

## Logical steps for determining if you have prostate cancer and how serious it is

### Markers and tests for a proper diagnosis

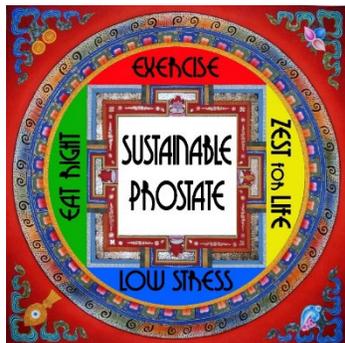
- Making the right decisions is critical to one's quality of life and in some cases survival.
- Establish a baseline **PSA score (Prostate Specific Antigen)** at 40 years old, younger if you are an African American or have a family history of prostate cancer. Then get a PSA annually or as part of your regular physical.
- Track your PSA level every 3 months to 6 months if your PSA is high. Sometimes called **Active Surveillance (AS)**, The PAF calls this strategy **Aggressive Watchful Waiting**. In other words, keep track of what is going on.
- **PSA doubling time (PSADT)** is more important than the number itself.
- If your PSADT is a concern, the next step is an MRI.
- **MRI** – has become the “Gold Standard” as the next step before a biopsy.
- Then you will get a **Fusion Biopsy** – which fuses the recent MRI information with the biopsy for a more precise and accurate placing of the biopsy needles.
- The Fusion Biopsy in many cases can reduce the number of core samples needed for diagnosis.
- You will be given a **Gleason Score** and learn the size of your prostate in cubic centimeters or grams.
- Your Gleason Score will help determine the aggressiveness of your prostate cancer. The higher the number on a scale of 6-10 the bigger concern.
- A Gleason Score of 6 is now considered borderline cancer.
- This test is a subjective analysis by a trained Pathologist.
- **IDLE: Indolent Lesion of Epithelial Origin** – Another name for a Gleason 6 score.
- IDLE's are fence sitters or borderline cancers. They can either progress or diminish over time.

- Ask for your **Dicipher Score**: A genome test available from your biopsy that will also help determine aggressiveness and treatment options.
- A prostate biopsy is still the only way to determine if you have cancer and how aggressive it is!
- **Prostate Specific Membrane Antigen (PSMA) Pet Scan** is the next step and will determine if you have metastasized and its location.
- **Lutetium 177 PSMA Pet Scan Therapy (Pluvicto)** for advanced prostate cancer. The newest, FDA approved treatment. Combining the PSMA Pet scan with a cancer killer agent.
- Get at least one second opinion. Visit a local prostate cancer support group. Knowledge is power.
- Lifestyle changes are clinically proven to have an influence on disease progression for most men. They include a regular exercise program, prostate healthy diet and a stress management program.
- A helpful way to pick a treatment option: Read **“Everybody Needs a Hippo”**. At the end of this cartoon book is a chart to fill out with a list of what is important to you in life. The other axis of the graph lists your treatment options. Make a copy of this chart for your doctor and one for you. Bring both copies to your doctor’s visits. This can be a helpful tool in talking sensibly to your health care professionals.

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**\*\*\* Please consult your physician for a definitive diagnosis and treatment plan. The above information is for discussion purposes only and not intended to be medical advice.**



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*Integrative Paths to Healing*