

WHEN PROSTATE CANCER RETURNS: ADVANCED PROSTATE CANCER

(The following information is based on the general experiences of many prostate cancer patients. Your experience may be different.)

How Will I Know If My Prostate Cancer Returns?

After you get treatment for your prostate cancer, your doctor will speak with you about how often your PSA level should be checked. By checking your PSA level, your doctor will be able to see if your prostate cancer has returned.

Why Did My Prostate Cancer Come Back?

When cancer comes back, it is called recurrence. Prostate cancer can recur after several months, a few years, or many years. It can recur after any treatment option you have chosen.

Recurrence after Surgery

If you had surgery, you may ask how can you have prostate cancer if your prostate gland was taken out. This recurrence may have happened because some of the prostate cancer cells moved outside your prostate gland before it was taken out. These cells may not have been found because they were too small or there were not enough of them to be found. These cells then started to

grow in the area where the prostate gland used to be or in another part of your body. When prostate cancer cells spread to other parts of the body it is called metastasis.

Recurrence after Radiation Treatment

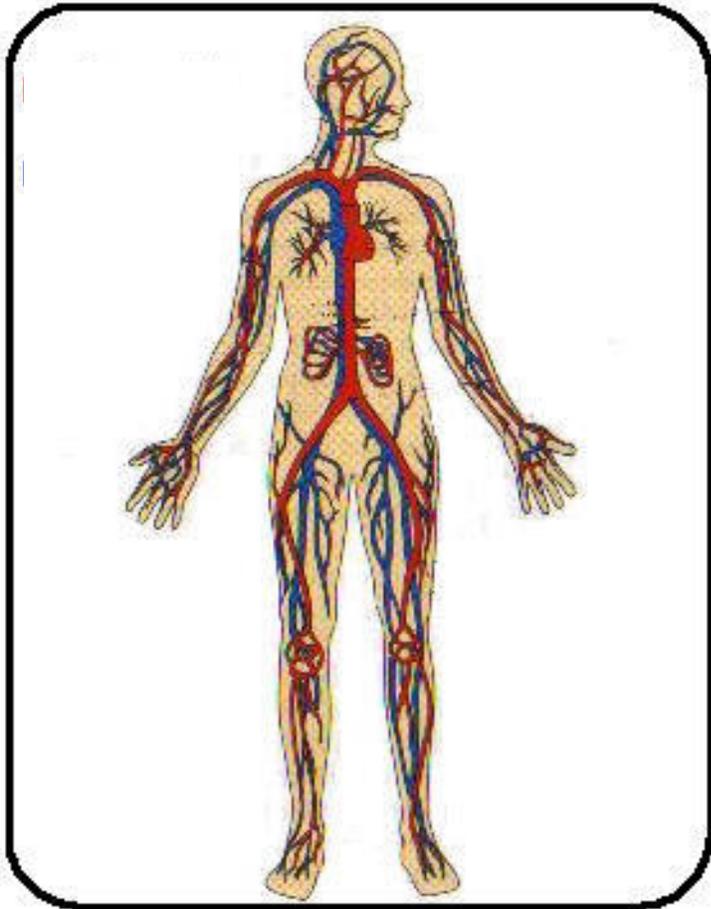
Radiation treatments use high-energy rays, such as x-rays, to kill cancer cells in your prostate. While the beam is focused on your cancer cells, it may not have killed all of the cancer cells in your prostate gland. If all of the prostate cancer cells are not killed, they can move outside your prostate gland and start growing nearby or in other parts of your body.

Recurrence with Hormone Therapy

Hormone therapy shrinks prostate cancer and kills many, but not all prostate cancer cells. It does not cure prostate cancer. Hormone therapy lowers the amount of testosterone in your body, which makes it harder for prostate cancer cells to grow. After taking hormones for a period of time, sometimes a number of years, your prostate cancer cells may change. This change lets them grow in your body even if you have no testosterone. When this happens it is called Hormone Refractory Prostate Cancer. This means that some of your prostate cancer cells may start to grow even though you are on hormone therapy.

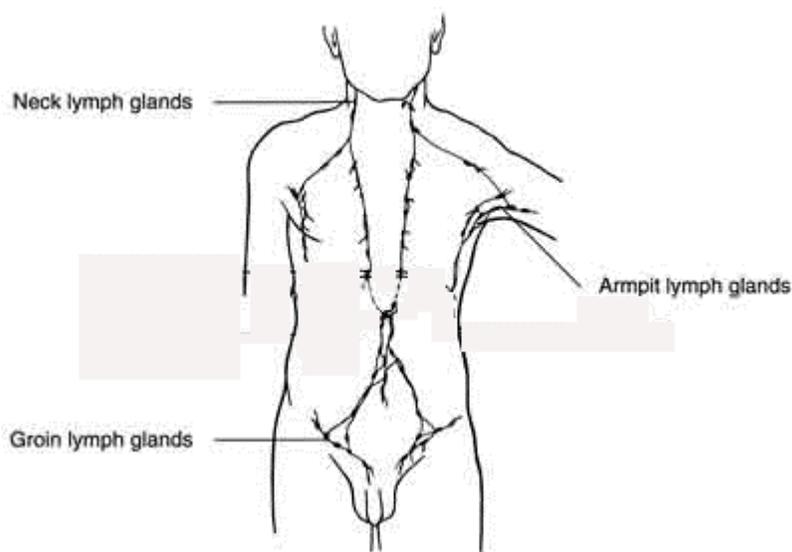
How Does Prostate Cancer Spread Through My Body?

Prostate cancer cells spread through your body in two ways:



1. Through your circulatory system or blood stream.
When cancer cells enter your blood stream, they travel all over your body. The cancer cells settle in another part of your body where they start to grow.

2. Through your lymphatic or lymph system. There are many lymph nodes around your prostate gland. The lymph nodes take a fluid called lymph to different parts of your body. Cancer cells can enter your lymph system through your lymph nodes. This lets your prostate cancer cells move to other parts of your body where they can start to grow.



When prostate cancer cells start to grow in another part of your body, you have metastatic prostate cancer.

Where Is My Prostate Cancer Likely To Spread In My Body?

Your prostate cancer may spread to several places in your body.

- The most common places your prostate cancer will spread are to your bones (90% of metastasis is to bone). The bones that are most often affected are in

your lower and upper back, hips, upper legs and ribs. If this happens you may have pain in those areas of your body. Remember, if you have pain, it can be controlled.

- Another area where prostate cancer can spread is to the areas near your prostate gland, including the ureters (the tubes that carry urine from your kidneys to your bladder). If this happens, your kidneys may become blocked. The prostate cancer may also spread to the urethra (the tube that carries urine from your bladder out through your penis). If this happens, you may have problems urinating (peeing).

- And, in very rare cases, it may spread to your liver. If this happens, you may find that you are not as hungry as usual. You may be more tired or weak. You may have some pain in your stomach area. Your legs and feet may become swollen. And your body will not be able to handle alcoholic drinks.

There are ways you can work with your doctor and Nurse Case Manager to take care of the problems you may have if your prostate cancer spreads to other areas of your body. The goal is to take care of your pain or any other problems you have so that

you may continue doing your daily activities as well as you are able. If you have any problems, talk to your doctor or Nurse Case Manager.

How You Might Feel If Your Prostate Cancer Returns

It is very hard to hear that you have prostate cancer again when you have already had treatment. The return of your cancer may be something that you and those close to you have worried about since you were first diagnosed. You may feel that you have been through enough and that it is unfair that your prostate cancer has returned. For some people this can make having prostate cancer again harder than it was the first time. However, it is important for you to remember that there are treatments you can get that can help you. Your doctor and your Nurse Case Manager are there to help you choose what will be best for you. They will also help you deal with the challenge of having prostate cancer, again.

What Can I Do If My Prostate Cancer Returns?

There are many things that can help you if your prostate cancer returns. You may be given radiation or hormone treatments to control your prostate cancer. If these treatments do not work, you may be offered medicines, called chemotherapy, that kill cancer cells.

Right now, there are not a lot of chemotherapy medicines available to treat prostate cancer. Many of these medicines are being developed and tested in clinical trials to see if they are useful in killing prostate cancer cells. A clinical trial is a research study that uses patient volunteers to test the ability of medicines to treat certain diseases. The people that run a clinical trial are medical professionals and must follow strict rules that make sure that your rights as a participant are protected. If you have metastatic prostate cancer, you may be asked to take part in a clinical trial. If you are asked to take part and would like to take part, you should make sure you know:

1. What the medicine is expected to do,
2. What it will not do,
3. What your risks are, and
4. What your rights are as a participant.

Before you agree to take part in one of these tests called a clinical trial, speak to those close to you, your doctor, and your Nurse Case Manager. They can help you decide if you should take part.

If I Have Pain, How Can I Control It?

There are many things that can be done to control your pain. Your pain should not keep you from doing the things that you want to do. If you have pain, tell your doctor and your Nurse Case Manager right away. Your doctor can give you medicines that

will lower your pain. Your doctor will usually give you a strong pain medication, which comes from a group of medicines called narcotics. Many people worry about becoming addicted to this type of pain medication. When you are taking pain medication for cancer pain, you do not need to be worried that you will become addicted to these medications. The goal is to lower your pain so that it does not control you.

Your doctor will talk with you about how often you should take your pain medicine. You should make sure that you take your medicine as often as your doctor tells you to take it. If your pain returns before you are to take another dose of your pain medication, it is called breakthrough pain. If you have breakthrough pain, your doctor may give you a second medication to help you. Your doctor will work with you to change how often you take your pain medication so that you no longer have breakthrough pain. Again, you do not need to worry about becoming addicted to these medications. Your doctor wants you to be comfortable so that you can stay in control of your life.

When you first start taking the pain medicine, you may feel drowsy. This will go away in 3-5 days. You should not stop taking your medicine or change the dose without talking to your doctor and Nurse Case Manager. Remember it is better for

you to prevent any pain you may have by taking your medication. This way you control the pain so that it does not control you.

What Else Can Happen If My Prostate Cancer Spreads In My Body?

Sometimes, when your prostate cancer spreads, you may have problems urinating (peeing). If you start having the feeling like you need to pee, but can't or you have urine leakage that you did not have before, let your doctor or your Nurse Case Manager know right away. You may need to have a catheter put into your bladder so that the urine can drain out of your bladder.

You may also have problems with your bones if the prostate cancer has spread to them. These bones can break more easily than healthy bones. Your doctor can find out if the cancer has spread to your bones by having you get an x-ray test called a bone scan. During this test, the radiologist, a doctor who specializes in tests that take pictures of your body, will inject a substance into your veins. The injection will hurt, but the rest of the test is painless. About 3 hours after your injection, the radiologist will take pictures of your whole body with an x-ray machine to see how much of this substance has been taken up into your bones. This substance travels through your blood and collects in areas where there is a lot of activity in the bone. Activity means the bone is breaking down or repairing itself. These areas of activity show up darker

than other bone on the x-ray picture. These areas are called hot spots. These hot spots can show where your prostate cancer has spread to your bones. However, having hot spots does not always mean that there is cancer in your bones. Bone can break down and repair for other reasons. For example, if you have arthritis or have had a broken bone, this will show up as a hot spot. If you have cancer in your bones, you will want to be a little more careful when you do your daily activities. You will want to make sure that you do not fall. Be careful when you walk. Move things in your home that you could trip over like a footstool or loose area rugs. This will help keep you from falling and breaking an arm or leg.





Your back also has bones in it called vertebrae. These are the bones that surround your spinal column. The spinal column carries nerve impulses (messages from your brain) to your muscles.

These vertebrae can be weakened if your prostate cancer spreads to them. If your vertebrae break, it can place pressure on your spinal column, which can cause pain in your lower back and legs. It can also cause problems with the muscles in your bladder and bowel.

This is called spinal compression.

If you do feel sudden pain in your back, ribs, arms or legs, let your doctor and Nurse Case Manager know right away. Your doctor may talk to you about having radiation therapy to kill the prostate cancer cells in your bones. Your doctor may also give you a medicine that helps your bones stay stronger.

What Can I Do To Help Myself?

1. Getting support from others during this time is very important. Talk with those closest to you. If friends and family offer to help, let them.

2. Make a list of things that you could use some help with such as shopping, going to your doctors, fixing food or anything else. When someone asks what he or she can do, you can suggest something from your list.
3. Sometimes, you may feel overwhelmed and unable to handle your feelings. You may feel very sad or not able to feel good about anything. Let your Nurse Case Manager and doctor know if you are feeling like this. You have a lot to deal with and sometimes it is very helpful to talk to someone who is trained in helping people get through difficult times, like a counselor. IMPACT pays for short-term counseling for you. Your Nurse Case Manager can help you with this.
4. If you are doing or want to find out about other treatments in addition to what your doctor tells you to do, it is ok. Make sure that you tell your doctor about other treatments you are taking or doing.
5. You can also take any medicine that is given to you by your doctor to help control symptoms like pain.
6. Rest when your body feels tired. If getting tired easily is a problem, plan your activities with rest periods.
7. Stay as active as your body will allow. Do the things you enjoy most. Just take it slower and with more rest.

8. Make sure you eat as well as you can. If you need information about what foods you can eat to help strengthen your body, contact your Nurse Case Manager or the IMPACT dietitian.
9. Enjoy the people closest to you. Enjoy life.
10. Talk to your doctor or Nurse Case Manager about any questions you may have.