



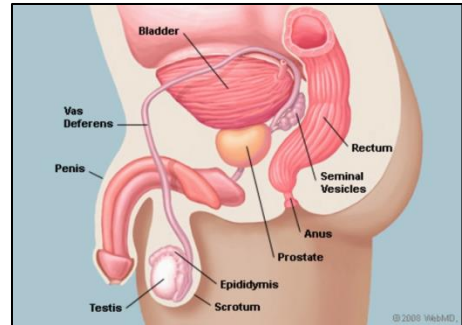
# Southwest Urologic SPECIALISTS, PC

## Prostate Cancer Treatment Overview

### Prostate Anatomy

The prostate is a small, walnut shaped and sized gland located in front of the rectum and below the bladder. The prostate surrounds the urethra which carries urine from the bladder through the tip of the penis.

The primary function of the prostate is to produce fluid that makes up about 10-30% of semen. The prostate also acts as a valve that allows sperm and urine to flow in the right direction, and acts as a pump to force semen into the urethra during an orgasm.



### Prostate Cancer Treatment

Treatment of prostate cancer depends on many factors, such as the stage of the cancer, the size of the prostate, the age and health of the patient. Treatments include:

**Brachytherapy-** A form of internal radiotherapy where radioactive seeds or pellets are implanted directly into the tumor to kill surrounding prostate tissue, including cancerous tissue. Some patients may go through external beam radiation simultaneously.

**Chemotherapy-** The treatment of disease by chemicals that kills cells, or disrupts their ability to multiply. Chemotherapy is typically used when prostate cancer has spread beyond the prostate.

**Cryotherapy-** Also known as cryoablation. This is a minimally invasive surgery capable of using controlled freeze and thaw cycles to destroy cancer cells. This can be an effective treatment for some men with localized prostate cancer.

**External Beam Radiation Therapy-** Uses high energy rays to kill cancer cells. Radiation is sometimes used as the initial treatment for low grade tumors and can be used for cancers that recur after surgery.

**HIFU (High Intensity Focused Ultrasound)-** A minimally invasive treatment approach using ultrasound to heat/ablate prostate tissue without injuring surrounding structures.

**Hormone Therapy-** Also known as ADT (Androgen-Deprivation Therapy). Is designed to stop testosterone from being released. Testosterone is the main male androgen and assists in the growth of prostate cancer cells. By reducing the amount of testosterone in the body, the cancer growth slows and can even stop.

### Surgical Options

**Radical Prostatectomy** – A surgical procedure done under general anesthesia to remove the entire prostate gland.

**Robotic Prostatectomy**- The removal of the prostate gland via a minimally invasive robotic surgery. This procedure typically removes the cancerous prostate gland.

**Watchful Waiting**- A decision made by the patient to not go forward with treatment. Instead, labs are drawn regularly to monitor the prostate cancer closely. Active treatment can always begin if the disease progresses.

### **Your Responsibility**

Educate yourself. A lot of valuable information can be found on the internet, in books and videos, and from national organization. Some of these resources are listed below. Your main source of information will and should come from your doctor.

Make sure you are available for each appointment and come with questions regarding your treatment options. Always report any new symptoms to your doctors.

Get plenty of sleep, eat a nutritious diet and exercise regularly. A healthy lifestyle is optimal.

Surround yourself with family and friends. A support system to keep your outlook positive is very important in helping you maintain your health. Don't hesitate to talk with your healthcare team about concerns. You may also wish to seek the help of a counselor, clergy person or social worker.

Most importantly, do what you enjoy.

### **Other Helpful Resources**

- American Cancer Society  
Phone: 1-800-227-2345  
Website: [www.cancer.org](http://www.cancer.org)
- American Foundation for Urologic Disease  
Phone: 1-800-242-2383  
Website: [www.afud.org](http://www.afud.org)
- American Institute for Cancer Research  
Phone: 1-800-843-8114  
Website: [www.aicr.org](http://www.aicr.org)
- National Cancer Institute  
Phone: 1-800-422-6237  
Website: [www.cancer.gov](http://www.cancer.gov)