

# Localized Prostate Cancer Choosing the Right Treatment

Toll-free support line 7 days a week  
**1-855-899-2873**

**Localized prostate cancer is a cancer that is confined to the prostate and has not spread beyond the prostate capsule, unlike locally advanced cancer.**

## Why Should You Choose Your Treatment?

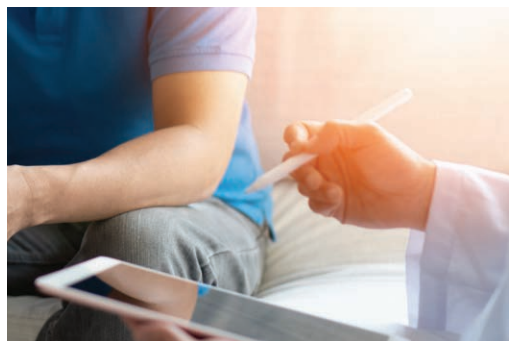
If your doctor presents you with several treatment options following your diagnosis and asks you to choose the one that suits you best, **it's normal!** Only you can determine which side effects are most bothersome to you.

Even though treatments affect each man differently, it's important to think about how you'll manage the outcomes. Choose based on your needs and values.

To help guide you in your choice, here are some advantages and disadvantages to consider.

## Treatments

<p><b>Active Surveillance</b></p>	<p><a href="#">Active surveillance</a> is considered a treatment option. It involves closely monitoring low-risk prostate cancers every 3 to 6 months with a digital rectal exam (DRE), PSA testing, imaging tests, and biopsies if needed.</p> <p>While some men are relieved to avoid immediate treatment, others may worry about not addressing their cancer right away. Discuss your personal situation with your medical team or a healthcare professional at PROCURE.</p>	
	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>▪ Delays treatments like surgery or radiation therapy.</li> <li>▪ Avoids side effects such as sexual, urinary, and bowel issues.</li> <li>▪ Preserves erectile function, urinary continence, and your quality of life.</li> </ul>	<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>▪ Requires regular tests and frequent biopsies.</li> <li>▪ Anxiety may arise due to the uncertainty of test results.</li> <li>▪ There is a risk of progression in about 25% to 30% of cases.</li> </ul>
	<p><b>If the cancer progresses</b>, treatment options include radical surgery, as well as external radiation therapy and/or brachytherapy.</p>	



<h2>Radical Surgery</h2>	<p><a href="#">Radical surgery</a> is an option for treating localized prostate cancer with low, intermediate, or high risk of progression. It involves the complete removal of the prostate, along with the seminal vesicles (small sacs that store semen produced by the prostate) and part of the urethra.</p>	
	Advantages	Disadvantages
	<ul style="list-style-type: none"> <li>▪ Completely removes the cancer if it is confined to the prostate.</li> <li>▪ Provides precise details about the tumor after surgery.</li> <li>▪ The effectiveness of the surgery is assessed by monitoring the PSA level post-operation.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Risks of complications are present, as with any major surgery.</li> <li>▪ Requires hospitalization (1 to 4 days, or longer in case of complications).</li> <li>▪ Typical recovery at home takes 3 to 6 weeks.</li> <li>▪ Wound healing and the use of a catheter for at least one week.</li> <li>▪ Loss of ejaculate and fertility.</li> <li>▪ Potential side effects include urinary incontinence and erectile dysfunction.</li> </ul>
<p><b>If the cancer returns</b>, external radiation therapy is an option if the recurrence is localized to the prostate area.</p>		
<h2>External Radiation Therapy</h2>	<p><a href="#">External radiation therapy</a> is an option for treating localized prostate cancer at low, intermediate, or high risk of progression. This treatment destroys cancer cells by irradiating the prostate from the outside. The number of hospital sessions can vary, and in some cases, only 5 treatments are required.</p> <p>For cases at high risk of progression, it is combined with standard hormone therapy and may be paired with temporary brachytherapy.</p>	
	Advantages	Disadvantages
	<ul style="list-style-type: none"> <li>▪ Non-invasive treatment.</li> <li>▪ Less damage to healthy tissues and erectile nerves.</li> <li>▪ Allows for a normal daily life.</li> <li>▪ Lower risk of stress incontinence.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Does not provide a precise view of the tumor's extent after treatment.</li> <li>▪ Involves daily sessions at the hospital.</li> <li>▪ May cause fatigue during and after treatment.</li> <li>▪ Can lead to reduced ejaculate and loss of fertility.</li> <li>▪ May cause bowel issues and inflammation of the bladder or rectum.</li> </ul>
<p><b>If the cancer returns</b>, brachytherapy or stereotactic radiation therapy (delivering very high doses with great precision) may be considered if the recurrence is localized to the prostate, while hormone therapy will be prescribed if the recurrence occurs at a site distant from the prostate.</p>		



<h3>Permanent Brachytherapy</h3>	<p><a href="#">Permanent brachytherapy</a> is an option for treating early-stage, slow-growing prostate cancer. It destroys cancer cells by irradiating the prostate with an internal source.</p>	
	<b>Advantages</b>	<b>Disadvantages</b>
	<ul style="list-style-type: none"> <li>▪ Less damage to healthy tissues and erectile nerves.</li> <li>▪ Short hospital stay (1 day) and quick recovery.</li> <li>▪ Lower risk of stress incontinence.</li> <li>▪ Gradually delays erectile dysfunction.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Does not provide a precise view of the tumor's extent post-treatment.</li> <li>▪ Not an option for all men.</li> <li>▪ May cause intense urinary issues initially:                             <ul style="list-style-type: none"> <li>- Prostate inflammation similar to prostatitis.</li> <li>- Pain and irritation of the urethra during urination.</li> <li>- Frequent urinary urgency.</li> </ul> </li> </ul>
<p><b>If the cancer returns</b>, brachytherapy may be considered again if the recurrence is localized to the prostate, while hormone therapy will be prescribed if the recurrence occurs at a site distant from the prostate.</p>		

### Questions to Ask Your Doctor

- Is the choice of treatment influenced by my age, overall health, or other medical conditions?
- Will my cancer progress without immediate treatment?
- What are the side effects of the treatments?
- What follow-up tests will be necessary, and how often?
- Which treatment offers the best survival outcome?

**Our health care professionals** are here 7 days a week to answer all your questions as well as those of your family. Call **1-855-899-2873** or visit **procure.ca**

PROCURE is recognized by:



This document was produced thanks to an educational grant from Astellas. PROCURE remains responsible for the complete, impartial, and independent production of the content.

This document is intended to serve as a guide to facilitate discussions between patients and their medical team, ensuring that they have all the necessary information to make informed decisions about their treatment.