The Prostate, Prostate Cancer, and The Fundamentals

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What is the Prostate?

• It is a gland (meaning it makes and secretes material)
• The fluid it makes contributes to the ejaculation fluid
• It is located deep in the pelvis
Where is the Prostate?

Knowing where the prostate is helps understand:

- Why the digital (finger) exam in the rectum helps to evaluate the prostate.
- The relationship of the bladder and the penis and bladder
- Why there is a great deal of technical expertise required to treat the prostate with surgery or radiation therapy
Where is the Prostate?
Who gets Prostate Cancer?

• 1 in 6 men (breast cancer is 1 in 8)

• Most common non-skin cancer in men

• 2nd most common cancer killer in men
Who gets Prostate Cancer?

- About 190,000 men diagnosed with prostate cancer each year
- About 30,000 men die of prostate cancer each year
- If a first degree relative (brother, father, son) has prostate cancer, risk is 2 – 3 times higher
- If African-American, risk is 2 – 3 times higher
How and Who Should be Screened?

• All men of age 50 and older should get once a year blood test called the PSA and Digital Rectal Exam

• Screen starting at age 40 if family history or if African-American
If something concerning on screening, what do you do next?

- If a lump is felt on the rectal finger exam or if the PSA blood test is elevated, the next step is to perform a prostate biopsy with a urologist.

- Prostate biopsy is the only way to tell with reasonable certainty if there is or is not clinically significant prostate cancer.

- Unfortunately imaging studies (CAT scans, MRI, and ultrasound) do NOT detect prostate cancer well.
What is involved in a Prostate Biopsy?

- A probe is placed in the rectum
- Lidocaine anesthesia is injected into the prostate area
- Small needle “pinches” of the prostate are taken as a sampling of the prostate
- Overall small degree of discomfort
- Tissue sent to pathology lab to get diagnosis
How do we decide which Prostate Cancers are potentially aggressive?

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<th></th>
<th>LOW</th>
<th>MED</th>
<th>HIGH</th>
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<tbody>
<tr>
<td><strong>PSA</strong></td>
<td>Less than 10</td>
<td>10 – 20</td>
<td>More than 20</td>
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<tr>
<td><strong>Rectal Exam</strong></td>
<td>No nodules</td>
<td>Nodule on ½ of prostate</td>
<td>Nodule on both sides</td>
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<td><strong>Grade of cancer</strong></td>
<td>5 or 6</td>
<td>7</td>
<td>8 - 10</td>
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Importance of Prostate Cancer Still Underappreciated?

- 2010 NIH dollars spent for research
  - Breast Cancer $769 million
  - Alcoholism $473 million
  - Contraception/Reproduction $492 million
  - Complimentary/Alternative Medicine $450 million
  - Prostate Cancer $307 million

Cost of being informed, so you can make good decisions about prostate cancer care: **PRICELESS**
How do you treat it if you have Prostate Cancer?

• Fortunately have a panel of highly respected experts in the fields of surgery, medical oncology and radiation therapy to discuss this topic with you…