

THE PROSTATE CANCER JOURNEY

If your PSA and DRE results indicate that you could have prostate cancer, a biopsy of prostate tissue will be necessary. If you are diagnosed with prostate cancer, invest the time and energy necessary to learn about prostate cancer and understand the specifics of your diagnosis. Empower yourself with the knowledge you will need to take control of managing your disease:

- Gather information on all available treatment options, which may include active surveillance (watchful waiting), surgery/prostatectomy, radiation therapy, hormone therapy, immunotherapy, cryosurgery, chemotherapy, radiopharmaceuticals, or high intensity focused ultrasound (HIFU).
- Before settling on any treatment course, meet with a variety of physicians to get a second or third opinion. Understand the potential outcomes of each treatment, the side effects of each treatment along with its likely impact on your quality of life, and options for managing the side effects.
- Access the educational resources and support services of Us TOO to help you gain the information you need to make informed decisions about the options available for managing your prostate cancer. Find support for yourself and for others who are affected by your disease, such as a spouse, partner or family member.

Affected by Prostate Cancer?



Us TOO International Prostate Cancer Education & Support Network

2720 S. River Road, Suite 112
Des Plaines, IL 60018-4016
Phone: (630) 795-1002
Fax: (630) 795-1602
Email: ustoo@ustoo.org
Prostate Cancer HelpLine:
1 (800) 808-7866

www.ustoo.org

ABOUT US TOO INTERNATIONAL

Us TOO was founded by—and continues to be governed by—people directly affected by prostate cancer. A 501(c)3 nonprofit, Us TOO International Prostate Cancer Education & Support Network serves as a resource for peer-to-peer support and educational materials provided at no charge to help men and their families/caregivers make informed decisions about prostate cancer detection, treatment options and side effects.

Us TOO relies solely on donations from individuals like you, corporate supporters and partner organizations such as Pints for Prostates. Visit www.ustoo.org to help Us TOO help those with prostate cancer.

Affected by Prostate Cancer?



SUPPORT - EDUCATION - ADVOCACY

ABOUT PINTS FOR PROSTATES

Pints for Prostates is a grassroots campaign that uses “the universal language of beer” to reach men and deliver an important health message. Founded in 2008 by prostate cancer survivor Rick Lyke, the campaign taps into beer festivals, pub nights and social networking to raise awareness among men about the need for regular health screenings and the importance of early detection.

Pints for Prostates is a registered 501(c)3 charity and funds raised by the group go to awareness efforts, free screening events and assisting men with the disease. Us TOO International Prostate Cancer Education & Support Network is a recipient of financial support from Pints for Prostates. Visit www.pintsforprostates.org.



Reaching Men Through the Universal Language of Beer.™

Finding Out About Prostate Cancer



Affected by Prostate Cancer?



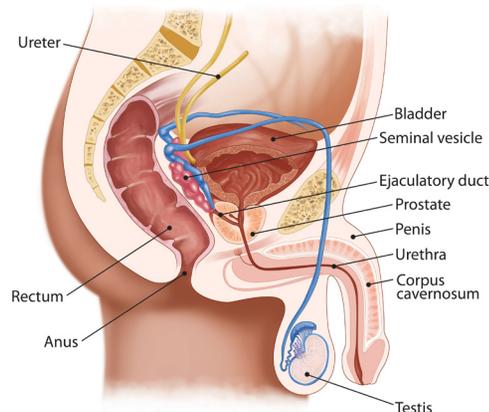
SUPPORT - EDUCATION - ADVOCACY



WHAT IS PROSTATE CANCER?

The prostate is part of the male reproductive system. Located below the bladder and just in front of the rectum, this walnut-size gland manufactures fluid for semen.

Prostate cancer is a disease that affects the cells in the prostate. If cells divide in an abnormal way they can form tumors, which can spread to other parts of the body if left untreated.



Prostate cancer is the most common non-skin cancer among men in the United States. Every year more than 230,000 men are diagnosed with the disease, and approximately 30,000 die from it. If detected early, prostate cancer is often treatable. The five-year relative survival rate is nearly 100 percent; and at 15 years it is 94 percent.

The majority of newly diagnosed prostate cancer is localized. In other words, the tumor growth has not spread beyond the prostate gland. Early detection allows for more treatment options to increase the chances of survival.

Prostate cancer in its early stages typically has no symptoms. Once detected, a number of treatment options may be considered, including active surveillance (also known as watchful waiting). Consult your physician and visit www.ustoo.org to learn more about the risks, potential benefits, and side effects of each treatment option.

WHO IS AT RISK?

One out of seven men will develop prostate cancer during his lifetime. African American men are 60 percent more likely to develop prostate cancer, and twice as likely to die from it, in comparison to Caucasian men.

A man with a father or brother who has been diagnosed with prostate cancer has an increased chance of also being diagnosed with prostate cancer. Military veterans who may have been exposed to Agent Orange or other herbicides in the Vietnam War or Korean War are at increased risk. Men at higher risk for developing prostate cancer may want to begin testing for the disease by the age of 35. Sexual preferences and behavior are not risk factors for developing prostate cancer.

Tell your doctor if you have:

- Trouble urinating
- Frequent urination – especially at night
- Weak or interrupted urine stream
- Pain or burning when urinating
- Painful ejaculations
- Nagging pain in the back, hips or pelvis

There are typically no symptoms for prostate cancer in its early stages, so testing is important. The earlier that prostate cancer is detected, the greater the chance for effective treatment and survival.

WHAT DOES EARLY DETECTION, TESTING OR SCREENING MEAN?

Early testing to detect prostate cancer means looking for signs of the disease in men who have no symptoms. This testing may also be called screening.

There are two widely-used tests that aid in early detection of prostate cancer:

PSA – a blood test that measures the level of a protein called prostate-specific antigen (PSA). PSA is produced by the prostate gland and normally occurs in the blood of all men. Elevated PSA levels can be a sign of problems with the prostate, including prostate cancer.

DRE - the digital rectal exam (DRE) involves a physician inserting a lubricated, gloved finger into the rectum to feel for abnormalities on the surface of the prostate. This test is simple, safe, and only takes less than one minute to complete, with minimal discomfort.

Early detection generally includes both a PSA blood test and a DRE. The prostate gland lies in front of the rectum, so only the back wall of the prostate can be checked during a DRE. Without the PSA test, tumors located elsewhere in the prostate gland could go undetected by the DRE.

To help ensure an accurate reading, the blood draw for the PSA test must be done prior to the DRE to avoid any stimulation of the prostate gland, which can increase the PSA level. Similarly, ejaculation within 48 hours prior to a man's blood draw can result in an elevated level of PSA.

In addition to potentially indicating prostate cancer, an elevated PSA level can be the result of prostatitis (inflammation of the prostate) or benign prostatic hyperplasia (BPH), which is enlargement of the prostate. The PSA test has become controversial because it lacks precision in identifying early prostate cancers. This can result in unnecessary diagnostic tests and treatments, some with potentially significant side effects. However, a PSA test is the first step for detecting prostate cancer at an early stage when the disease can be treated most effectively.

Inconsistent messages in the prostate cancer community about the value of PSA testing have understandably led to confusion. Our concern is that it's causing some men to forego testing for early detection resulting in physicians seeing an increase in the number of patients with prostate cancer initially diagnosed at an advanced stage.

While no one wants to be overtreated or undertreated, every man has a right to know if he has cancer. We believe that PSA testing is a personal decision and is the responsibility of each man—not each man's physician. All men should be educated on the pros and cons of PSA testing to determine if and when PSA testing is appropriate for him.

Affected by Prostate Cancer?
Us TOO
SUPPORT - EDUCATION - ADVOCACY
www.ustoo.org