

Prostate Cancer

Satellite Conference and Live Webcast
Tuesday, September 7, 2010
2:00 - 4:00 p.m. Central Time

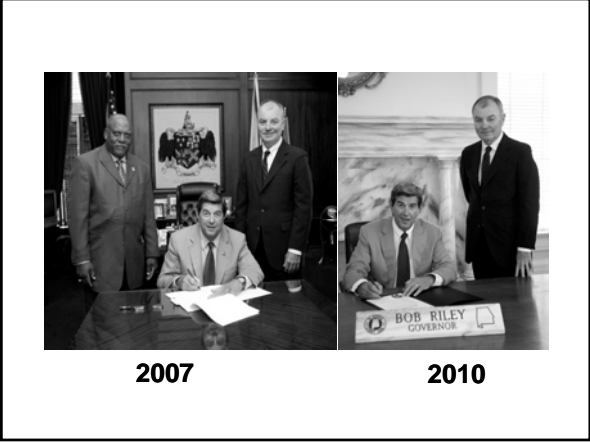
Produced by the Alabama Department of Public Health
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CENTERS OF ALABAMA, P.C.

**September is Prostate
Cancer Awareness Month**



Prostate Cancer

- “If you live long enough, you’ll develop prostate cancer.”
- “Prostate cancer won’t kill you... You’ll probably die with prostate cancer but not of it.”

Prostate Cancer

- Most common cancer in men
- Second most common cause of death
- > 217,730 new cases each year
- > 32,050 men will die each year
- Early detection = chance for cure

Prostate Cancer


- Alabama 2010
 - 3,300 new cases
 - 600 deaths

Prostate Cancer

- Death rate per 100,000 population
 - Washington, D.C.
 - 43.3
 - Mississippi
 - 34.2
 - Alabama
 - 31.2

Age-adjusted Death Rates for Alabama, 2003-2007

- Prostate
 - All races (includes Hispanic)
 - Male
 - All ages



Free Prostate Screenings

- Since September 2006 Urology Centers of Alabama has offered free prostate cancer screenings in the following Alabama counties:

– Dallas	– Hale
– Jefferson	– Wilcox
– Madison	– Marengo
– Perry	– Butler

Free Prostate Screenings

- Sumter
- Choctaw
- Bullock
- Monroe
- Pike
- Montgomery
- Conecuh
- Barbour

- 2,129 men have been screened since September 2006

State of Alabama Cancer Funding

Breast and Cervical

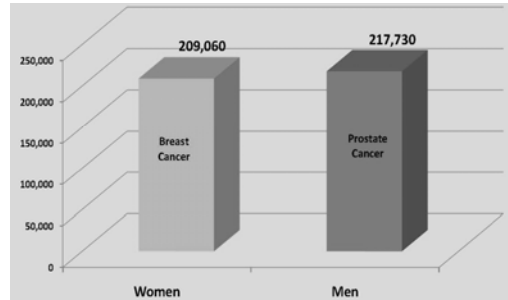
Year	Funding
2009	\$400,000
2010	\$400,000
2011	\$317,800

State of Alabama Cancer Funding

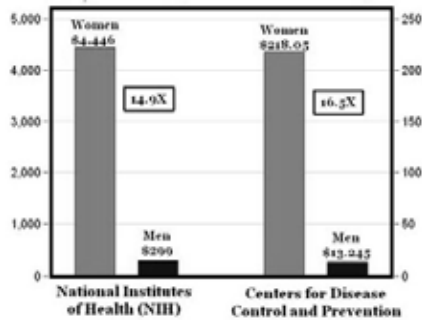
Prostate

Year	Funding
2009	\$0.00
2010	\$100,000
2011	\$90,000

Estimated New Cases of Gender-specific Cancers for U.S., 2010



Government Funding for Cancer: 2009 by Gender (Millions of Dollars)



Early Diagnosis of Prostate Cancer

- Symptoms?
 - None

Early Detection of Prostate Cancer

- Digital Rectal Exam (DRE)
- Prostate Specific Antigen (PSA)

Digital Rectal Exam

- Does not affect PSA level
- May detect 10-15% of prostate cancers that have normal PSA

Prostate Specific Antigen

- Enzyme produced only by the prostate
- Is prostate specific
 - Not cancer specific

PSA

- Affecting PSA level
 - BPH
 - Prostatitis
 - Cancer
- Normal biologic variability 10-20%
- Ejaculation

Prostatitis

- Symptoms
- PSA after resolution
 - Wait 1 month

PSA and Medications

- BPH medications
 - Tamsulosin, Alfuzosin
 - No effect on PSA
 - Dutasteride and Finasteride
 - Decrease PSA by 50% at 6 months
 - Rising PSA → reassess

PSA

- Other helpful data
 - Free and total PSA
 - Free > 25%
 - PSA velocity
 - 0.75 per year
 - Need at least 3 measurements

PSA Screening

- Controversy?
 - Against
 - Overdetection → overtreatment → morbidity
 - For
 - 39% decrease in mortality since prostate screening

Prostate cancer screenings cut death risk in half

By KRISTEN HALLAM
Bloomberg News

LONDON — A blood test for prostate cancer helped reduce deaths from the disease by almost 50 percent after 14 years in a study, though overall mortality barely changed as patients died of other causes.

Of 10,000 men invited for the screening every two years, 44 died of prostate cancer, compared with 78 of 10,000 men who weren't offered the test, according to researchers at the University of Gothenburg in Sweden. Total deaths were almost identical, at 1,981 in the screening group compared with 1,982.

The researchers said 293 men need to be screened and 12 diagnosed with prostate cancer to save one from dying of the disease. The finding may influence doctors' debate over whether there's too much screening and treatment of prostate cancer.

"Most of us feel better overtreating than undertreating," Elizabeth Kavaler, a urologist at Lenox Hill Hospital in New York, who wasn't involved in the research, said in an e-mail. "This study supports that approach."

The prostate-cancer tests reduced deaths from the disease more than comparable screening has done for breast cancer and colorectal cancer, according to the study. The results from the research, which is continuing, were published online in *Lancet Oncology*.

In the study, 11.4 percent of men in the screening group and 7.2 percent in the control group were diagnosed with prostate cancer.

Most of the benefits of prostate-cancer screening occur after 10 years, the researchers said.

"This is to be expected from a disease with long lead-time and a long natural course," the authors wrote. The men studied had a median age of 56 when they entered the research.

"As the risk of over-diagnosis and over-treatment are still the major concerns in prostate-cancer screening, inviting men over age 70 for PSA screening seems questionable," the researchers wrote.

The findings don't imply that PSA screening programs should be introduced globally, wrote David Neal, a professor of surgical oncology at the University of Cambridge in England, in a commentary accompanying the study report.

Prostate-cancer screening has been controversial because the tests can detect cancers that don't threaten the patients' health, resulting in unnecessary treatment that can impair quality of life, Neal wrote.

New Screening Guidelines

- Age for obtaining a baseline PSA lowered to 40 years of age

– American Urological Association, Prostate-Specific Antigen Best Practice Statement: 2009 Update, p. 5.

PSA Levels

Age	PSA Levels
40 – 50	2.5
50 – 60	3.5
60 – 70	4.5
> 70	6.5

PSA and Detection of Prostate Cancer

PSA Level	Prostate Cancer
4 – 10	25%
> 10	50%

New Screening Guidelines

- **Why the change**
 - Men dying at age 55 to 64 likely could have been cured by diagnosis and effective treatment prior to age 50
 - Younger men more likely to have curable prostate cancer

New Screening Guidelines

- **PSA more specific test for cancer in younger men**

– American Urological Association, Prostate-Specific Antigen Best Practice Statement: 2009 Update, p. 30.

New Screening Guidelines

- **When is a prostate biopsy indicated?**
 - “The AUA is not recommending a single threshold value which should prompt prostate biopsy. The decision to proceed to prostate biopsy should be based primarily on PSA and DRE results but should take into account multiple factors...

New Screening Guidelines

- ... including free and total PSA, patient age, PSA velocity, PSA density, family history, ethnicity, prior biopsy history and co-morbidities.”

– American Urological Association, Prostate-Specific Antigen Best Practice Statement: 2009 Update, p. 23.

Prostate Cancer Screening

- **What is the standard of care?**
 - Yearly DRE and PSA?
 - Discuss PSA and ramifications
 - Document “defer”

PSA and Elderly

- **Men over 75 years**
 - Should be considered only in certain circumstances depending on co-morbidities

– Source: US Preventive Services Task Force

Prostate Cancer Early Detection

- **Prostate ultrasound and biopsy**
 - **Indications**
 - **Abnormal DRE**
 - **Elevated PSA**

Prostate Cancer Treatment

- **Prostate ultrasound and biopsy**
 - **Cancer grade**
 - **Gleason score**
 - **Number of biopsies positive**
 - **PSA level**

Prostate Cancer Treatment

- **Treatment options**
 - **Observation**
 - **Watchful waiting**
 - **Robotic prostatectomy**
 - **Radiation therapy**
 - **Seed implant**
 - **External radiation**

Prostate Cancer Treatment

- **Cryotherapy**
- **Hormonal therapy**
 - **Androgen suppression**

Prostate Cancer Prevention

- **Diet**
 - **Heart healthy = prostate healthy**
 - **Mediterranean diet**
 - **Fruits, vegetables → lycopene, fiber**
 - **Fish, fish oil → omega 3 fatty acids**
 - **Soy, flaxseed → plant estrogens**

Prostate Cancer Prevention

- **Mega dose (vitamins, supplements)**
 - **Not recommended**
 - **Select trial - Selenium, Vitamin E**
 - **No benefit**

Dietary Considerations

- Mark Moyad, MD, MPH
 - Mediterranean diet
 - Fish oil
 - ASA 81 mg
 - Multivitamin
 - Flaxseed

Prostate Cancer Prevention

- Finasteride and Dutasteride
 - Used to shrink BPH and improve symptoms
 - Prevent prostate cancer?
- * Should decrease PSA by 50% at 6 months

Prostate Cancer Prevention

- Prostate cancer prevention trial
 - 18,882 men > 55 yrs old
 - PSA < 3.0
 - Finasteride vs. placebo
 - 7 year trial

Prostate Cancer Prevention

- Results
 - 25% reduction in prostate cancer
- Adverse effects
 - Sexual function < 1%

Prostate Cancer Early Diagnosis

- Summary
 - PSA controversy
 - Age 40 - 75, 75 +
 - Prostate screening
 - Yearly DRE and PSA
 - PSA - BPH, infection, cancer
 - Dutasteride and Finasteride

New Screening Guidelines

- Why the change?
 - Might reduce prostate cancer mortality and cost of screening
 - Provides basis for comparing future PSA results after age 50

“Prostate Cancer and New Screening Guidelines”

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