

MEN'S HEALTH

What Men Should Know About Prostate Cancer Treatment

(NAPSA)—More prostate cancer treatments are available today than ever before, but not all are proven, making it essential for men diagnosed with prostate cancer to get all the facts. Learning about prostate cancer and treatment options is important for men of all ages. Why? Because according to the American Cancer Society, nearly one in six men will be diagnosed with prostate cancer at some point in his lifetime.

Explained Jerrold Sharkey, M.D., a prominent urologist: "It is important to note that the American Urological Association (AUA) recognizes three treatments as standards of care for localized prostate cancer based on years of research and their success rates. They are radiation therapy with brachytherapy (seed implants) or external beam, surgery or 'watchful waiting.' Though newer treatments do exist, most lack the long-term data proving or disproving their effectiveness."

Dr. Sharkey is touring the country for the Great Prostate Debate, a series of workshops that encourage men to discuss the disease and learn about treatments.

Proven Treatment Options

- Radiation therapy, brachytherapy with TheraSeed®, a one-time, outpatient, 45-minute procedure that lets men go home the same day; recovery takes two to three days. Or external beam, where the prostate and other tissues are treated with a carefully targeted beam of radiation.

- Surgery or "radical prostatectomy," a one-time procedure that typically requires a two- to three-day hospital stay. A catheter may remain for up to two weeks.

- "Watchful waiting," regularly monitoring the condition; the doc-



An estimated one in six men will develop prostate cancer. These men need to know the facts of proven treatments.

tor determines how fast the cancer is progressing and if and when treatment may be appropriate.

"Your doctor or other specialists can help you decide which is right for you based on your PSA level, Gleason score and other factors," said Dr. Sharkey.

The outcome of each treatment can depend on the experience level of the physician performing the procedure.

"Every case is different, which is why it is important not to base a treatment decision on someone else's experiences," said Sharkey. "Generally, I encourage men to set aside a period of time to seek the advice of experts and consult with their doctors and support groups in order to choose the treatment that is best for their situation."

Learn More

To learn more about proven treatment options, see your doctor, visit www.greatprostate Debate.com and call the Prostate Cancer Information Center at (800) 458-4372.