

What Is The Right Way To Treat Prostate Cancer?

There is no "right" way to treat prostate cancer. Some treatments may work well for one patient but not for another patient.

Four common treatments are:

- ◆ Surgery to remove the prostate
- ◆ Radiation therapy to kill cancer cells with high energy rays
- ◆ Cryotherapy or cryoablation to freeze and kill the cancerous prostate
- ◆ Hormonal therapy to stop the cancer from growing

When deciding on a treatment, the doctor and patient should consider the age and health of the patient, the severity of the disease, the risks and benefits of the treatments, and the preferences of the patient.

Sometimes, it may not be a good idea to rush into treatment. In these cases, the doctor will carefully monitor the patient through regular check-ups.

Does Treatment Of Prostate Cancer Have Side Effects?

So far, all treatments for prostate cancer come with risks and side effects. You should ask your doctor to explain the risks and side effects of the treatment options.

**A program of the Kidney & Urology Foundation of America, Inc.
Assisted by the National Cancer Institute**

I am interested in receiving more information on kidney and urologic issues. Please contact me by:

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The Kidney & Urology Foundation of America, Inc. is a national, not-for-profit organization dedicated to helping people avoid the debilitating effects of kidney and urologic diseases - disorders affecting as many as 70 million Americans today.

By funding research, medical conferences, and interdisciplinary hospital initiatives, the Kidney & Urology Foundation provides the leadership necessary to promote a better understanding of kidney and urologic diseases.

We are committed to making research and resources accessible to patients and their families, as well as to caregivers, and we measure our success by our ability to respond meaningfully and personally to the public and to people in need.

To show your support of a family member, friend, or a loved one or to celebrate a special occasion, consider making a gift to the Kidney & Urology Foundation of America. All donations bring hope and help to the millions of Americans, young and old, suffering from kidney, urologic, and related diseases.

For more information on arranging a legacy, gifts of real estate, automobiles and securities, please contact:

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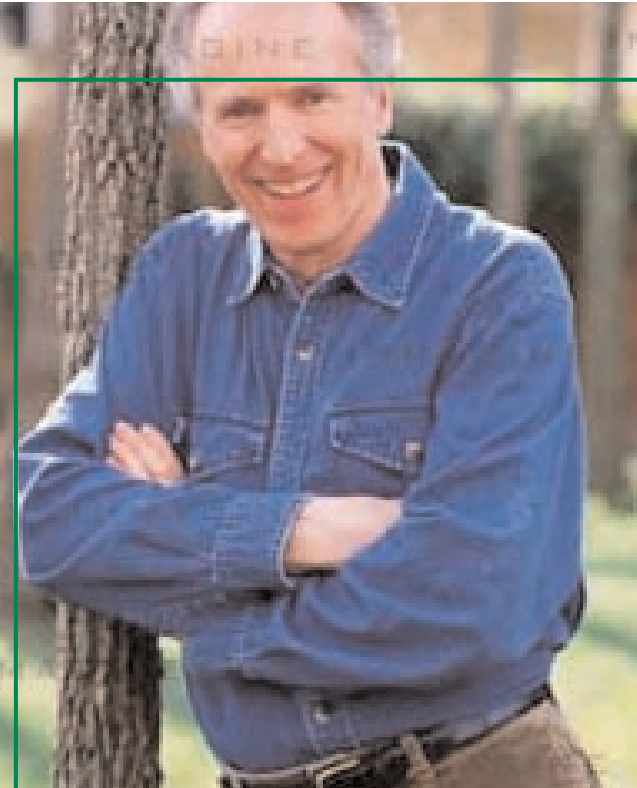


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What You Should Know About Prostate Cancer

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What Is The Prostate?

The prostate is a walnut-sized gland in the adult male's reproductive system. It is located right below the bladder, in front of the rectum.

What Is Prostate Cancer?

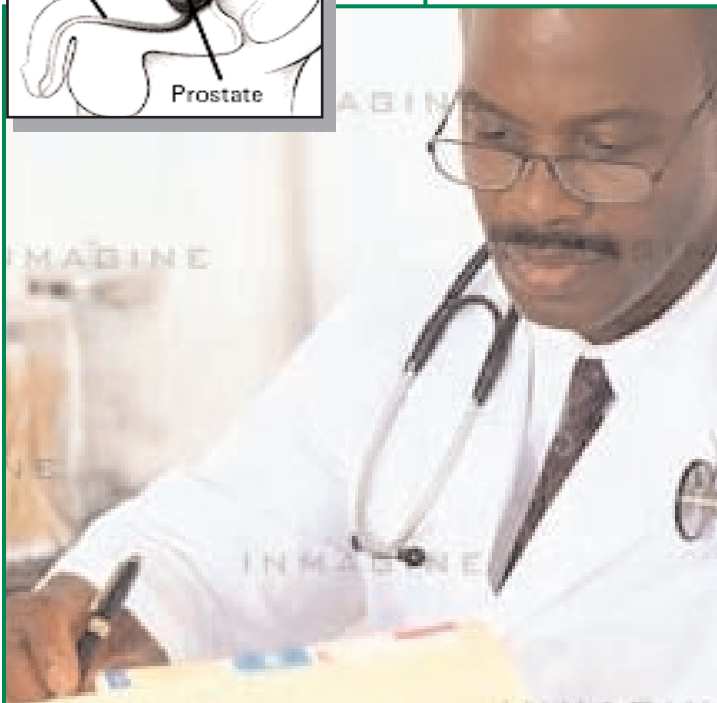
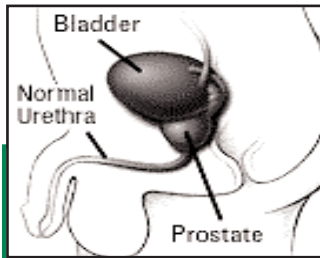
Prostate cancer is a disease in which cancer cells grow in the prostate and then spread to other parts of the body, especially the bones. It is the most common type of cancer found in American men. The risk of getting prostate cancer increases with age and is mainly found in men 55 years old and up.

What Are The Symptoms Of Prostate Cancer?

Often, there are no symptoms of prostate cancer.

However, the symptoms of an enlarging prostate may include:

- ◆ Frequent trips to the bathroom (especially at night)
- ◆ Trouble going to the bathroom
- ◆ Pain or burning when going to the bathroom
- ◆ Weak or hesitant urine flow
- ◆ Frequent pain or stiffness in the lower back, hips or upper thighs



A man can have these symptoms without having prostate cancer, or have prostate cancer for a long time without having any symptoms. If you have one or more of these symptoms, you should see your doctor for a check-up.

Can We Find Prostate Cancer Before A Man Has Symptoms?

Yes. Doctors often find prostate cancer before symptoms develop. However, the cancer can take years to grow and it is hard to predict early on how the cancer will grow.

What Is A Digital Rectal Examination?

The digital rectal examination or DRE is a test for prostate cancer. A doctor wearing lubricated

surgical gloves inserts a finger into the patient's rectum to feel for hard lumps on the prostate. If lumps are present, the patient may have prostate cancer.

What Is A PSA Test?

The PSA test, or prostate specific antigen test, is a blood test to check a man's PSA protein level. A healthy prostate tends to keep low levels of PSA, while a diseased prostate raises the PSA level. If an average man's PSA level is higher than 4.0 nanograms per milliliter, the doctor is likely to suggest tests to evaluate for prostate cancer.

How Am I Likely To get Prostate Cancer?

Unfortunately, no one knows for sure right now. We have noticed that some groups are more likely to get prostate cancer than others. African Americans have one of the highest rates of prostate cancer in the U.S. If someone in your family has prostate cancer, you are more likely to get it than someone with no family history of prostate cancer. Also, older men are likely to have cancer cells in their prostate, though it may not need to be treated.

Can Prostate Cancer Be Prevented?

Unfortunately, not right now. An ongoing clinical trial is looking at whether the drug finasteride can help prevent prostate cancer. Other studies show that eating less saturated fat may help to decrease your risk of getting prostate cancer.

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