

# INFORMATION FOR MEN WITH NEWLY DIAGNOSED PROSTATE CANCER

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# Prostate cancer

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- 1 of 6 men in US will have prostate ca
- 1 of 35 will die from prostate ca
- Since 1995, 2.6 million men have been diagnosed; almost 375,000 have succumbed
- PSA screening leads to diagnosis of 90% of men with localized prostate ca

# Prostate cancer

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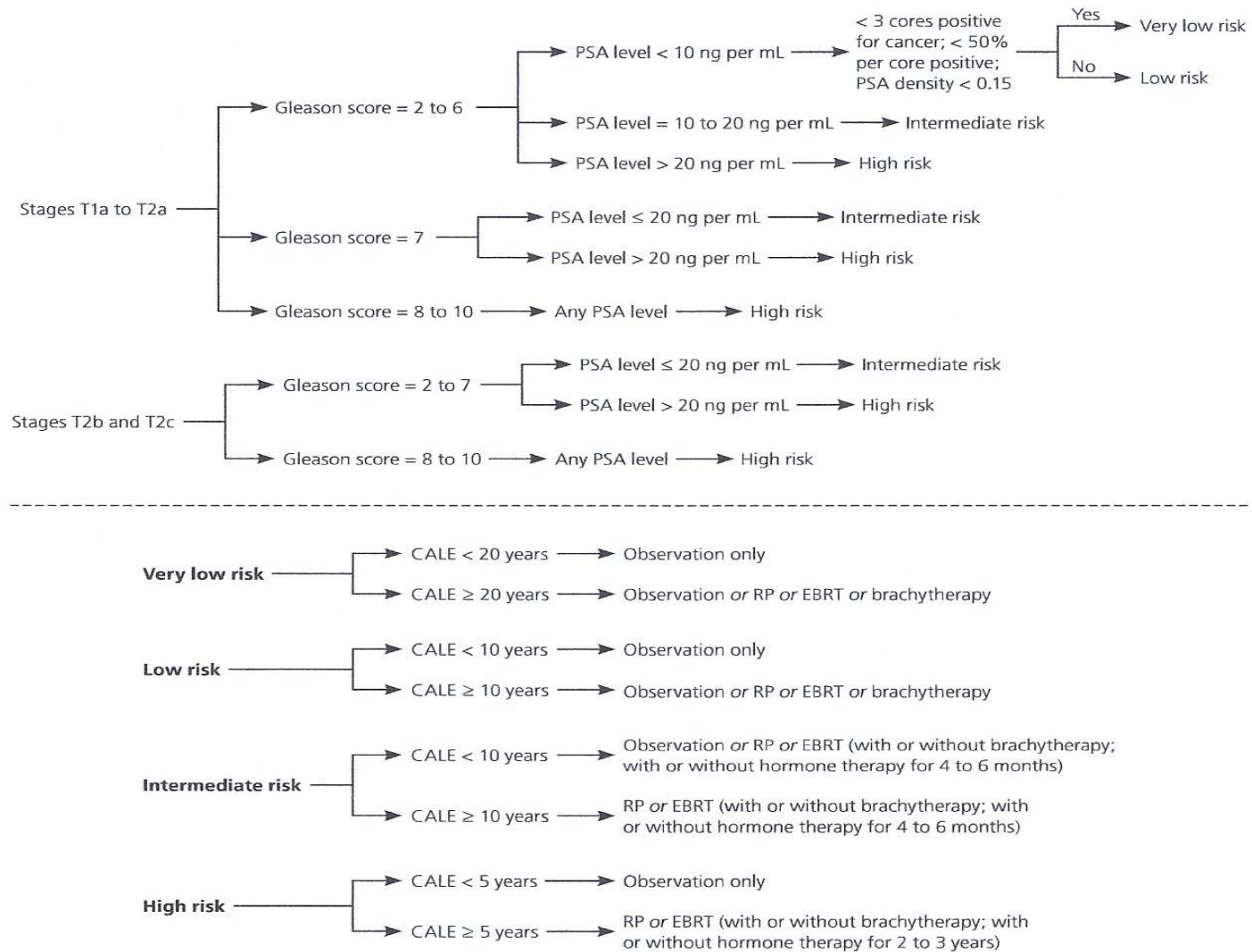
- Low Grade Cancer  
PSA < 10 ng/ml, often between 2.5 – 4.0

low number of positive cores, or low percentage of core content positive for cancer

Gleason score 6

Tumor Grade T<sub>1</sub>-T<sub>2</sub>

## Determining Treatment for Localized Prostate Cancer



**Figure 2.** Algorithm based on a guideline from the National Comprehensive Cancer Network for selection of treatment for localized prostate cancer. (CALE = comorbidity-adjusted life expectancy; EBRT = external beam radiation therapy; PSA = prostate-specific antigen; RP = radical prostatectomy.)

**Table 1a. Patient-Administered 12-Item Charlson Comorbidity Index**

Which medical problems have you had?	Has this condition limited your activities, or do you need to take prescription medicine?	
	Yes	No
<input type="checkbox"/> Inflammatory bowel disease	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Liver disease	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Stroke	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ulcer	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Chest pain	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Chronic lung disease	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Depression	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Diabetes mellitus	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Heart attack	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Heart failure	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>

NOTE: *Inflammatory bowel disease, liver disease, stroke, and ulcers are scored as one disease each, regardless of severity. The remaining eight conditions are scored as one disease each only if the conditions limit the patient's activity or require prescription medications.*

Information from reference 23.

**Table 1b. Comorbidity-Adjusted Life Expectancy in U.S. Men**

Age (years)	Life expectancy (years)		
	Top quartile of health (no disease)*	Middle two quartiles of health (1 or 2 diseases)*	Bottom quartile of health (3 or more diseases)*
50	42.69	28.46	14.23
51	41.43	27.62	13.81
52	40.18	26.79	13.39
53	38.94	25.96	12.98
54	37.71	25.14	12.57
55	36.49	24.33	12.16
56	35.28	23.52	11.76
57	34.06	22.71	11.35
58	32.88	21.92	10.96
59	31.69	21.13	10.56
60	30.54	20.36	10.18
61	29.4	19.6	9.8
62	28.27	18.85	9.42
63	27.16	18.11	9.05
64	26.07	17.38	8.69
65	25.00	16.67	8.33
66	23.94	15.96	7.98
67	22.90	15.27	7.63
68	21.88	14.59	7.29
69	20.89	13.93	6.96
70	19.90	13.27	6.63
71	18.96	12.64	6.32
72	18.01	12.01	6.00
73	17.11	11.41	5.70
74	16.21	10.81	5.40
75	15.36	10.24	5.12
76	14.52	9.68	4.84
77	13.71	9.14	4.57
78	12.93	8.62	4.31
79	12.16	8.11	4.05
80	11.43	7.62	3.81

\*—Number of diseases refers to the conditions listed in the Charlson Comorbidity Index. Adapted with permission from Mohan R, Beydoun H, Davis J, Lance R, Schellhammer P. Feasibility of using guidelines to choose treatment for prostate cancer. *Can J Urol.* 2010;17(1):4983.

**Table 2. Adverse Effects Two Years After Prostate Cancer Treatment**

<i>Adverse effect</i>	<i>Watchful waiting (%)</i>	<i>Surgery (%)</i>	<i>External beam radiation (%)</i>	<i>Hormone therapy (%)</i>
Bowel problems (urgency)	16	14	29	16
Erectile dysfunction (no erections at all)	33	58	43	86
Urinary problems (leaking)	7	35	12	11

*Adapted from Agency for Healthcare Research and Quality. Treating prostate cancer. A guide for men with localized prostate cancer. <http://www.effectivehealthcare.ahrq.gov/ehc/products/9/98/ProstateCancerConsumer.pdf>. Accessed June 4, 2010.*

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### **Table 3. Canadian Protocol for Active Surveillance of Prostate Cancer**

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#### **Eligibility criteria**

PSA level  $\leq$  10 ng per mL (10 mcg per L), Gleason score of 6 or lower, and stage T1c or T2a cancer

For men with more than 15-year life expectancy: fewer than three biopsy cores and less than 50 percent of any one core involved

#### **Follow-up schedule**

PSA testing and digital rectal examination every three months for two years, then every six months as long as PSA level is stable

10 to 12 core biopsies at one year, then every three years until 80 years of age

Optional: transrectal ultrasonography on alternate visits

#### **Indications for intervention**

PSA doubling time less than three years (based on at least eight determinations; required in about 20 percent of patients)

Progression to Gleason score of 7 (4+3) or higher (required in about 5 percent of patients)

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*PSA = prostate-specific antigen.*

*Adapted with permission from Klotz L. Active surveillance for prostate cancer: for whom? J Clin Oncol. 2005;23(32):8167.*

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