



ZERO[®]
PROSTATE CANCER

Prostate Cancer 101



Agenda

- Test Your Knowledge
- The Basics
- Risk & Screening
- Diagnosis & Staging
- Treatment & Side Effects
- Test Your Knowledge: Post-Training



Test Your Knowledge

Question 1

At what age should men at **average risk** begin discussing prostate cancer screening?

- A) Age 40
- B) Age 45
- C) Age 50
- D) Age 60



Question 2

What is the 5-year survival rate for localized prostate cancer?

- A) 75%
- B) 85%
- C) 95%
- D) >99%



Question 3

Which of the following is a risk factor for prostate cancer?

- A) Family history
- B) Aging
- C) African American ethnicity
- D) All of the above



Question 4

What does the Gleason score measure?

- A) PSA levels
- B) Tumor aggressiveness
- C) Prostate size
- D) Treatment success rate



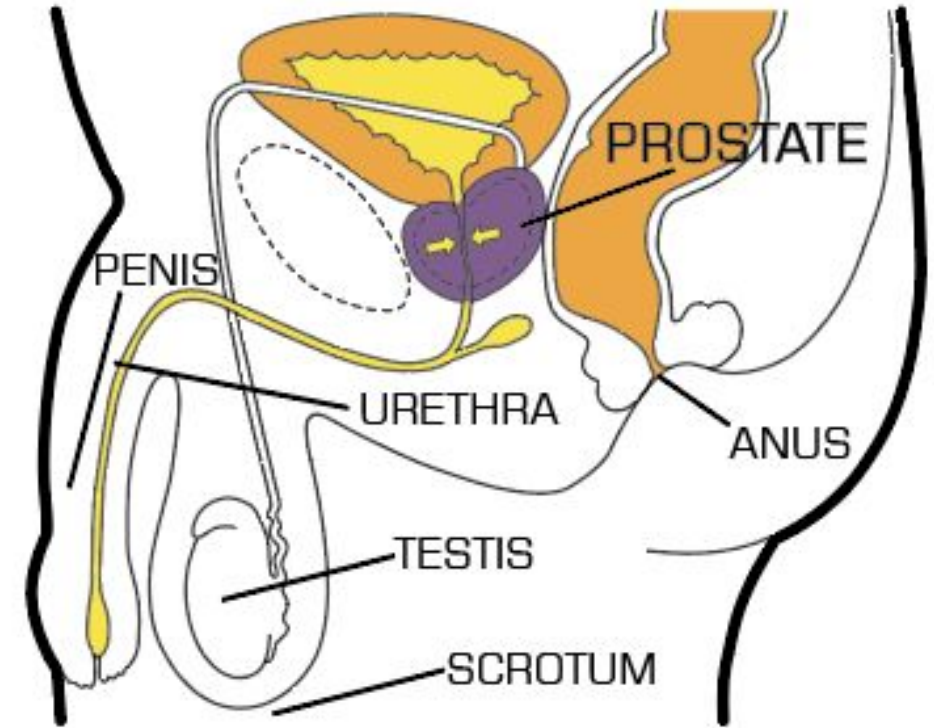


Prostate Cancer: The Basics

What is the Prostate?

The prostate is a small walnut-sized gland in the male reproductive system.

It produces seminal fluid to nourish and transport sperm.



What is Prostate Cancer?

Prostate cancer occurs when cells in the prostate gland begin to grow uncontrollably.

It is the most common cancer in men in the United States, after skin cancer.

Most prostate cancers grow slowly and may not cause serious harm.

However, some cases can be aggressive and spread quickly to other parts of the body.

Key Facts

1 in 8

men will be diagnosed with prostate cancer in their lifetime

3.3M+

men in the U.S. are living with prostate cancer today

#2

cause of cancer death among American men

Early detection

dramatically improves survival rates



Risk & Screening

Risk Factors

Certain factors increase your risk of developing prostate cancer.



Age

Risk increases with age. Most prostate cancers are found in men over 65.



Race / Ethnicity

Black men have a significantly higher risk of prostate cancer.



Family History

A family history of cancer can increase risk of prostate cancer.



Genetics

Inherited gene mutations (BRCA1, BRCA2, HOXB13, etc.) are linked to increased risk.



Veteran Status

Veterans may face elevated risk due to Agent Orange and other chemical exposures during service.

The PSA Test



What is the PSA test?

- PSA (**prostate-specific antigen**) is a protein in the blood that is made by the prostate
- The PSA test is a simple blood test
- High PSA levels might mean prostate cancer or other prostate problems



Why get a PSA Test?

- It can find prostate cancer early when it's easier to treat
- Early prostate cancer usually has no signs or symptoms

The 5-year survival rate is **over 99%** when caught early!

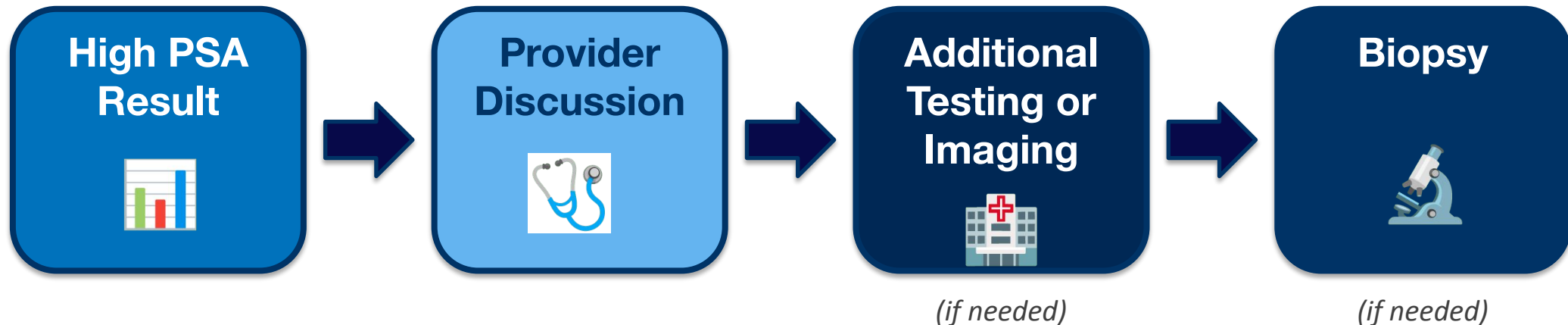
The PSA Test



Who should get tested, and when?

Talk to your provider about testing:

- **Age 40:** Black men and men with cancer in their family
- **Age 45:** Men at average risk
- Veterans with possible chemical exposures





Diagnosis & Staging

Prostate Cancer Stages

Staging combines several factors to determine if cancer has spread, and if so, how far.

PROSTATE CANCER STAGES		
Localized or Early	Stage I	The cancer is small and only in the prostate.
Localized or Early	Stage II	The cancer is larger and may be in both lobes of the prostate, but is still confined to the prostate.
Locally Advanced or Regional	Stage III	The cancer has spread beyond the prostate to nearby lymph glands or seminal vesicles.
Advanced or Metastatic	Stage IV	The cancer has spread to other parts of the body, such as to the bones, liver, or lungs. This is referred to as metastatic or advanced prostate cancer. If prostate cancer spreads, or metastasizes, to the bone, you have prostate cancer cells in the bone, not bone cancer.

The Gleason Score & Risk

- A pathologist examines biopsy tissue under a microscope
- They assign grades from 3–5 to the two most common cell patterns
- These two grades are added together to create the **Gleason Score**
- For example: most common pattern is grade 3 + second most common is grade 4 = Gleason Score 7

Gleason 6

Grade Group 1

Low Risk

Gleason 7 (3+4)

Grade Group 2

Intermediate (Favorable)

Gleason 7 (4+3)

Grade Group 3

Intermediate (Unfavorable)

Gleason 8

Grade Group 4

High Risk

Gleason 9–10

Grade Group 5

Very High Risk



Treatment & Side Effects

Early-Stage Treatment



Doctors look at how risky the cancer is to determine the best care:

- **Active surveillance:** For low-risk (slow-growing) cancer. Your provider watches the cancer closely
- **Surgery:** Removes the prostate
- **Radiation:** Uses strong rays to kill cancer cells in the prostate
- **Hormone therapy:** For more serious cases. Lowers hormones that help cancer grow

Advanced Stage Treatment



Even if the cancer is advanced, doctors still have many ways to treat it:

- **Hormone therapy:** Medicine that lowers hormones that help cancer grow
- **Chemotherapy:** Strong drugs that kill cancer cells all over
- **Immunotherapy:** Helps your body's immune system fight the cancer
- **Radiation:** Uses strong rays to kill cancer cells
- **Targeted drugs:** Medicines that help patients with certain genes or proteins

Side Effects

Prostate cancer treatments can impact a patient's quality of life and their relationships.

TREATMENT	WHAT IT DOES	POSSIBLE SIDE EFFECTS
Surgery	Removes the cancerous tissue and the prostate	Urinary incontinence, erectile dysfunction (ED), infertility
Hormone Therapy	Minimizes presence of androgens which fuel prostate cancer growth	Hot flashes, ED, loss of sexual desire, mood changes, increased risk of heart attacks and diabetes, fatigue, weight gain, loss of bone density, impaired fertility
Radiation	Slows prostate cancer cell growth by targeting cells externally or by injection	ED, increased urinary and/or bowel urgency and frequency, diarrhea, rectal bleeding, discomfort during urination and bowel movements
Immunotherapy	Changes the body's immune system to kill cancer cells	Fever, fatigue, chills, nausea, joint or body aches, cough, shortness of breath, rash
Targeted Therapy	Targets a particular protein or genetic mutation in the tumor	Nausea, fatigue, anemia, vomiting, diarrhea, constipation, decreased appetite, headache, dry mouth
Bone-Related Treatments	Inhibits bone loss and fractures and relieves pain from prostate cancer in the bone	Low grade fever, tingling around mouth or hand cramps from low calcium, dental pain
Chemotherapy	Targets cancer cells that grow quickly, including cancer cells metastasized to the bone	Fatigue, hair loss, nausea, diarrhea, numbness or weakness in fingers/toes, mouth sores, confusion, higher risk for infection, appetite loss, headaches



Test Your Knowledge: Post-training

Question 1

At what age should men at **average risk** begin discussing prostate cancer screening?

- A) Age 40
- B) Age 45
- C) Age 50
- D) Age 60



Question 2

What is the 5-year survival rate for localized prostate cancer?

- A) 75%
- B) 85%
- C) 95%
- D) >99%



Question 3

Which of the following is a risk factor for prostate cancer?

- A) Family history
- B) Aging
- C) African American ethnicity
- D) All of the above



Question 4

What does the Gleason score measure?

- A) PSA levels
- B) Tumor aggressiveness
- C) Prostate size
- D) Treatment success rate





Quick Recap of Key Points



Thank you!



ZEROcancer.org

ZERO Prostate Cancer is the nation's #1 provider of prostate cancer resources and the voice of the prostate cancer community