



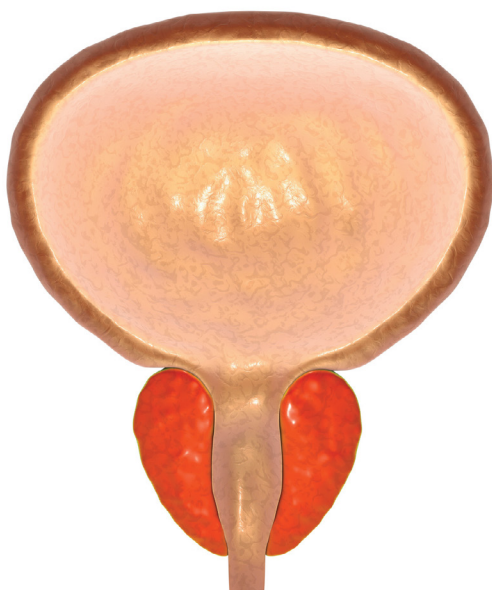
Your Guide to Prostate Cancer



Prostate cancer may be one of the more common types of cancer in men, but it is perhaps the most treatable if caught early. The key, of course, is to make that early diagnosis so effective treatment can return you to your life as quickly as possible.

Prostate cancer is diagnosed with a thorough exam that includes family and medical history and a simple blood test for PSA (prostate specific antigen). If any irregularities are felt on the prostate gland and/or if your PSA blood levels are elevated, suspicious areas may require a needle biopsy. This is a painless procedure, guided by ultrasound, and does not require anesthesia. If tumor cells are found on biopsy, further diagnostic tests may include a bone scan, CT scan and MRI to find out if the cancer has spread and to evaluate bones, lymph nodes or tissues near the prostate gland.

The Healthy Prostate



Prostate Cancer



To request a call back from a prostate health navigator, visit HartfordHealthCare.org/prostate1
You will hear back from our team within one business day.

If You Have Prostate Cancer

Every plan for treating prostate cancer is different and depends on the aggressiveness of your cancer and your general health. At the Hartford HealthCare Cancer Institute, and Tallwood Urology & Kidney Institute, our experts treat more men with prostate cancer each year than any other facility in the state and our rates of complications for many procedures, a key indicator of quality, are among the lowest in the country. The Tallwood team of urologic oncologists coordinates with the Cancer Institute medical oncologists, radiation oncologists, radiologists, pathologists and clinical research nurses to tailor your care so it is most effective and restores optimum urologic function.

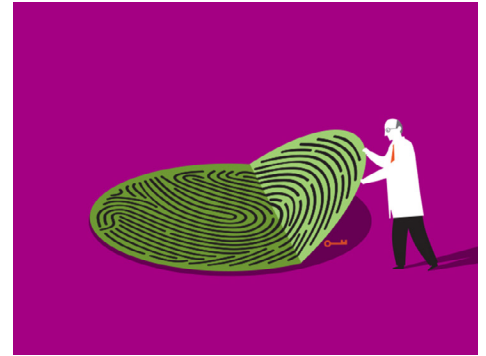
Options for treatment include:

- **Radiation therapy.** High-energy particles or waves of radiation, similar to X-rays, are used to destroy cancer cells. There are two main ways radiation therapy is delivered to treat prostate cancer:
 - **External beam radiation** using a machine outside of the body, aimed at the location of the cancer. We use Intensity Modulated Radiation Therapy, an advanced three-dimensional technique that directs the radiation right on to the cancer to minimize damage to surrounding healthy tissue.
 - **Internal radiation or brachytherapy.** Internal radiation (prostate brachytherapy): uses a radioactive substance sealed in seeds or other objects that are then placed directly into or near the cancer. This can be performed with permanent seeds utilizing a low dose rate (LDR) implant, or temporary seeds utilizing a high dose rate (HDR) implant which is removed in 24 hours or less after placement.
- **Hormone therapy.** To stop or slow the growth of prostate cancer, a treatment called androgen deprivation therapy works to reduce the body's level of testosterone, which stimulates the growth of prostate cancer cells. Hormone therapy alone, however, does not cure prostate cancer. It's typically used to shrink cancer before radiation therapy or if the cancer comes back after surgery or radiation.
- **Chemotherapy.** Chemotherapy (chemo) uses anti-cancer drugs injected into a vein or given by mouth. These drugs enter the bloodstream and go throughout the body, making this treatment potentially useful for cancers that have spread (metastasized) to distant organs.
- **Surgery.** Radical prostatectomy is surgery to remove the prostate gland. The surgery includes the removal of the gland and surrounding tissue.
 - **Robotic surgery.** Our surgeons pioneered robotic prostate surgery, guiding their surgical instruments through small incisions using remarkably precise robotic arms. With a three-dimensional computerized view of even the smallest surgical field, surgeons use exacting precision to preserve sexual function and continence. Patients also benefit from less blood loss and faster recovery times. Our complication rates at Hartford HealthCare Tallwood Urology & Kidney Institute are among the best in the country.

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In Search of the Next Big Thing

Researchers are always looking for new ways to diagnose and treat diseases like prostate cancer. The Cancer Institute's Cancer Clinical Research Office offers a wide array of promising trials and research protocols our patients are able to join. In addition, the Hartford HealthCare Cancer Institute's membership in the Memorial Sloan Kettering Cancer Alliance greatly expands the number and type of clinical trials available, often giving you access to experimental medications or treatments that are not yet approved for use outside of the trial. Often they are more effective and less toxic than currently available treatments.



Living With Cancer

A cancer diagnosis can be overwhelming, as can the follow-up care and forging ahead as a survivor. Ongoing physical and psychological support is available, including:

- **Counseling.** Our prostate health navigators, social workers, psychotherapists, nutritionists, genetic counselors and even financial counselors are available to help you and your family.
- **Support groups.** The Cancer Institute offers an assortment of individual counseling and group meetings that prove invaluable to cancer patients, survivors, caregivers and family members. We also designed a Survivorship Program to help once your treatment ends, giving you peace of mind through surveillance programs and wellness care plans.
- **Rehabilitation.** Hartford HealthCare makes finding care in your home, as well as physical and occupational therapy, easy to find.
- **Integrative therapies.** There's often more to surviving cancer than enduring medical treatments and tests. In fact, chemotherapy and radiation can cause side effects like nausea and pain. To help with this and support overall wellness, we recommend integrative therapies like Reiki, acupuncture and therapeutic touch. These and more are available through our various Cancer Institute locations.



If you would like to speak with a prostate health navigator, please [call 855.255.6181](tel:855.255.6181).

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