

LIVING WITH ADVANCED PROSTATE CANCER

Advanced Prostate Cancer—Prostate cancer can spread to your bones and soft tissue. This is called advanced or metastatic prostate cancer.

BONE METASTASIS

When prostate cancer spreads to your bones, it is called bone metastasis, because some prostate cancer cells are growing in your bones. This does not mean that you have bone cancer. You still have prostate cancer except now it is metastatic.

Metastases can occur in any bone in the body, but the spine is the most common site.

Other common sites include the hip bone, upper leg bone, upper arm bone, ribs and skull.

Bone metastasis can interfere with the bone's normal health and strength, which leads to bone pain, fractures, or other complications.

Although there is no cure, many people with metastatic prostate cancer live many years with appropriate treatment.

Symptoms of Prostate Cancer Bone Metastasis Include:

Bone pain. This is the most common symptom. At first, the pain may come and go and get worse at night. Eventually, the pain gets worse and is constant.

Broken bones. Bone metastasis weakens bones which increase the risk of fractures especially in the arms, legs and spine. Sudden pain in the middle of the back may also indicate a bone breaking.

Loss of appetite, nausea, thirst, constipation, tiredness, or confusion. These are all signs that there may be high levels of calcium in the blood. A coma may result if untreated.

Spinal Cord Compression. If bone metastasis occurs in the spinal area, this leads to back pain or experiencing pain and difficulty while walking. Symptoms include numbness or weakness, and trouble urinating or having a bowel movement. If left untreated, this can cause paralysis.

Other symptoms. Bone metastasis can impact your quality of life. If bone metastasis affects your bone marrow, your red blood cell levels may drop and you may feel tired, weak, and short of breath.

Metastatic Cancer

Metastatic cancer is cancer that has spread from the place where it first started to another place in the body. Metastatic cancer has the same name and same type of cancer cells as the original cancer.

You may also get fevers, chills, fatigue, pain and abnormal bruising. These are signs that you may be anemic.

If you have any of the above symptoms, visit your healthcare provider. He/she will do one of the following tests to determine if the cancer has spread:

- Bone scan
- Computed tomography scan
- Lab tests
- Magnetic resonance imaging scan
- X-rays
- Biopsy

To find out more about these tests, visit the National Cancer Institute.

www.cancer.gov/cancertopics/types/prostate

TREATMENT

Treatment can slow the spread of advanced prostate cancer and relieve symptoms. Your healthcare provider will determine appropriate treatment based on:

- Which bones the cancer has spread to
- Whether any bones have been weakened or broken
- Which treatments you have already had
- Your general state of health

Treatment options for advanced prostate cancer include:

- Bisphosphonates: drugs that prevent the loss of bone mass
- Denosumab: an injection used to reduce fractures in the bones from cancer
- Radium-223: an injection for the treatment of bone metastases which has shown an anti-tumor effect
- Radiation therapy for palliation and radiopharmaceuticals
- Chemotherapy and hormone therapy
- Immunotherapy: attempts to stimulate the immune system to destroy tumors
- Surgery
- Analgesics: pain relief medications
- Other treatments, including physical therapy



QUESTIONS FOR YOUR HEALTHCARE PROVIDER

It's important that you become a proactive partner in your healthcare in order for you to get the best treatment. Here are some questions you can ask your healthcare provider.

- How extensive are my bone metastases?
- Which is the best treatment for me and why?
- What are the risks, benefits and side effects of this treatment?
- Is the recommended treatment intended to cure the cancer, help me live longer, or relieve/prevent some of the symptoms?
- How can I manage the pain?
- How do I strengthen my bones and prevent them from breaking?
- Are there any clinical trials that would be suited for me?

OTHER TYPES OF ADVANCED PROSTATE CANCER

Bone metastasis is the most common type of advanced prostate cancer, making up 90% of the cases. Other common types include:

Brain Metastasis: Symptoms include headache, dizziness, visual problems, speech problems, nausea, difficulty walking or confusion.

Liver Metastasis: Symptoms include weight loss, nausea, loss of appetite, abdominal fluid or jaundice (yellowing of the skin and whites of eyes, dark urine, and light colored stools).

Lung Metastasis: Symptoms are usually vague and can be confused with symptoms of other lung conditions. They include a cough, coughing up blood, chest pain or shortness of breath.

To find out more about each of the different prostate cancer metastasis sites see the resource list.

RESOURCES

NATIONAL CANCER INSTITUTE

Toll-free: 1-800-422-6237

TTY: 1-800-332-8615

www.cancer.gov

Prostate Cancer, including information on clinical trials

www.clinicaltrials.gov

NATIONAL COMPREHENSIVE CANCER NETWORK

www.nccn.org

PROSTATE HEALTH GUIDE

www.prostatehealthguide.com

CANCERCARE

Toll-free: 1-800-813-4673

www.cancercare.org

MEN'S HEALTH RESOURCE CENTER

www.menshealthresourcecenter.com

MEN'S HEALTH LIBRARY

www.menshealthlibrary.com

SUPPORT GROUPS

US Too International

www.ustoo.org

Prostate Cancer Roundtable

www.prostatecancerroundtable.net

Want to Learn More?

For more information on other health problems that affect men, boys and their families visit

www.menshealthnetwork.org

MEN'S HEALTH NETWORK

P.O. Box 75972

Washington, DC 20013

202-543-MHN-1

info@menshealthnetwork.org

www.menshealthnetwork.org

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Every year over 230,000 men will be diagnosed with prostate cancer and approximately 30,000 will die of it.

Prostate Cancer
Diagnosis | Stages | Treatment

RISK FACTORS INCLUDE

- **AGE** – 40 or above for men with a family history of prostate cancer and African-American males, 50 or above for other men.
- **FAMILY HISTORY** – The risk is doubled if a father, brother or close male blood relative has had prostate cancer.
- **RACE** – African-Americans have the highest rate of prostate cancer.
- **GENES** – Some genes have been linked to a higher risk of prostate cancer.
- **VIET NAM VETERANS** – Exposure to Agent Orange.
- **BASELINE PSA** – Men in their 40s with a baseline PSA above 1.0 to 2.4 ng/ml have a greater future risk.
- **NUTRITION** – Eating a diet low in fiber and high in fat may increase cancer risk.

SYMPTOMS

In early stages, prostate cancer has no apparent symptoms. Once prostate cancer is advanced, symptoms include:

- Blood in the urine
- Trouble getting an erection
- Chronic pain in the hips, thighs, or lower back

The lack of early symptoms and the overlap of symptoms with conditions such as BPH make prostate cancer difficult to diagnose.

It's essential that you get screened regularly!

DIAGNOSING PROSTATE CANCER

Prostate cancer is often discovered during a regular checkup with a DRE (digital rectal exam) and/or PSA (prostate specific antigen).

- **PSA** – Prostate Specific Antigen: A blood test that can often detect a prostate related problem. An abnormal test may mean additional testing is needed.
- **DRE** – Digital Rectal Exam: A test where the doctor puts a gloved finger in the rectum to feel the prostate.

If your PSA or DRE test is abnormal, your healthcare provider may do more testing using:

- **BIOPSY** – Small pieces of prostate tissue are examined under a microscope.
- **URINALYSIS** – Used to rule out BPH or prostatitis.
- **IMAGING** – Ultrasound uses sound waves to produce an image of the prostate. MRI and CT scans use computers to produce images. Bone scanning can look for cancer that might have spread to the skeletal system.
- **TRANSRECTAL ULTRASOUND (TRUS)** – A test using sound wave echoes to create an image of the prostate gland to visually inspect for abnormal conditions.
- **LYMPH NODE BIOPSY** – Examination of small samples from the lymph nodes can determine whether the prostate cancer has spread.

Consult with your healthcare provider and ask if other tests are available.

STAGES

There are 4 stages of prostate cancer. The stage depends on:

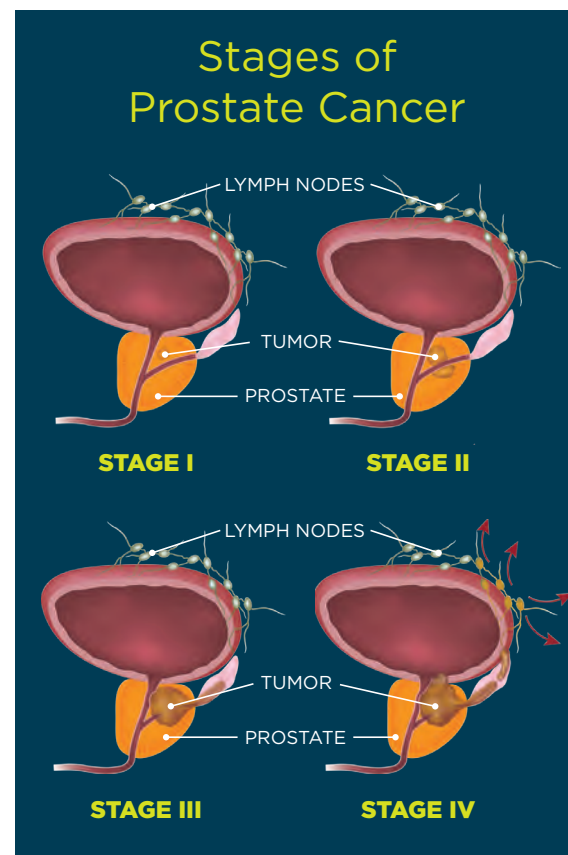
- How far the prostate cancer cells/ tumor have spread.
- The Gleason score (grade) – A low score means the tumor is less likely to spread; a high score means the tumor is more likely to spread.
- The PSA level.

STAGE I – This is the early stage when the cancer is only in the prostate.

STAGE II – The tumor is more advanced, but doesn't extend beyond the prostate.

STAGE III – The tumor extends beyond the prostate, may have invaded a seminal vesicle, but has not spread to lymph nodes.

STAGE IV – This is advanced prostate cancer. The tumor may have spread to the bladder, rectum, lymph nodes, bones, or other parts of the body.



TREATMENT

There are several treatment options available depending on the stage of cancer you have. Your healthcare provider will take the following into account when determining the best treatment option for your case:

- Your age at diagnosis
- How severe your cancer is
- Whether or not you have other health conditions
- Whether or not you and your healthcare provider feel it's necessary to treat the cancer
- The likelihood that each type of treatment will cure your cancer (or provide some other measure of benefit)
- The possible side effects from each treatment

Initial treatment for prostate cancer may include one or a combination of the following:

- **ACTIVE SURVEILLANCE** – Delaying treatment until test results show that your prostate cancer is growing or changing.
 - **SURGERY** – Removal of the prostate (prostatectomy).
 - **RADIATION THERAPY** – External beam or Brachytherapy.
 - **HORMONE THERAPY** – Treatment removes hormones or blocks their action to stop cancer cells from growing.
- Other treatment options may include:*
- **CRYOSURGERY (CRYOTHERAPY)** – Prostate cancer cells are frozen and destroyed.
 - **CHEMOTHERAPY** – Primarily for the treatment of advanced or recurrent prostate cancer that does not respond to hormone therapy.

See the advanced prostate cancer section for more treatment options.

SECOND OPINION:

If you feel uncertain as to what your treatment options are, you should seek a second opinion from another healthcare provider such as an urologist, radiation oncologist, or medical oncologist.

PREVENTING PROSTATE CANCER

Talk to your health care provider about getting your prostate checked yearly after age 50. If you are African American, have a family history or are a veteran exposed to Agent Orange, speak to your healthcare provider about getting checked beginning at age 40 as you may be at higher risk.

There's no sure way to prevent prostate cancer, but a healthy lifestyle may help reduce the risk of prostate cancer.

- Eat a diet high in fiber, soy protein, fruits, and vegetables.
- Watch your weight. Obesity may increase the risk of cancer.
- Exercise regularly.
- Don't smoke.
- Limit alcohol and caffeine.
- Drink lots of water. This can help flush out your bladder.



What is BPH?

Benign prostatic hypertrophy (BPH) is a non-cancerous enlargement of the prostate gland, commonly found in men over the age of 50. It causes many of the same symptoms as prostate cancer.

