Localized Prostate Cancer Treatment Options

Hormonal Therapy

Therapy that eliminates male hormones from the body with either pills, shots or both

RISKS & SIDE EFFECTS- Hormonal Therapy
- bone pain
- diarrhea
- liver damage
- impaired night vision
- hot flashes
- breast enlargement
- impotence
- breast tenderness
- decreased sex drive

Watchful Waiting (WW)

Watchful waiting involves lifestyle changes and careful monitoring to see if more aggressive treatment is needed.

RISKS & SIDE EFFECTS-WW
- Emotional Burden of wondering cancer is progressing
- Must change life to include healthier diet and regular exercise
- Indolent cancer could become rapidly aggressive and life threatening if not monitored close enough

Prostatectomy

Open

Surgery to remove entire prostate gland along with the seminal vesicles and surrounding tissue.

Ideal Candidate
-Cancer is localized to prostate gland
-10 plus years life expectancy, in good health

Treatment time & Recovery
2-4 hours under general anesthesia, can be hospitalized for up to two weeks, catheter worn for 3 weeks, 4-6 weeks recovery at home

Laparoscopic

Prostatectomy using tiny, lighted tube with a tiny video camera inserted through 4 to 5 keyhole incisions across the mid abdomen.

Ideal Candidate
-Cancer is localized to prostate gland
-10 plus years life expectancy, in good health

Treatment time & Recovery
up to 8 hours under general anesthesia, can be hospitalized for up to two weeks, catheter worn for 3 weeks, 3-4 weeks recovery at home

Nerve Sparing

A radical prostatectomy where an attempt is made to *spare the two cavernous nerves* that produce erection.

Ideal Candidate
-Cancer is localized to prostate gland
-low grade, early stage diagnosis

Treatment time & Recovery
2-4 hours, can be hospitalized for up to two weeks, catheter worn for 3 weeks, 3-4 weeks recovery at home

RISKS & SIDE EFFECTS- PROSTATECTOMY

-Blood loss
-Infection
- Adjacent tissue/organ injury
- Hernia
- Conversion to Open surgery
- Urinary **Incontinence**
- **Impotence**
- Urethrovesical Anastomotic Leakage
- Post-Operative Pain
- Bladder Spasms
- Nausea
- Constipation
- Penis shrinkage
- Blood Clots
- stricture
- Contracture of bladder neck
- nerve injury
- rectal injury

Radiation Therapy

External Beam Radiation Therapy (EBRT)

Physician focuses beam of radiation directly on tumor with high doses. Also called 3D conformal radiation therapy

Ideal Candidate
-older patient with other medical problems
-cancer outside capsule, but not spread further to lymph nodes or beyond
- Men who have had TURP

Treatment time & Recovery
35 three-minute treatments, 5 times a week, over 7 weeks.

Brachytherapy

Outpatient technique that implants radioactive seeds directly into the prostate. Requires more physician skill than EBRT

Ideal Candidate
-Prostate volume less than 60 grams
-Gleason grade lower than 7, PSA below 10

Treatment time & Recovery
1-2 hour procedure with 3-4 days recovery. Observation and x-ray may be required after procedure to verify placement of seeds

Intensity Modulated Radiation Therapy-IMRT

Type of EBRT with thinner radiation beams to precisely target the prostate High dosage of radiation with a lower dose affecting the surrounding healthy tissues.

Ideal Candidate
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Treatment time & Recovery
five sessions a week for 6-8 weeks

Proton Beam Therapy

type of conformal radiation therapy that bombards the diseased tissue with protons instead of x-rays

Ideal Candidate

Treatment time & Recovery

RISKS & SIDE EFFECTS- RADIATION THERAPY

- Fecal Incontinence
- Urinary Incontinence
- Gastrointestinal Complications
- loss of appetite
- Nausea
- Diarrhea
- Rectal Injury
- Ulcers
- Urinary Tract inflammation
- Urgency
- scarring
- Stricture
- Fatigue
- Impotence
- Increased risk for rectal and colon cancer
- fistula
- skin reaction to treated areas
- rectal bleeding
- frequent stools
- hematuria

Cryotherapy

Minimally invasive procedure that freezes the cells in the prostate to destroy the entire prostate gland and possibly surrounding tissue.

Ideal Candidate
- prostate volume less than 60 grams
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Treatment time & Recovery
requires overnight stay at hospital and catheter worn for 2-3 weeks after procedure.

RISKS & SIDE EFFECTS – CRYOTHERAPY

-**Erectile Dysfunction**
- penile or scrotal swelling
- Narrowing of urethra
- fistula
- pelvic pain
- bladder outlet obstruction
- rectal injury
- impotence
- urinary retention
- Incontinence
- Scarring
- urinary frequency
- soreness
- dysuria
- chronic urgency

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