



PCRI

Prostate Cancer Research Institute
www.pcri.org

PCRI Helpline
800-641-PCRI
help@pcri.org

What You Should Know About **Prostate Cancer**

Mission

The Prostate Cancer Research Institute mission is to improve the quality of men's lives by supporting research and disseminating information that educates and empowers patients and their families, and the medical community.

Programs

PCRI provides information through several programs: **Helpline (800-641-PCRI)**, **INSIGHTS** newsletter, Web site (www.pcri.org), regional and national **conferences** and **publications**. For more information, please call (310) 743-2116 or send an e-mail to: info@pcri.org.

How To Help

Your contribution will go directly to help fund PCRI programs which provide current information about prostate cancer and treatment options to patients, their families and physicians.

Please make your tax-deductible check payable to PCRI and mail to:

Prostate Cancer Research Institute (PCRI)
5777 W. Century Blvd., Suite 800
Los Angeles, CA 90045

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Material provided by PCRI is intended for educational purposes for discussion with your physician and should not be considered as medical advice. Information and opinions expressed herein and on our website are not an endorsement by PCRI for any treatment, product or service.

One of the programs that PCRI provides free of charge is the **HELPLINE**, staffed with educational facilitators who can provide information about prostate cancer and treatment options, and can discuss test results relating to prostate cancer, such as prostate-specific antigen (PSA), digital rectal exam (DRE), Gleason score, biopsy, and other related blood work or scans.

If you have been recently diagnosed with prostate cancer and have questions, it would be helpful to have the following information available when calling:

Initial PSA Value: _____ Date: _____

Current PSA Value: _____ Date: _____

DRE Result: _____ Date: _____

PSA at Biopsy: _____ Biopsy Date: _____

Volume/Size of the prostate: _____

Gleason Score: _____ Date: _____

How many Cores (samples) taken? _____

How many were positive? _____

Location of the positive samples: _____

Other test results: _____

What, if any, treatment are you currently undergoing?

Do you have copies of your pathology report? Film?
Blood work? If so, please gather before calling PCRI.



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Basic facts about Prostate Cancer

Prostate Cancer (PC) is the most common male malignancy in the Western world.

In the U.S. alone, each year there are more than 218,890 new diagnoses, and in 2007 it is estimated that more than 27,050 men will die from PC. This is the bad news.

The **good news** is that we can dramatically reduce the number of deaths from prostate cancer through:

- **Prevention**
- **Early diagnosis**
- **Appropriate treatment**

Since each man is primarily responsible for his own health, it is important that you and your loved ones become knowledgeable in all three areas. This pamphlet gives you a start by providing the most current basic information on prevention and early diagnosis. These are areas you can easily influence. For additional information, please refer to the PCRI Web site at www.pcri.org or call the PCRI Helpline at **800-641-PCRI**.

The following steps are ones you can take now.

step 1 Maintain a Healthy Diet



- **Reduce or eliminate** red meat, dairy fats, saturated fats, and egg yolk in your diet.



- **Eat five servings of fruits and vegetables each day.** Tomatoes and strawberries are particularly beneficial. In one study, men who each week ingested 10 or more servings of tomatoes in several forms

(sauce, juice, raw or on pizza) had a 41% reduction in the incidence of PC. And just one weekly 0.5-cup serving of strawberries was associated with a 20% decreased risk of prostate cancer.



- **Restrict your daily caloric intake**

to roughly 500 calories for each of three meals per day and 100 calories for each of three snacks per day. Adjust this total of 1800 calories per day based on

your level of activity and body mass. If everyone were to do this, we would eliminate most cases of diabetes, hypertension, stroke, hypercholesterolemia, heart disease and a significant amount of cancer in the world.

- **Avoid excessive carbohydrate intake.** Your protein to carbohydrate intake ratio should be 3:4. If you adhere to a 500-calorie-per-meal plan, you could be eating 150 calories of protein along with 200 calories of carbohydrates (the 3:4 ratio) plus 150 calories of polyunsaturated fat, (ideally from cold water fish, olive oil on your salad, etc.).

- **Each day, take supplements** of 200 mcg of selenium along with 2000 i.u. vitamin D.

- **Eliminate smoking, reduce alcohol consumption, and exercise properly.**

step 2 Initiate Early Detection Tests

Deaths caused by PC can be significantly reduced if a digital rectal exam (**DRE**) and a simple blood test for prostate-specific antigen (**PSA**) are included in your yearly physical exam. Men should initiate the following program:

- **Have a yearly physical that includes a DRE and a PSA test.** This should begin at age 35 if you have a family history of PC. Otherwise, regular testing should start at age 40. It is important to note that even elevated PSA levels may indicate the presence of very treatable urinary conditions, such as benign prostatic hyperplasia (BPH) or prostatitis, and do not necessarily indicate that cancer is present in the prostate.

- **Maintain a chronological record of your PSA test results.** If you maintain a record and monitor your PSA value, it is possible to predict the emergence of PC several years before it would normally be diagnosed. It is during this early phase of PC growth that methods of cancer detection provide the greatest chance of cure.

- **Monitor changes in the PSA in addition to the absolute value of the PSA.** A consistent rise of more than 0.4 ng/yr is suggestive of underlying prostate cancer even if the PSA is still in the normal range. Accurate

measurement of PSA from year to year requires using the same laboratory each time. Be aware that sexual activity 24 hours before the test can temporarily elevate PSA levels.

Note that in the example below, even with a PSA value of only 1.6 mg/ml (well below the "normal" value of either 2.5 or 4.0), something abnormal is occurring. The PSA has been steadily rising. This evidence should trigger an alarm demanding further testing and close surveillance.

Age	PSA Value
40	0.8
48	1.2
49	1.6

step 3 Become Empowered

If you *are* diagnosed with PC, there are several things that you can do to become an **empowered** patient:

- Obtain copies of your medical records
- Learn about prostate cancer, which includes understanding your diagnosis and proper staging
- Develop your support network
- Explore and understand your treatment options
- Maintain a positive attitude

You owe it to yourself and to your family to maintain a healthy diet, to have an annual physical examination that includes **both a DRE and a PSA test**, and to keep track of your PSA values. **These steps might save your life.**



You are the primary person responsible for your health.