

Some men face higher risk for prostate cancer due to these factors:

- ✓ African-American race
- ✓ Family history (a father or brother diagnosed with prostate cancer)
- ✓ A known genetic mutation in the BRCA1 or BRCA2 genes

SYMPTOMS TO TELL YOUR DOCTOR

Prostate cancer typically does not cause signs or symptoms in its early stages. As it advances, patients may experience:

- ✓ Difficulty urinating
- ✓ Decreased urine flow
- ✓ Blood in the urine
- ✓ Swelling in the legs
- ✓ Pelvic area discomfort
- ✓ Bone pain

These symptoms are most commonly due to benign conditions—such as an **enlarged prostate** or an **infection**. If you have any of the above symptoms, see your doctor to determine the cause.

PROSTATE CANCER EARLY DETECTION

Men should have a discussion with their primary physician about early detection testing, which involves these two steps:

- ✓ **Digital rectal exam** allows the doctor to feel the prostate and detect unusually firm or irregular areas.
- ✓ **PSA test** measures your level of prostate-specific antigen (PSA) in your blood.



ROSWELL PARK
COMPREHENSIVE CANCER CENTER

1-800-ROSWELL (1-800-767-9355) | RoswellPark.org

Roswell Park's community practices offer our high-quality cancer care, closer to home. For a full list of our suburban locations, both north and south of Buffalo, visit RoswellPark.org/locations.

WHEN SHOULD I UNDERGO TESTING?

If you decide that **Prostate Cancer Early Detection** is right for you, the guidelines of the National Comprehensive Cancer Network (NCCN) recommend digital rectal exams and PSA testing as follows:

- ✓ **Baseline testing at age 45**
(to compare with later years' results)
- ✓ **Continue regular testing** at 1- to 4-year intervals, depending on your baseline or previous PSA level, your age and your risk factors.
- ✓ **Men over age 75**, or those with a life expectancy of less than 10 years, should undergo prostate exams but discontinue PSA screening.

WHY ROSWELL PARK FOR PROSTATE CANCER?

- ✓ **Nationally-recognized** as one of a select group of comprehensive cancer centers designated by the National Cancer Institute, and a member of the National Comprehensive Care Network (NCCN).
- ✓ **Multidisciplinary care approach** by a team of prostate cancer experts including oncology-focused urologists and medical and radiation oncologists, plus psychologists, social workers, dietitians and others who work together – under one roof.
- ✓ **Surgeons with high-volume experience** in robot-assisted surgery for prostate cancer. 100% of prostatectomies are performed robotically.
- ✓ **Success above National Average.** We consistently perform above the average for preserving erectile function and urinary continence after surgery, reducing side effects that greatly impact quality of life.
- ✓ **Radiologists with special expertise** in 3-Parameter MRI to distinguish aggressive from indolent cancer.
- ✓ **Access to the latest treatments** including the newest drugs, immunotherapy and other options that may not be available from other providers.



WHAT IS *Active* SURVEILLANCE

Most men with low-risk prostate cancer do not need cancer treatment right away. With active surveillance, we carefully monitor your cancer with timely exams, PSA testing, prostate MRI and biopsy (if needed) and proceed to treatment only if necessary. This allows many men (who would never need cancer treatment) to avoid the side effects of surgery or radiation.

GET A SECOND OPINION

If you have a cancer diagnosis, you need a second opinion. We can arrange for our prostate cancer experts to review your scans and pathology and schedule a consultation.

WHY IT MATTERS

In about 30% of prostate cases we review, the risk group assessment or diagnosis is changed, impacting your treatment options, decisions and the way forward.



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MEET OUR DOCTORS

Urology

1. James Mohler, MD, FACS
Chair, NCCN Prostate Cancer Panel
2. Khurshid Guru, MD
3. Eric Kauffman, MD
4. Qiang John Li, MD, PhD
5. Thomas Schwaab, MD, PhD

Medicine

6. Gurkamal Chatta, MD
7. Amy Early, MD, FACP
8. Saby George, MD, FACP
9. Ellis Levine, MD, FACP

Radiation Oncology

10. Michael Kuettel, MD, PhD, MBA
11. Anurag Singh, MD

Radiology

12. Craig Hendler, MD