



# EVERYTHING YOU NEED TO KNOW ABOUT PROSTATE CANCER



Prostate cancer is the **second most common cancer** in men worldwide



**1,275,00** new cases each year worldwide

GLOBOCAN Figures



Yet when detected early, **prostate cancer is very treatable**

## WHAT IS PROSTATE CANCER?

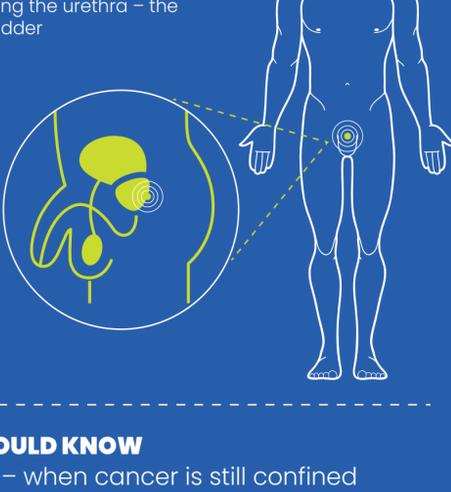
### Cancer that occurs in the prostate

Prostate cancer is marked by an uncontrolled (malignant) growth of cells in the prostate gland. The prostate is the walnut-sized gland in men, located just below the bladder and in front of the rectum, surrounding the urethra – the tube that carries urine out of the bladder

### Usually prostate cancer grows slowly

Initially confined to the prostate gland, where it may not cause serious harm

### Can spread outside the gland – to nearby lymph nodes and beyond – and become more dangerous



### WHAT YOU SHOULD KNOW

Early detection – when cancer is still confined to the prostate gland – gives a better chance of successful treatment.

## WHAT ARE THE RISK FACTORS?

No clear cause, but factors that can increase your risk of prostate cancer:

### AGE

Your risk of prostate cancer increases as you age.

### RACE

For reasons not yet determined, black men carry a greater risk of prostate cancer than men of other races.

### OBESITY

Obese men diagnosed with prostate cancer may be more likely to have an advanced case that's more difficult to treat.

### FAMILY HISTORY

If men in your family have had prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 of BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.



## WHAT ARE THE SIGNS OR SYMPTOMS OF PROSTATE CANCER?

Often causes no signs or symptoms in its early stages, but more advanced cancers may cause signs and symptoms such as:



- **Trouble urinating**
- **Decreased force in the stream of urine**
- **Blood in semen**
- **Discomfort in the pelvic area**
- **Bone pain**
- **Erectile dysfunction**



### WHAT YOU SHOULD KNOW

Since early prostate cancer rarely causes symptoms, early detection through diagnostic testing is key.

## HOW IS IT DIAGNOSED?



**Prostate-specific antigen (PSA) test** is most common diagnostic test for prostate cancer.

### SIMPLE BLOOD SAMPLE ANALYZED FOR PSA

If a higher than normal level is found, it may indicate prostate infection, inflammation, enlargement or cancer.

PSA test may be combined with a Digital Rectal Exam (DRE) to help identify prostate cancers at their earliest stages.

Some medical organizations recommend men consider prostate cancer screening in their **50s**, or sooner for men who have risk factors for prostate cancer.

Discuss your particular situation and the benefits and risks of screening with your doctor. Together, you can decide whether prostate cancer screening is right for you.



### WHAT YOU SHOULD KNOW

Many men are hesitant to get tested because they fear the treatment. This is why it is important to understand the treatments available.

## WHAT ARE THE TREATMENT OPTIONS?

Treatment teams have more options than ever for successfully treating prostate cancer. The “best” option for each patient depends on the stage of cancer, age, lifestyle and your overall health.



### ACTIVE SURVEILLANCE

For men diagnosed with low-risk prostate cancer, treatment may not be necessary right away – and some men never need treatment.



### SURGERY (RADICAL PROSTATECTOMY)

Removing the prostate gland, some surrounding tissue and lymph nodes.



### RADIATION THERAPY

External beam radiation uses high-energy X-rays to kill, shrink or control the growth of tumors. Radiation therapy works by damaging cells, disabling them from growing and dividing.



### HORMONE THERAPY

Treatment to stop the production of testosterone, which can help kill off cancer cells and slow their growth.



### CHEMOTHERAPY

Drugs that kill rapidly growing cells, including cancer cells.



### CRYOSURGERY/CRYOABLATION

Involves freezing tissue to kill cancer cells.



### HIGH-INTENSITY FOCUSED ULTRASOUND (HIFU)

Non-ionizing ultrasonic waves that destroy tissue using intense heat.



### BIOLOGICAL THERAPY IMMUNOTHERAPY

Uses your body's immune system to fight cancer cells.



### WHAT YOU SHOULD KNOW

Treating prostate cancer doesn't have to mean surgery. There are many non-invasive options.



## RADIATION THERAPY PLAYING A POWERFUL ROLE IN PROSTATE CANCER TREATMENT OUTCOMES?

**Surgery is traditionally the most common interventional treatment for early stage prostate cancer**

But radiation therapy is increasingly used because it is both non-invasive and highly effective.

Men with localized prostate cancer who are treated with external beam radiation therapy have a cure rate of 95.5% for intermediate-risk prostate cancer and 91.3% for high-risk prostate cancer.

Source: <https://onlinelibrary.wiley.com/doi/10.1111/1754-9485.12275>

**Depending on the specifics of the patient and the cancer, radiation therapy might be used:**

- As the first interventional treatment
- In conjunction with hormone therapy
- To treat recurrence after surgery
- To treat recurrence after initial radiation therapy
- To relieve symptoms and control growth in more advanced cancers

## WHAT ABOUT PREVENTION?

There is no proven way to prevent prostate cancer. However, you may reduce your risk of developing prostate cancer if you:

- 1 Choose a healthy diet full of fruits and vegetables**
- 2 Exercise most days of the week**
- 3 Maintain a healthy weight**

Source: Mayo Clinic

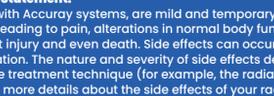
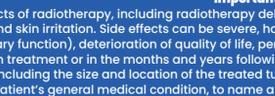


### WHAT YOU SHOULD KNOW

Talk to your doctor about how you can reduce your risk of prostate cancer.

Learn about innovative prostate cancer treatment with the **CYBERKNIFE®** and **RADIXACT®** Systems

The CyberKnife and Radixact Systems can provide effective, less-disruptive treatment options for prostate cancer.



### Important Safety Statement:

Most side effects of radiotherapy, including radiotherapy delivered with Accuray systems, are mild and temporary, often involving fatigue, nausea, and skin irritation. Side effects can be severe, however, leading to pain, alterations in normal body functions (for example, urinary or salivary function), deterioration of quality of life, permanent injury and even death. Side effects can occur during or shortly after radiation treatment or in the months and years following radiation. The nature and severity of side effects depend on many factors, including the size and location of the treated tumor, the treatment technique (for example, the radiation dose), the patient's general medical condition, to name a few. For more details about the side effects of your radiation therapy, and if treatment with an Accuray product is right for you, ask your doctor