



about  
prostate health.



ABOUT  
THE DISEASE





**The PSA test** is one of the most important tools available to aid in the early detection of prostate cancer. It measures the level of PSA, or prostate-specific antigen, in the bloodstream. PSA is usually found in the blood in low levels, as very little PSA escapes from a healthy prostate. Elevated PSA readings can be a sign of prostate cancer or other prostate conditions. ■

## Should you be tested?

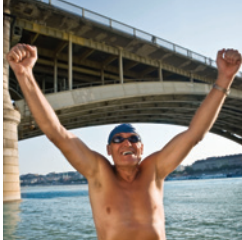
A PSA test and digital rectal exam (DRE) are recommended for relatively healthy men aged 40 or older who want to be screened. Knowing your baseline PSA values to compare with future PSA test results may be helpful. However, all men should be informed of the risks and benefits of early screening, based on their individual situation.

## What do the results mean?

The normal ranges for PSA levels are as follows:

<b>MEN UNDER AGE 49</b>	0.0–2.5 ng/mL
<b>MEN AGED 50–59</b>	0.0–3.5 ng/mL
<b>MEN AGED 60+</b>	0.0–4.0 ng/mL

PSA levels higher than these may indicate prostate cancer, or could be a sign that your prostate is inflamed or enlarged. How quickly or how high your PSA levels have risen are an important factor in determining testing and treatment steps.



## ABOUT THE PSA TEST



### The Free PSA test.

If your PSA is moderately elevated, your physician may order what's called a Free PSA test. This test is used to measure the ratio of free to total PSA in your body. A Free PSA test can help your physician distinguish between prostate cancer and other non-cancerous causes of elevated PSA.

### What does your PSA value mean?

Because there are so many factors to consider when it comes to PSA levels, you should discuss any elevated PSA test result with your doctor. Injury, infection, age, race and other factors can cause abnormal PSA results. Your risk of prostate cancer depends on many factors, not just your PSA level. It is also important to note that:

- PSA levels in your bloodstream tend to increase with age
- Change in PSA levels over time (known as PSA velocity) can be used to assess cancer risk and aggressiveness
- Large prostates produce larger amounts of PSA
- The death rate from prostate cancer is twice as high in African-Americans as Caucasians
- A family history of prostate cancer also puts a man at higher risk

## You have an elevated PSA—now what?

If it is determined that your PSA levels are elevated, your test results will be reviewed in conjunction with the results of your DRE and your past medical history. Your doctor may also choose to repeat your PSA test and/or perform a prostate biopsy.

**Digital Rectal Exam (DRE).** For this procedure, your physician gently inserts a lubricated, gloved finger into your rectum and manually checks your prostate for lumps, hardness or other abnormalities.

**Prostate Biopsy.** A prostate biopsy is typically performed based on PSA and DRE results, as well as a man's family history, race, and any relevant health issues. This minimally invasive procedure is usually performed in your doctor's office, and is the only way to definitively confirm the presence of prostate cancer. Our urologic pathologists—the scientists who study your biopsy samples—specialize in prostate biopsies, and see a high volume of samples. This experience is extremely important, and helps ensure that you get an accurate diagnosis.

To learn more about your prostate health and treatment options, just go to [wnyurology.com](http://wnyurology.com). Here, you can get more information, watch short videos on prostate health, and meet the specialists at Western New York Urology Associates. ■

**Pre-treatment tests.** If your biopsy confirms the existence of cancer, your doctor will likely want to perform a number of routine, pre-treatment tests to determine if your disease has spread. This process is known as Staging. The following are some of the tests your doctor may want to perform:

- CT Scan—A CT Scan, or “CAT” Scan, is usually performed on patients with a PSA greater than 25.0 ng/mL.
- Bone Scan—This test will only be performed if your doctor suspects your cancer has spread to other parts of your body.

## CAUSES OF ABNORMAL PSA READINGS.

While a higher PSA level is a good predictor of the risk of prostate cancer, certain activities, conditions and substances can affect PSA levels. Please inform your doctor of any of the following before you take your test:

- Certain medicines used to treat male pattern baldness
- Herbal remedies such as PC-SPES
- Ejaculation within 48 hours of test
- Testicular surgery
- Prostate biopsy
- Urinary infection
- Indwelling catheter

A close-up photograph of a man and a woman embracing. The man is on the right, looking towards the woman on the left. He has a slight smile and his eyes are partially closed. The woman's blonde hair is visible on the left side of the frame. The background is blurred, suggesting an outdoor setting.

## ABOUT THE SYMPTOMS

### **Common symptoms of prostate cancer.**

Unfortunately, prostate cancer usually doesn't produce any noticeable symptoms in its early stages, so many cases go undetected until the cancer has spread beyond the prostate. That is why routine screening is important. For most men, prostate cancer is first detected through a PSA test and/or a digital rectal exam (DRE).

Early signs and symptoms of prostate cancer can include urinary problems, caused when the prostate tumor presses on the bladder or on the urethra—the tube that carries urine from the bladder. However, urinary symptoms are more commonly caused by benign prostate problems, such as an enlarged prostate (benign prostatic hyperplasia) or prostate infections. In fact, less than 5% of prostate cancer cases have urinary problems as the initial symptom.



**When urinary signs and symptoms do occur, they can include:**

- Frequent urination (especially at night)
- Weak urinary stream
- Inability to urinate
- Interruption of urinary stream (stopping and starting)
- Painful or burning sensation when urinating

**Cancer in your prostate or the area around the prostate can cause:**

- Blood in your urine
- Blood in your semen

**Prostate cancer that has spread to your lymph nodes may cause:**

- Swelling in your legs
- Discomfort in the pelvic area

**Advanced prostate cancer that has spread to your bones can cause:**

- Bone pain that doesn't go away
- Bone fractures
- Compression of the spine

*If you are currently experiencing any of these symptoms, contact your doctor immediately.*

A photograph showing the back of a person with white hair driving a red convertible car on a two-lane road that stretches into the distance. The landscape is green and hilly with mountains in the background under a clear sky. A blue semi-transparent box is overlaid on the top left of the image.

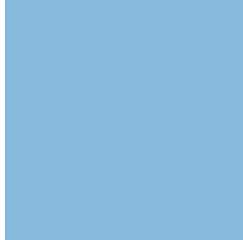
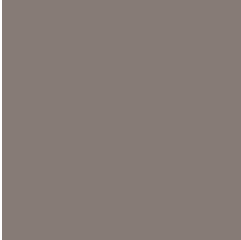
## ABOUT THE TREATMENTS

**Prostate cancer treatment options.** There are numerous ways to help treat and manage prostate cancer. We encourage you to discuss and consider all of your options. ■

**Surgery.** Surgery to remove the prostate gland and surrounding tissue—typically in the early stages of prostate cancer—is called a prostatectomy. If the cancer is truly localized in the prostate, the survival rate is very high.

There are two types of surgery:

- Conventional prostatectomy—Also called a traditional or open prostatectomy—a vertical incision is made in your lower abdomen to remove your prostate gland.



- Minimally invasive prostatectomy—Also called a robotic, laparoscopic or daVinci procedure—your prostate is removed through a set of tiny incisions made with a robot and micro-surgical instruments. Because the precise surgery protects the delicate prostate nerves, which control the bladder and sexual function, patients have faster recoveries, shorter hospital stays, less pain and faster return of urinary controls. The surgeons at Western New York Urology Associates were among the first to offer this treatment and have performed this less invasive procedure with excellent results on hundreds of patients.

**Radiation Therapy.** The goal of radiation therapy is to damage as many cancer cells as possible, while protecting the healthy cells nearby. One advantage of this therapy is that it is less invasive than surgery. We offer two advanced types of radiation therapy that may be used instead of surgery, or in addition to it:

- External Beam/IMRT—This state-of-the-art technology uses a machine to send painless, high-energy rays into the body. Each treatment lasts only a few minutes and is well tolerated by most men. Patients receive treatment once a day, five days a week for approximately eight-and-a-half weeks.

The radiation therapy offered by our partners at Cancer Care of Western New York includes Trilogy, Intensity Modulated Radiation Therapy (IMRT), Image Guided Radiation Therapy (IGRT) and RapidArc, which usually provides a complete treatment in less than two minutes. At Cancer Care, their collective experience with RapidArc rivals many major cancer centers around the world, and they have treated more patients with this technology than anyone else in the region.

- **Brachytherapy**—This treatment involves the placement of tiny radioactive “seeds” into the prostate to destroy the cancer cells. These seeds will emit low-level radiation for about one year. This outpatient procedure requires anesthesia but generally does not require an overnight stay in the hospital.

**Hormone Therapy.** Prostate cancer is fueled by male hormones such as testosterone. Starving the cancer of these hormones may slow or stop its growth. This treatment involves getting injections every 30 to 120 days, and is typically used to stop or slow the spread of prostate cancer; it is not a cure.

**Cryosurgery.** This option treats localized prostate cancer by freezing and destroying prostate tissue. A probe filled with liquid nitrogen is guided through an incision in the skin into the cancerous tissue.

**Active Surveillance.** Some prostate cancers do not require immediate treatment. In these instances, when slow-growing tumors are identified at an early stage, your doctor may recommend simply monitoring your situation closely to determine if and when treatment should begin.






























## SIDE EFFECTS.

It is important to be aware that prostate cancer treatment carries a risk of side effects. Each patient is different, and the likelihood of certain side effects varies depending on the treatment you choose.

To learn more about these side effects, talk to your doctor.

## Prostate Cancer Treatment POSSIBLE SIDE EFFECTS

Higher Risk      Lower Risk

	Incontinence	Impotence	Surgical Risk	Chance of Recurrence
Traditional Surgery				
Minimally Invasive/ Robotic Surgery				
External Beam Radiation/IMRT				
Brachytherapy				
Cryosurgery				
Hormone Therapy				
Active Surveillance				

The above information should be interpreted in conjunction with the advice of each patient's physician.

PSA testing—your life could depend on it. Getting tested for prostate cancer is a personal decision that should be made by each patient and his doctor. At Western New York Urology Associates, we believe that taking advantage of early detection tools such as PSA tests should be part of your regularly scheduled check-up for men starting at age 40. It's an important way to establish baseline information, identify problems and begin treatment as soon as possible. After all, early detection is your best chance for a cure.



## About Western New York Urology Associates

Western New York Urology Associates is a leader in the treatment of a wide range of urologic conditions, including prostate cancer, incontinence, impotence, and diseases of the urinary tract. To learn more, call our office or visit [wnyurology.com](http://wnyurology.com).

## About Cancer Care of Western New York

Our partners at Cancer Care of WNY specialize in the treatment of prostate cancer and many other forms of cancer. This full-service radiation oncology practice has a heavy specialization in urologic cancers. The experts at Cancer Care of WNY are dedicated to providing the most current and appropriate treatments available. To learn more, call our office or visit [cancercarewny.com](http://cancercarewny.com).



[wnyurology.com](http://wnyurology.com)

**Harlem Professional Park**

3085 Harlem Road, Suite 200, Cheektowaga, NY 14225

PH: 716-844-5000 | FX: 716-844-5050

**Sterling Park** | 500 Sterling Drive, Orchard Park, NY 14127

PH: 716-677-2273 | FX: 716-677-2256

**Jamestown** | 103 Allen Street, Jamestown, NY 14701

PH: 716-488-1851 | FX: 716-484-2972

**Brierwood Medical Center** | 3040 Amsdell Road, Hamburg, NY 14075

PH: 716-677-2273 | FX: 716-677-2256

**Northern Pennsylvania** | 1 Timberview Lane, Russell, PA 16345

PH: 814-757-8003 | FX: 716-484-2972



[cancercarewny.com](http://cancercarewny.com)

**Harlem Professional Park**

3085 Harlem Road, Suite 200, Cheektowaga, NY 14225

PH: 716-844-5500 | FX: 716-844-5550

**Jamestown** | 117 Foote Avenue, Suite 100, Jamestown, NY 14701

PH: 716-338-9500 | FX: 716-338-9550