



# When Prostate Cancer Advances

Understanding prostate cancer that has spread to the bones

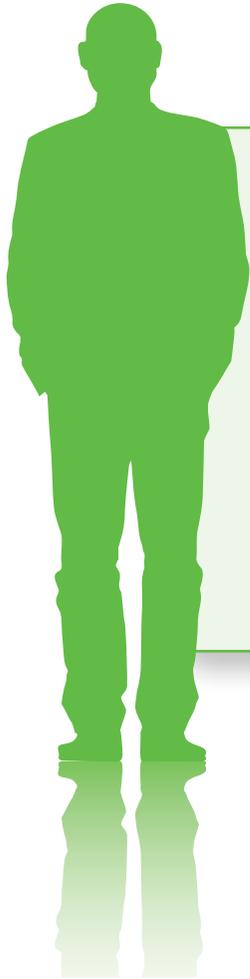
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# Prostate cancer is the second most common form of cancer in American men

Prostate cancer represented 13% of all new cancer cases in the United States in 2015.



## Risk factors:

- Age is one of the most significant risk factors for developing prostate cancer
- More than 50% of cases of prostate cancer are in men over the age of 65
- If you have a father or brother with prostate cancer, you are two times more likely to be diagnosed, compared to the average man

In 2016, approximately 180,890 new cases of prostate cancer will be diagnosed in the United States.

# How prostate cancer is diagnosed

Your healthcare team reviews information from a variety of tests to determine the stage of your prostate cancer.



## Medical history and physical exam:

- Your healthcare team may ask if you are experiencing any symptoms, such as any urinary or sexual problems, and how long these symptoms have lasted
- You may get a physical exam called a digital rectal exam (DRE), in which your doctor inserts a lubricated, gloved finger into the rectum to check for any bumps or hard areas on the prostate



## Blood test:

- The test measures prostate-specific antigen (PSA) levels, which, in conjunction with a biopsy, can lead your doctor towards a prostate cancer diagnosis or determine if other tests are needed

## Imaging tests:

- A transrectal ultrasound (TRUS) is a procedure in which a small, lubricated probe is placed in the rectum to create an image of the prostate and determine the size of the prostate gland



## Visual exam of tissue sample:

- If a PSA blood test or DRE suggests you might have prostate cancer, a prostate biopsy will confirm the diagnosis
- A prostate biopsy is a procedure in which a piece of prostate tissue is removed and analyzed under a microscope to see if prostate cancer cells are present

Prostate cancer forms in the prostate gland, which is part of a man's reproductive system.

# Stages of prostate cancer

There are 4 stages of prostate cancer.

Stage I	Cancer is found only in the prostate	<b>These stages are also known as advanced prostate cancer</b>
Stage II	Cancer has grown, but is still only in the prostate	
Stage III	Cancer has spread beyond the outer layer of the prostate	
Stage IV	Cancer has spread to other parts of the body, which may include the lymph nodes	

## What is advanced prostate cancer?

Advanced prostate cancer is defined as prostate cancer that has spread to other parts of the body.

- Prostate cancer can spread through blood or lymph fluid and form tumors in other parts of the body, including the brain, lungs, liver, spine, and bone
- When prostate cancer spreads, it forms metastases

## What are bone metastases?

Prostate cancer typically spreads to bone first—this is referred to as bone metastasis. When prostate cancer advances to this stage, survival and quality of life are at risk. Ask your doctor if prostate cancer has spread to your bones and what treatment options are available.

### Signs and symptoms of bone metastases:

- Bone pain
- Fractures
- Pressure on the spinal cord

**90% of men with advanced prostate cancer show signs of bone metastases.**



# How to monitor advanced prostate cancer



## Lab tests examine blood and prostate tissue.

**PSA test:** If you have already been treated for prostate cancer, the PSA test may be used to determine if the prostate cancer has returned. High levels of PSA may mean that your prostate cancer has spread outside the prostate.

In advanced prostate cancer, studies have shown that a PSA test alone should not be used to determine long-term outcomes, like living longer. PSA levels also do not help predict whether or not a man will have symptoms. Treatments may still be working, even if they do not lower PSA. Other tests should be considered.



**Gleason score:** A Gleason score is used to predict if cancer is likely to grow and spread slowly or quickly. A low score of 2-6 means it is more likely to take many years before the cancer becomes a problem.

A high score of 8-10 means that the cancer is more likely to spread fast and it may only take a few years to become a problem.



**Calcium and ALP:** When bones break down, ALP and calcium are released in the bloodstream. When these markers in your blood are at high levels, it gives doctors a better idea if prostate cancer has spread to your bones.

## Imaging tests provide a clearer picture of what is happening inside your body.



**X-ray:** Usually one of the first tests ordered when prostate cancer is suspected of spreading to the bone. This test is able to show signs that cancer has spread to bones.

**MRI:** An imaging test that uses a magnetic field and radio waves to make images of the inside of the body.



**CT scan:** Utilizes an x-ray machine to make a 3D image of the inside of the body.

**Bone scan:** A small amount of low-level radioactive material is sent throughout the body to highlight areas of bone that have been damaged.

ALP=Alkaline Phosphatase; CT=Computed Tomography;  
MRI=Magnetic Resonance Imaging; PSA=Prostate-Specific Antigen.

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**It is important to talk to your doctor to see if a different test may be in your best interest.**

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# Nearly 7 out of 10 men with advanced

# prostate cancer ignore their symptoms

Nobody knows your body better than you. You may think these signs and symptoms are occurring because of your age, a busy day, or a simple change in routine. But they may be a sign that your prostate cancer has spread to the bones.

### Early signs and symptoms of bone metastases include:

	Sign and symptom		% reported by men in the survey
	Fatigue	<b>The most common advanced prostate cancer symptom reported by men with bone metastases.</b>	<b>85%</b>
	Pain or aches in specific areas		<b>71%</b>
	All over body pain or aches		<b>55%</b>
	Numbness or weakness		<b>55%</b>
	Difficulty sleeping as a result of pain		<b>42%</b>
	Difficulty doing normal activities		<b>40%</b>
	Anxiety or distress as a result of pain		<b>40%</b>

Bayer Pharmaceuticals and an international partnership of patient support groups conducted the world's largest survey in advanced prostate cancer involving more than 1200 men and their caregivers. They are hopeful their experiences will bring awareness to the problem and help other men recognize these signs and symptoms earlier. These are the organizations that helped make the survey results possible.



**Keep track of your symptoms and speak up about any you are experiencing.**

# Be an active participant in your treatment decision

There are many treatments to choose from. Make sure you and your doctor choose the therapies that are right for you.

Advanced prostate cancer treatment options:

- **Androgen-deprivation therapy (ADT):** These therapies work to lower hormone levels (such as testosterone) that help prostate cancer grow
- **Surgery:** Surgical operations may include the removal of both testicles or part of the prostate to stop the cancer from growing or spreading
- **Second-generation hormones:** These therapies work to reduce the effects of androgen when your regular anti-androgen therapies have stopped working
- **Radiopharmaceuticals:** This therapy is used to treat and kill prostate cancer cells that have spread to the bone
- **Chemotherapy:** Chemotherapy may be used when prostate cancer has spread outside the prostate and hormone therapy isn't working
- **Immunotherapy:** This type of therapy uses a person's own immune system cells to fight cancer cells
- **Radiation:** These therapies use x-ray beams or small radioactive pellets to kill cancer cells
- **Supportive care:** These therapies help manage the effects cancer can have on the bone

Treatments are typically taken one at a time, but some may be combined.

# Your treatment team

There are many people you can talk to.

Here are the different healthcare professionals you may meet while being treated for prostate cancer.

Treatment Team	Support Team
<ul style="list-style-type: none"> <li>• Urologist</li> <li>• Medical oncologist</li> <li>• Surgical oncologist</li> <li>• Radiation oncologist</li> <li>• Nuclear medicine specialist</li> <li>• Primary care physician/ general practitioner</li> </ul>	<ul style="list-style-type: none"> <li>• Oncology nurse</li> <li>• Nurse practitioner</li> <li>• Radiation therapist</li> <li>• Physician assistant</li> </ul>
Diagnosis Team	Additional Support
<ul style="list-style-type: none"> <li>• Pathologist</li> <li>• Radiologist</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritionist</li> <li>• Social worker</li> <li>• Psychiatrist</li> <li>• Physical therapist</li> <li>• Pharmacist</li> <li>• Other skilled professionals</li> </ul>

Speak up to any of these people about what you are experiencing. They are here to help you every step of the way.

# The better prepared you are, the better the conversation

Preparing a list of questions will help you remember what you want to ask during your next appointment.

- What primary treatment are you recommending and why?
- When should I start this new treatment?
- What kind of results can I expect?
- What are the benefits of this treatment?
- What are the potential risks and side effects?
- Are the side effects manageable?
- If this treatment doesn't work, are there other options?

Keeping a diary to track your symptoms is an important step in receiving the right care. Write any other questions you may have on the lines below.

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**Specific questions can help your healthcare team  
better address your needs.**

# Support along the way

If you need information, advice, or a place where you can talk to people in a similar situation, these resources may be helpful for you.

- **CancerCare®**  
www.cancer.org  
1-800-813-HOPE  
(1-800-813-4673)
- **Prostate Conditions Education Council (PCEC)**  
www.prostateconditions.org  
1-866-4PROST8  
(1-866-477-6788)
- **Inspire Patient Community**  
www.inspire.com/groups/us-too-prostate-cancer
- **Prostate Cancer Research Institute**  
www.pcri.org  
310-743-2116
- **Malecare**  
www.malecare.org  
212-673-4920
- **Prostate Health Education Network**  
www.prostatehealth.org  
www.rapcancer.org  
617-481-4020
- **National Cancer Institute**  
www.cancer.gov  
1-800-4-CANCER  
(1-800-422-6237)
- **Prostate Advocates Aiding Choices in Treatments (PAACT) Inc.**  
www.paactusa.org  
616-453-1477
- **Us TOO**  
www.ustoo.org  
1-800-80-Us-TOO  
(1-800-808-7866)
- **ZERO – The End of Prostate Cancer**  
www.zerocancer.org  
1-888-245-9455

# It's time to Speak Up

Break the silence about advanced prostate cancer and take control of your health.

**Remember these tips to get the most out of your next doctor's appointment:**

- Keep track of your symptoms
- Prepare a list of specific questions
- Be open and honest about how you are feeling

## Join the #MenWhoSpeakUp Movement

*Men Who Speak Up* is an international movement that strives to help men living with advanced prostate cancer. It started as a program that brought together the real prostate cancer pros—the doctors who treat it, the patients and caregivers who live with it, and the advocacy groups that serve them. Its goal continues to be to bring awareness of the signs and symptoms that signify disease progression, so you can discuss treatment options with your doctor.

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**Visit [www.MenWhoSpeakUp.com](http://www.MenWhoSpeakUp.com)  
for more information, resources, and support.**

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