

## Prostate Cancer

Some prostate cancers can grow and spread quickly, but most of the time prostate cancer grows slowly. According to the American Cancer Society, prostate cancer is the most common type of cancer found in American men, other than skin cancer. It is estimated that one man in 6 will get prostate cancer during his lifetime. Prostate cancer can be serious, but most men found to have prostate cancer do not die from it. Treatment for prostate cancer will depend on the stage and grade of the cancer, as well as age and health. There are many treatment options to consider including radiation treatment.

## Radiation Treatment for Prostate Cancer

Radiation Treatment is treatment is used to kill cancer cells or shrink the tumor. Beams of radiation are focused on the prostate gland. Intensity modulated radiation therapy (IMRT) allows for more accuracy while reducing radiation to surrounding tissues; increasing the success rate and reducing side effects. Each treatment lasts only a few minutes. Generally there are 5 treatments a week, lasting 7-9 weeks. The treatment is painless and the patient can resume their normal activities afterward.

## Patient Spotlight

82-year old gentleman followed for several years by his urologist for a rising PSA level. The last PSA was 11.34 ng/ml. A biopsy was done with pathology reporting two areas of carcinoma and a Gleason score of 3+4=7. The patient was sent back to the urologist for a six month Lupron injection and placement of gold seed fiducials for image guided radiotherapy.

### Treatment

The patient was treated using IMRT with daily IGRT with 180 cGy fractions to a total dose of 7920 cGy.

### Post-Treatment

The patient notes a little fatigue. He had diarrhea early in treatment but this normalized. He experienced nocturia 4 to 5 times per night at the start of treatment. He tolerated radiotherapy relatively well. At 3-month follow up the patient indicated that his urologist was well-pleased with the outcome of the radiotherapy. He has no dysuria or hematuria. His nocturia has decreased to 3 times per night.

### Treatment at Alliance Cancer Center

Treatment plans will depend on several factors, including the exact location of the tumor, stage of the disease and the age and general health of the patient. Radiation is delivered painlessly in a series of short daily sessions. The patient was presented with several treatment options including radionuclide seed implants, palliative androgen suppression and combined androgen suppression and radiation therapy. Pros and cons of active surveillance were discussed. Patient care is coordinated with the urologist.