

Prostate Cancer Facts

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FACTS:

- In 2003, 221,000 American men were diagnosed with prostate cancer
- Only skin cancer was more common
- Average age of diagnosis was 72

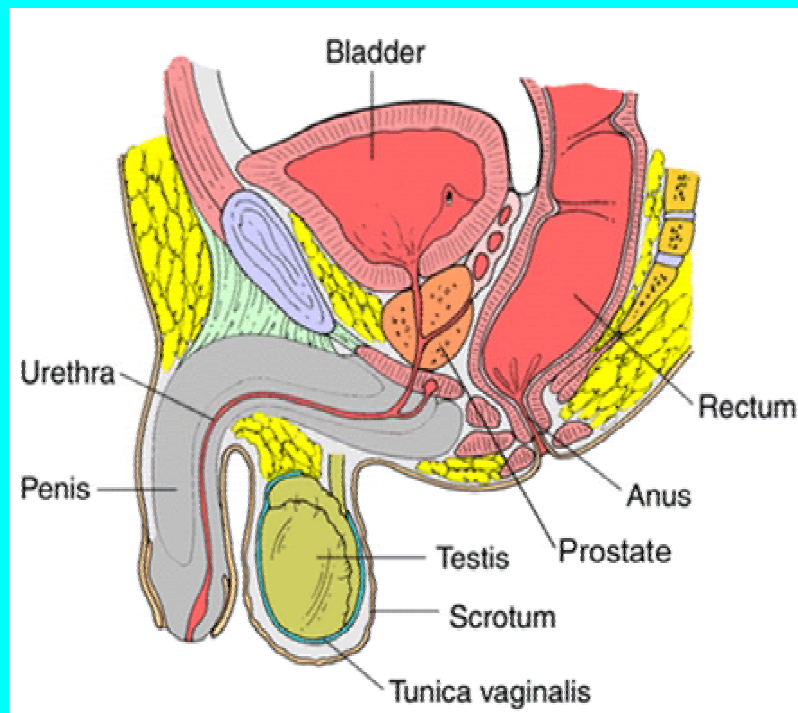
FACT:

- In 2003, 29,000 American men died of Prostate Cancer

What is the prostate gland

- An essential part of the male reproductive system
- Produces semen
- Sits at the base of the bladder, before the penis

Anatomy



- Bladder
- Prostate
- Penis

Natural History of Prostate Cancer

- A very slow growing cancer
- Can take 5 to 15 years to progress
- Usually unlike faster growing cancers (pancreatic, lung) that take months to progress

Early Detection: Combination

- Prostate Exam
- PSA Blood Test

Digital Prostate Exam

- Often only detects later-stage cancers
- Larger cancers that have a high probability of already spreading outside the prostate
- Was the only test we had until 15 years ago
- Men were often only detected after cancer spread

PSA Test

- Prostate Specific Antigen
- Can detect early cancer
- Not a perfect test

Elevated PSA

Can be caused by:

- Cancer
- Normal enlargement of the prostate with age (BPH)
- Prostate infection

Recommendations

- Yearly Prostate exam starting at age 50
- Yearly PSA test from age 50 to 75

Men with a Family History of Prostate Cancer

- 2X the risk of developing Prostate Cancer in their lifetime
- Baseline PSA test at age 40
- Yearly PSA test at age 45

Anti-Oxidant Vitamins

- Vitamin E 400 IU
- Selenium 100 mcg
- Lycopene 10 mg

UDAMIN Vitamins/USANA

Patients often request

Treatment Options

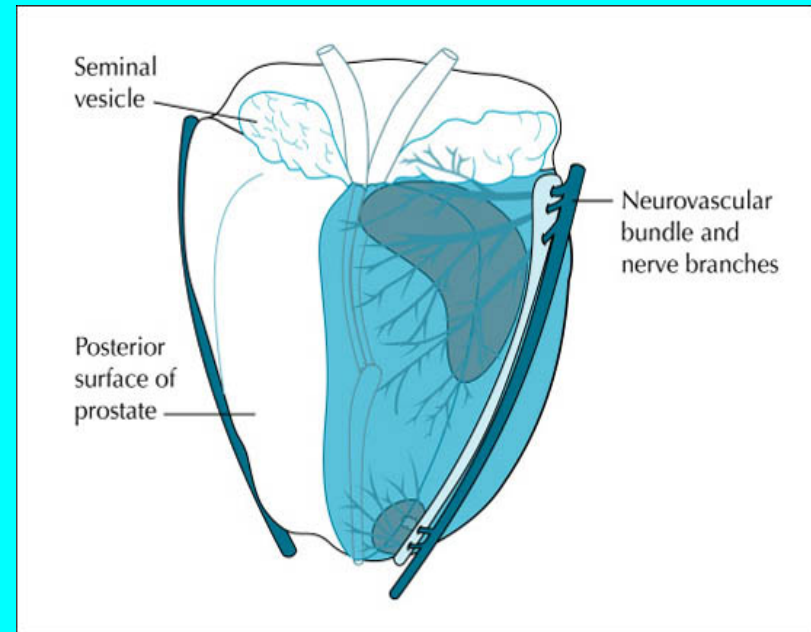
- Observation/Do nothing
- Surgery
- Chemotherapy
- Radiation
- Hormone therapy

Surgery

- 2 to 3 hours
- 2 to 3 days in the hospital
- Catheter for 2 to 3 weeks
- 50% will have trouble with erections
- 10% will have serious urinary continence issues

Nerve Sparing Surgery

- Leads to better erectile function
- Not for everyone – only men with a high probability of cancer that hasn't spread
- Increases the blood loss
- Adds only 15 minutes to the surgery
- Erections usually return in 3 to 12 months



Case Examples

- 85 year old male with serious heart condition, PSA of 5.6, and early prostate cancer found on biopsy
- 47 year old healthy male, a PSA of 4.1, and early prostate cancer

Robotic Surgery

- Better continence
- Better erections?
- Longer procedure