

News You Can Use

A monthly newsletter from the Cancer Learning Center

September 2007 – Issue 28

Frequently Asked Questions about Prostate Cancer



What is PSA? Prostate-specific antigen, or PSA, is a substance secreted by cells in the prostate gland. PSA is detectable in the bloodstream of men who may have non-cancerous enlargement of the prostate or prostate cancer. Sexual activity and increased age may also increase PSA levels; thus, elevated PSA levels do not

always indicate a problem. Consult your doctor if you have questions regarding when to start PSA testing or if you're concerned about your risk.



If I have a relative with prostate cancer, am I also at risk? Every man with a prostate is at risk for developing prostate cancer, but those with a first-degree family member (father, brother, or son) with prostate cancer have a risk 2 to 11 times greater. However, a study published in the *Journal of Clinical Oncology* last year showed family history is not linked to aggressive prostate cancers, nor is it linked to risk of relapse.

What is a Gleason score? Almost all prostate cancers are diagnosed according to the Gleason system. It assigns a grade using numbers from 1 to 5 based on how much the cells in the cancerous tissue look like healthy prostate tissue.

- **Grade 1** refers to cancerous tissue that looks most similar to healthy prostate tissue.
- **Grade 5** refers to cancerous tissue that lacks normal cell features and cancerous cells appear haphazardly through the prostate.
- **Grades 2 through 4** have features between these extremes.

Because prostate cancers often have areas with different grades, a grade is assigned to the two areas that make up most of the cancer. The two grades are added together to yield a Gleason score between 2 and 10. The higher the Gleason score, the more likely the cancer will grow and spread quickly.

Do you have more questions about prostate cancer? Call the Huntsman Cancer Information Service at (801) 581-6365 or visit the Cancer Learning Center on the first floor of Huntsman Cancer Institute.

The Cancer Learning Center (CLC) is a free resource library on the first floor of Huntsman Cancer Institute
(801) 581-6365 • (888) 424-2100
huntsmancancer.org/clc

FROM THE CLC

These books are available for free checkout from the CLC:

100 Questions & Answers about Prostate Cancer

American Cancer Society's Complete Guide to Prostate Cancer

Brachytherapy and IMRT: A Primer on Seed Implants and Intensity Modulated Radiation Therapy (IMRT) for Informed Patients

The First Year—Prostate Cancer: An Essential Guide for the Newly Diagnosed

Living with Advanced Prostate Cancer: When PSA Rises During Hormone Therapy

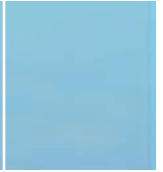
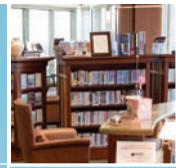
Nutrition and Prostate Cancer

Prostate and Cancer: A Family Guide to Diagnosis, Treatment, and Survival

Prostate Cancer: A Caregiver's Guide

Prostate Cancer: What You Need to Know NOW

The CLC also offers a variety of DVDs and videos about prostate cancer for free checkout.



2007 Utah Cancer Survivorship Summit: Thriving and Celebrating Life

A half-day conference for and by Utah cancer survivors

The Survivorship Summit offers concurrent sessions about adult and childhood cancers. Medical personnel and survivors will discuss helpful information about survivorship, and a panel of cancer survivors will share their experiences and answer questions. Children accompanying adults can enjoy crafts, games, and entertainment while sessions take place. The Summit will be September 22 from 9 a.m. to 1 p.m. at the Utah Cultural Celebration Center; it's free of charge. Visit the Cancer Learning Center on the first floor of Huntsman Cancer Institute for a registration form and more information.



About Patient and Public Education

Huntsman Cancer Institute's Patient and Public Education (PPE) Department operates the Cancer Learning Center, Huntsman Cancer Information Service, and community outreach and prevention education. Committed to increasing knowledge about cancer prevention and treatments, the PPE staff provides information and support for cancer patients and their loved ones during diagnosis, treatment, and recovery; increases public knowledge and use of community resources related to cancer; and supports effective information gathering, decision making, and a personal sense of control over one's health. For more information, call (801) 581-6365 or (888) 424-2100 toll free, or visit huntsmancancer.org/clc.



Share Stories with Future Generations

Preserve history with YourStory at the Cancer Learning Center. Created by Meg Brady, University of Utah English and ethnic studies professor and folklorist, YourStory helps cancer patients, their families, and the public document tales of their lives. Recording sessions take place at Huntsman Cancer Institute (HCI), or trained facilitators with portable recording equipment visit homes or patients in rooms at Huntsman Cancer Hospital. The first two hours of recording are free with a nominal charge for additional sessions. To make an appointment call the HCI Wellness Center at (801) 587-4585.



New in the CLC

Books

Ayurvedic Herbs: A Clinical Guide to the Healing Plants of Traditional Indian Medicine

Foods to Fight Cancer: Essential Foods to Help Prevent Cancer

Tumors of the Brain and Spine

We Have Kidney Cancer: A Practical Guide for Patients and Families

DVDs

John and Elizabeth Edwards: 60 Minutes

The Men's Club: A Guide to the Future for Men Diagnosed with Prostate Cancer and Their Families

Stories of Strength: Making the Decision to Enter a Lung Cancer Clinical Trial

