

EL CAMINO HEALTH CANCER CENTER

# Prostate Cancer Report

2019 Screening, Treatment and Outcomes



# Prostate Cancer

## EARLY DETECTION AND PRECISE TREATMENTS OPTIMIZE RECOVERY

Prostate cancer is one of the most common malignancies in men. According to the American Cancer Society (ACS), about 1 man in 9 will be diagnosed with prostate cancer during his lifetime.

Despite its reputation as being one of the most curable cancers, prostate cancer can be a serious disease in its aggressive stage. After lung cancer, it is the second leading cause of cancer death. ACS estimates that 31,620 deaths will occur from it this year in the U.S.

Survival depends on the type of prostate cancer and the stage of the disease when detected. Because prostate cancer tumors grow very slowly or not at all, they are indeed very treatable. And more than 90 percent of prostate cancers are detected when the disease is in an early stage.

With effective therapy, patients have a 99 percent, five-year relative survival rate. In fact, more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer are still alive today.

At El Camino Health Cancer Center, our clinical expertise, experience with the disease in all its stages, and our relentless pursuit of new treatment options help us achieve higher survival rates than the national average.

For our patients with advanced stages of prostate cancer, we're able to prolong and maintain quality of life. For those with early-stage prostate cancers, we're able to achieve higher cure rates.

## AN INTEGRATIVE APPROACH TO PATIENT CARE

Cancer is a complex disease. When patients need a combination of treatments, our top oncology experts collaborate closely to create and deliver a highly personalized treatment plan.

Team leaders may include:

- + **Urologist.** A urinary tract specialist who makes the precise diagnosis and remains involved in a patient's therapy.
- + **Medical oncologist.** An expert in chemotherapy, hormonal therapy and other drugs.
- + **Radiation oncologist.** A specialist in the use of various types of radiation beams to shrink or destroy tumor cells.

Not only is our medical team on the forefront of new therapies for prostate cancers, they are supported by a staff skilled in cancer patient care — giving our patients the best possible experience and outcome.

## MEN CAN BE DIAGNOSED WITH PROSTATE CANCER AT ANY AGE

But the disease mainly affects men over 50. The risk increases with age. Nearly 60 percent of all prostate cancers are diagnosed in men 65 and older.

Prostate cancer affects about:

- + 1 in 350 men under age 50.
- + 1 in 52 men ages 50 to 59.
- + 1 in 19 men ages 60 to 69.
- + 1 in 11 men 70 and older.



# Risk and Prevention

Although doctors don't know the exact cause of prostate cancer, studies have linked some risk factors to the disease.

- + Age. Men age 50 or older have a higher risk of prostate cancer.
- + Race. African American men have the highest risk of prostate cancer; the disease tends to start at younger ages and grows faster. White men have the next highest risk, followed by Hispanic and Native American men. Asian American men have the lowest rates of prostate cancer.
- + Family history. Men who have a relative with prostate cancer are twice as likely to develop the disease. Increased risk is also linked to a strong family history of other cancers.
- + Diet. The risk of prostate cancer may be higher for men who eat high-fat diets.

The risk of prostate cancer may be reduced if men:

- + Eat a healthy diet. Eat plenty of fruits and vegetables, and avoid high-fat foods.
- + Exercise. There is some evidence that men who don't exercise have higher prostate-specific antigen levels, while men who exercise may have a lower risk of prostate cancer.
- + Maintain a healthy weight. Obese men diagnosed with prostate cancer may be more likely to have advanced disease that's more difficult to treat.



Cancer Healthy™ helps you fight cancer in all its stages using medically proven approaches for healthy living. We have combined the most current medical advancements with our real-world experience to create an easy-to-understand roadmap for cancer patients. Through classes and one-on-one support, you learn what you can do every day to make fighting cancer a central part of your life.



## PROSTATE CANCER SYMPTOMS

Early-stage prostate cancer may display no symptoms. When the disease is more advanced, it may cause:

- + Urinary problems.
- + Blood in the urine or semen.
- + Discomfort or pain in the lower back or pelvic area.
- + Erectile dysfunction.

Often these symptoms are not due to cancer. Other health problems can cause them, such as benign prostatic hyperplasia (BPH), an infection that's also called prostate gland enlargement. BPH is a common condition as men get older.

## SCREENING FOR PROSTATE CANCER

Our commitment to men's health is one of the reasons we excel in early detection of prostate cancer. When patients in our dedicated Men's Health Program display medical concerns, such as sleep apnea, heart disease or erectile dysfunction, we open a dialogue about the possibility of prostate cancer and the need for screening.

While there is currently no strong consensus about the age at which to start screening, most guidelines recommend they start at age 55 for well-informed men in good health and a life expectancy of at least 10 to 15 years.

Unless a man is known to be at risk for prostate cancer, there is some debate about the benefits of prostate cancer screening as part of an annual checkup. Urologists at El Camino Health discuss the advantages and risks of screenings in detail with each patient, arriving at a shared decision.

Depending on the patient/physician discussion, screenings may become part of a man's yearly physical. Our screening recommendations may include:

- + A prostate-specific antigen (PSA) blood test every two years, from age 55 to 70. PSA is a natural substance produced by the prostate. If a higher than normal level is found, it may indicate prostate infection, inflammation, enlargement or cancer.
- + A digital rectal exam (DRE) as part of a yearly checkup. If any abnormalities in the texture, shape or size of the gland are found, our physicians may recommend further tests.
- + If the PSA test or DRE indicates something abnormal, we may use one of several of the many new advanced testing methods to see if a biopsy is needed.

Screening does not always lead to treatment, but screening does reveal the high-risk patients for whom prevention and detection can save lives.

# Diagnosis: Advanced Technology, Precise Care

If we suspect cancer, our doctors may remove prostate tissue samples to see if they contain abnormal cells. El Camino Health offers Artemis™ 3D Imaging and Navigation, technology that integrates traditional biopsy methods with advanced imaging to determine the presence of prostate cancer.

An MRI image is fed into Artemis, which fuses it with live ultrasound and converts it from a 2D monochromatic ultrasound image to an enhanced 3D color image. The result is an exceptionally clear and detailed real-time image of prostate abnormalities.

The image helps determine if a man with nonaggressive prostate cancer can safely avoid or delay surgery through active surveillance, or if a biopsy and more invasive treatment are required.

El Camino Health uses several advanced testing methods to identify patients at higher risk for aggressive prostate cancer. The 4Kscore®, ConfirmMDx® and the prostate health index (PHI) help us determine the need for a biopsy. We also rely on the Oncotype DX Genomic Prostate Score™ to help us decide who may benefit from treatment versus active surveillance.

## WHAT IS STAGING?

Staging is a diagnostic metric that uses advanced tests (tumor markers), imaging and biopsy to see if cancer has spread, either within the prostate or to other parts of the body.

- + Stage I: The cancer is small and only in the prostate peripheral zone (the outer part).
- + Stage II: The cancer is larger or in both lobes of the prostate but is still confined to the prostate.
- + Stage III: The cancer has spread to nearby lymph glands or seminal vesicles (glands that produce sperm fluid).
- + Stage IV: The cancer has spread to other organs or bone (metastatic cancer).



EL CAMINO HEALTH CANCER CENTER MAKES IT EASY FOR REFERRING PHYSICIANS TO DO THEIR BEST FOR PROSTATE CANCER PATIENTS.

Our nationally recognized clinical quality, patient-centric care, fast access to our physicians and information are some of the top reasons primary care physicians choose El Camino Health.

- + **Access.** Our expert schedulers and coordinators streamline the patient care process, offering access within 48 hours. They coordinate appointments and workups to ensure convenience and efficiency. We keep you and your care team well-informed.
- + **Technology.** We offer the da Vinci Xi® Surgical System, CyberKnife® Radiosurgery System and specialized equipment for navigational prostate biopsy.
- + **Facilities.** El Camino Health Cancer Center understands patients' needs and offers a full range of services in a single place, providing an exceptional emotional/physical experience.
- + **Specialists.** Oncology coordinators, nurse practitioners and support staff make patient/physician engagement seamless. Our nurses are all certified in oncology. Our high level of physician/patient support reflects well on the physicians who lead their care.
- + **Information.** We provide comprehensive, relevant information about our treatment programs, five-year survival rates and outcomes specific to the type of prostate cancer affecting your patients.
- + **Support.** Any minute we can free up for you is another minute you can devote to your patients. We support our doctors by caring about their well-being, too.

# Therapies and Treatments at El Camino Health

Beyond active surveillance, we offer minimally invasive surgery, radiation and chemotherapy. Our doctors have had excellent success with robotic-assisted removal of the prostate — the most effective, most nerve-sparing and least invasive prostate cancer surgery available. It can completely eradicate cancer while retaining bladder control and potency. The radiation oncologists at El Camino Health are some of the most experienced in the region in using brachytherapy for prostate cancer. Our medical oncologists are ahead of the curve in the use of second-generation hormone therapy and immunotherapy.

## ACTIVE SURVEILLANCE

Active surveillance doesn't mean "no treatment," but deferring treatment until it's needed. We monitor patients regularly for signs of disease progression with a regular PSA blood test and a DRE, and less frequent biopsies as determined by the urologist.

## SURGERY

Surgery (prostatectomy) is the most common treatment for prostate cancer, often in combination with external beam radiation. El Camino Health surgeons have a strong track record of success with minimally invasive prostatectomies, most of which we do robotically through five or six tiny incisions.

## RADIATION ONCOLOGY

In radiation therapy, our goal is to deliver a precise dose of radiation to the tumor while protecting surrounding tissue. El Camino Health boasts the most advanced, targeted radiotherapy options for the treatment of prostate cancer in Silicon Valley. Treatment options include:

- + **External beam radiotherapy.** The use of ionizing radiation to target cancer cells. We have the latest radiotherapy technologies including RapidArc® VMAT (volumetric-modulated arc therapy), a more advanced form of IMRT (intensity-modulated radiation therapy).

- + **CyberKnife® radiosurgery.** Although it sounds like surgery, it isn't. CyberKnife is an advanced form of external beam radiotherapy that allows us to deliver radiation to the prostate with submillimeter accuracy. Patients who undergo CyberKnife radiosurgery typically receive four treatments rather than the traditional 40 to 44 sessions of external beam radiotherapy. Studies show CyberKnife treatments produce exceptionally good outcomes with a low incidence of side effects.
- + **Prostate brachytherapy.** The placement of low energy radioactive "seeds" inside the prostate. Brachytherapy, in combination with hormone therapy and external beam radiotherapy, has been shown to improve outcomes in men with high-risk prostate cancer. Our experience and expertise in brachytherapy has made El Camino Health one of the busiest brachytherapy programs nationwide.

In addition, during radiotherapy treatment, we track prostate movement using the Calypso® GPS tracking system, which enables us to precisely and continuously pinpoint the tumor. When appropriate for the patient, we use a temporary hydrogel called SpaceOAR® (spacing organs at risk). The gel puts space between the rectum and the prostate, protecting the rectum from radiation and greatly reducing side effects.

## HORMONE THERAPY

Hormone therapy reduces levels of androgens to make prostate cancer tumors shrink or grow more slowly. Tumors can eventually become resistant to conventional androgen deprivation therapy (ADT). Recently developed second generation hormone therapy, with improved efficacy and potency, overcomes cancer resistance, giving patients greater odds for survival. Hormone therapy may be used in conjunction with radiotherapy as a curative regimen for high-risk cancers.

## IMMUNOTHERAPY

Immunotherapy stimulates a patient's own immune system to fight cancer cells. The treatment process involves filtering out immune cells, stimulating them in a lab to fight prostate cancer and then reinfusing those cells intravenously.

## TARGETED CHEMOTHERAPY

Chemotherapy drugs are generally used as part of a curative regimen of localized, very high-risk prostate cancer, often as an adjuvant after radiation. Chemotherapy is also used in patients with metastatic prostate cancer that has stopped responding to hormonal therapy.

At El Camino Health Cancer Center, we're proud to be known for our comprehensive, compassionate care, and our exceptional outcomes in the treatment of prostate cancer.



# 2019 Community Outreach Coordinator Report

<b>PROGRAM TYPE</b>	<b>8/19/2019</b> <b>STANDARD 4.1 - PREVENTION</b>
<b>CANCER SITE SELECTED</b>	<b>ENDOMETRIAL CANCER</b>
<b>NEED ADDRESSED / REASON FOR PROGRAM</b>	Endometrial cancer is the most common cancer of the female reproductive system in the U.S., according to the National Comprehensive Cancer Network (NCCN) Guidelines for Patients in 2019. In the American Cancer Society (ACS) 2019 Facts & Figures, an estimated 61,880 cases of cancer of the uterine corpus will be diagnosed in the U.S., and 6,250 cases of new uterine corpus cancer will be diagnosed in California. As noted in our Community Needs Assessment, uterus/cervix is one of the five most common cancer sites diagnosed in Santa Clara County from 2014. The American Institute for Cancer Research estimates 36,210 (59%) of U.S. endometrial cancer cases each year could be prevented by being at a healthy weight and being physically active. According to the National Cancer Institute, endometrial cancer can often be cured. However, there is no specific test for early detection of endometrial cancer. ACS indicates the average age of women diagnosed with endometrial cancer is 60, and it's uncommon in women under the age of 45. Post-menopausal women should be informed about risks and symptoms and are encouraged to report unexpected vaginal bleeding to a physician.
<b>DATE NEED IDENTIFIED AND DOCUMENTED IN MINUTES</b>	2/13/2019
<b>DATE OF ACTIVITY</b>	Ongoing
<b>ACTIVITY &amp; LOCATION</b>	El Camino Health conducts an ongoing educational program at both campuses (Mountain View and Los Gatos, CA), and sponsors outreach events in the community.
<b>TOOLS OFFERED</b>	Between June and July 2019, the Cancer Center hosted and attended community outreach events. El Camino Health offered prevention education and informational handouts on endometrial cancer. Information contained the recommended age to discuss endometrial cancer prevention, lifestyle changes, the importance of exercise and diet, Cancer Healthy™ endometrial cancer nutrition information, and a survey instrument on frequently reported endometrial symptoms.
<b>NUMBER OF PARTICIPANTS</b>	There were 150 attendees at El Camino Health Cancer Survivors' Day, Mountain View, with 13 female participants interested in endometrial cancer prevention education. Furthermore, 32 participants obtained endometrial cancer prevention education at the Cancer Center resource table from El Camino Health's sponsored event Jazz on the Plazz, Los Gatos.
<b>SUMMARY OF ACTIVITY</b>	Our outreach effort includes large community events, prevention surveys, distribution of educational materials, and email, website and newsletter marketing.
<b>EFFECTIVENESS</b>	Summary of effectiveness of endometrial cancer prevention activities, based on 13 female pre-test survey responses: <ul style="list-style-type: none"> <li>+ 92% were 46 years old and older (12).</li> <li>+ 85% strongly agreed that a healthy diet and exercise decrease risk of developing endometrial cancer (11).</li> <li>+ 23% responded that they have had vaginal bleeding after menopause or unusual vaginal bleeding (3).</li> <li>+ 15% responded that their provider mentioned they have endometrial cancer (2).</li> </ul> In post-test survey results: <ul style="list-style-type: none"> <li>+ 69% agreed that exercise will decrease the risk of developing endometrial cancer and will positively impact their health (9).</li> <li>+ 46% agreed that better diet will decrease the risk of developing endometrial cancer (6).</li> <li>+ 46% agreed they could get information about prevention of endometrial cancer from El Camino Health and American Cancer Society (6).</li> </ul>
<b>NATIONAL GUIDELINE OR INTERVENTION FOLLOWED</b>	National Comprehensive Cancer Network, National Cancer Institute, American Cancer Society
<b>DATE ACTIVITY ASSESSED</b>	9/4/2019

<b>PROGRAM TYPE</b>	<b>8/19/2019</b> <b>STANDARD 4.2 - SCREENING</b>
<b>CANCER SITE SELECTED</b>	<b>PROSTATE CANCER</b>
<b>NEED ADDRESSED / REASON FOR PROGRAM</b>	The National Cancer Institute (NCI) reports prostate cancer is the second leading cause of cancer death among men in the U.S. According to the Centers for Disease Control and Prevention (CDC) in 2016, 192,443 new cases of prostate cancer were reported, and 30,370 men died of prostate cancer in the U.S. Per our Community Needs Assessment from 2016 to 2017, we see a higher-than-expected number of prostate cancers at El Camino Health. The U.S. Preventive Services Task Force recommends men aged 55 to 69 years to undergo periodic prostate-specific antigen-based screenings for prostate cancer and have an opportunity to discuss the potential benefits and harms of the screening with their clinician and to have their values and preferences incorporated in the decision. A PSA test measures the level of prostate-specific antigen in the blood, which can be higher in men who have prostate cancer. Free prostate cancer PSA blood test screenings were provided for male patients, cancer survivors and event participants to encourage recommended guidelines and reduce the risk of men developing prostate cancer. Those at risk for prostate cancer are: <ul style="list-style-type: none"> <li>+ Men 50+ years old and older.</li> <li>+ Men 40+ years old with a family history of prostate cancer.</li> <li>+ African American men, who are 73% more likely than Caucasian men to get prostate cancer.</li> </ul>
<b>DATE NEED IDENTIFIED AND DOCUMENTED IN MINUTES</b>	2/13/2019
<b>DATE OF ACTIVITY</b>	6/1/2019
<b>ACTIVITY &amp; LOCATION</b>	El Camino Health, Mountain View, Cancer Survivors' Day
<b>TOOLS OFFERED</b>	PSA screening blood test; immunology lab results; physician's evaluation; El Camino Health, National Comprehensive Cancer Network, and American Cancer Society informational handouts; Cancer Healthy™ prostate cancer nutrition information; and prostate cancer support groups.
<b>NUMBER OF PARTICIPANTS</b>	Of the 150 attendees at Cancer Survivors' Day, 25 male participants requested PSA prostate screenings.
<b>SUMMARY OF ACTIVITY</b>	Our efforts included performing complimentary prostate cancer PSA blood test screenings for interested male participants at Cancer Survivors' Day. Screenings were promoted via email marketing, our website with online registration, newsletter and flyer, as well as invitations to prostate cancer support groups.
<b>EFFECTIVENESS</b>	Summary of effectiveness of the PSA screening activity shows that male participants were as follows: <ul style="list-style-type: none"> <li>+ 84% were normal (21).</li> <li>+ 16% were high (4).</li> </ul> Of the 25 male participants who were screened: <ul style="list-style-type: none"> <li>+ 21 participants (84%) had normal PSA blood test results and were provided a letter by El Camino Health Cancer Center to include NCI and ACS recommendations on future PSA screenings.</li> <li>+ 4 participants (16%) had high PSA blood test results.</li> </ul> Out of the 4 participants who had high PSA screening results: <ul style="list-style-type: none"> <li>+ All 4 (16%) were given a telephone consultation, a letter recommending appropriate medical follow-up, and a reminder that high prostate-specific antigens and an unhealthy lifestyle are risk factors of prostate cancer.</li> <li>+ 3 participants (12%) were interested in follow-up with their primary care physician for continued PSA screenings and a referral to a urologist.</li> <li>+ 1 participant (4%) had prostate cancer detected and is being evaluated by a medical oncologist for treatment.</li> </ul>
<b>FOLLOW-UP PROCESS</b>	
<b>NATIONAL GUIDELINE OR INTERVENTION FOLLOWED</b>	U.S. Preventive Task Force, National Cancer Institute, American Cancer Society
<b>DATE ACTIVITY ASSESSED</b>	9/4/2019
<b>REFERENCES</b>	www.nccrt.org/resource-center   www.cancer.gov/colorectalcanccerrisk   https://www.elcaminohealth.org/services/cancer-care/conditions-treatments/colorectal-cancer   https://www.elcaminohealth.org/community/health-library-resource-center   www.cancer.gov/about-cancer/causes-prevention/risk/obesity/obesity-fact-sheet   www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight/body-mass-index-bmi-calculator.html   www.cdc.gov/mmwr/preview/mmwrhtml/mm6244a4.html



For more information or referral to one of our experts, please call or visit  
our website.

**800-216-5556**

<https://www.elcaminohealth.org/services/cancer-care>