Questions to ask your doctor

1. What conditions do my symptoms suggest?

2. What is involved in the tests you want me to take? Will I be uncomfortable?

3. What can I do to help reduce my risk of prostate cancer?

4. What steps can I take to improve the health of my urinary system?

5. What is PSA doubling time? What is PSA velocity?

Questions to ask your doctor about prostate cancer

1. Am I at risk of prostate cancer?

2. Do I need a DRE or PSA test?

3. What other tests do you recommend for prostate cancer?

4. If diagnosed with prostate cancer, what are the treatment options available?

5. If diagnosed with BPH, what are the treatment options available for my condition?

Questions to ask your doctor about BPH

1. What conditions do my symptoms suggest?

2. What is involved in the tests you want me to take? Will I be uncomfortable?

3. What steps can I take to improve the health of my urinary system?

4. What will you learn from the results?

5. Are there foods or drinks I should avoid or seek out?

6. What are my test results? Can I have a copy of the results?

7. What is involved in the tests you want me to take? Will I be uncomfortable?

8. What is the importance of early detection and treatment in combating prostate-related diseases, including benign prostatic hypertrophy (BPH) and prostate cancer?

9. What are the steps I can take to help reduce my risk of BPH and prostate cancer?

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What causes BPH?
What causes BPH is not well understood. Other than increasing age, no definitive risk factors are known. BPH affects more than half of men over age 50. BPH is not cancer, but it has some symptoms that may be similar to the symptoms of prostate cancer.

What causes prostate cancer?
No one knows exactly what causes prostate cancer. But research has shown that men with certain risk factors are more likely than others to develop prostate cancer. A risk factor is anything that increases your chance of developing a disease. The good news is that your risk factors can be changed or completely eliminated to help you reduce your chances of developing many cancers, including prostate cancer.

Age is the main risk factor for prostate cancer.
The older you are the more likely you are to develop prostate cancer, even though men in Asia, Africa, and Central and South America are less likely. The reasons for this are not understood. Other than increasing age, no definitive risk factors are known.

Recognizing prostate health problems
Certain symptoms warn you about prostate health problems. Often, men with prostate cancer have no symptoms at all, particularly in the early stages of the disease. That’s why regular screening is so important—to catch prostate cancer early in its most treatable form.

When symptoms of BPH or prostate cancer appear they can include:

- Urinary problems
  - The need to urinate frequently, especially at night
  - Difficulty in starting or a weak or interrupted stream of urine
  - Pain or burning feeling while urinating
  - Frequent pain in the lower back, hips, or upper thighs
  - Difficulty having an erection
  - Failure to ejaculate
  - Blood in the urine
  - Painful ejaculation
  - Prostate problems
- Pain or burning feeling while urinating
- Frequent pain in the lower back, hips, or upper thighs
- Difficulty having an erection
- Failure to ejaculate
- Blood in the urine
- Painful ejaculation

Early screening and early detection:
Your allies in the fight against prostate cancer

Screening means looking for signs and symptoms of disease in people who have no known disease. Early screening is important because it helps to detect cancer when it is less serious, or when it has not spread to other areas of the body. Prostate cancer is one area where early screening has made a difference. Prostate-specific antigen (PSA) tests and digital rectal exams (DRE or digital finger exams) have helped men be diagnosed with cancer earlier, when it is more treatable.

A range of treatment options for BPH

With BPH usually need medical treatment at some point. However, studies show that as many as one-third of all middle-aged men with BPH clear up without any treatment at all. And men who have BPH are more likely to benefit from treatment if their symptoms are severe. BPH may be treated in several ways:

- Medical therapy: Drugs are used to relax the muscles in the prostate and bladder, which helps relieve difficulty with urination. Medications may be taken daily for many years to relieve symptoms. However, studies show that as many as one-third of all middle-aged men with BPH clear up without any treatment at all. And men who have BPH are more likely to benefit from treatment if their symptoms are severe. BPH may be treated in several ways:
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  - Hormonal therapy: Hormonal therapy reduces the amount of the hormone that stimulates prostate growth. It may be used to help shrink prostate cancer cells or stopping them growing. However, studies show that as many as one-third of all middle-aged men with BPH clear up without any treatment at all. And men who have BPH are more likely to benefit from treatment if their symptoms are severe. BPH may be treated in several ways:
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  - Medical therapy: Drugs are used to relax the muscles in the prostate and bladder, which helps relieve difficulty with urination. Medications may be taken daily for many years to relieve symptoms.

Prostate cancer:
cancer is a more common health problem in African American men than in Caucasian American men. African American men are more likely to be diagnosed at an advanced stage of the disease and twice as likely to die of prostate cancer as Caucasian American men. Prostate cancer rates in other Latin American, Hispanic, Asian American, Pacific Islander, and Native American men are also higher.

Nationality:
Men living in North America, northern Europe, Australia, and the Caribbean islands are more likely to develop prostate cancer; while men living in Asia, Africa, and Central and South America are less likely. The reasons for this are not understood.

Dietary factors:
A diet high in fat may increase the risk of prostate cancer. Fat is converted to estrogen by the liver. Estrogen increases the risk of prostate cancer. But research has shown that dietary factors may cause BPH. Men who live in North America, northern Europe, Australia, and the Caribbean islands are more likely to develop prostate cancer; while men living in Asia, Africa, and Central and South America are less likely. The reasons for this are not understood.

What causes BPH?
What causes BPH is not well understood. Other than increasing age, no definitive risk factors are known. It is estimated that one third of all Americans each year in the United States are related to exercise, weight, poor nutrition, and lack of physical activity.

The following tips may help you take control of important areas in your life.

Tips for healthy living
It’s important for men with prostate health problems to lead a healthy lifestyle. A healthy lifestyle includes eating nutritious foods, maintaining a healthy weight, and staying active as long as you can. According to the American Cancer Society, it is estimated that one third of all Americans each year in the United States are related to exercise, weight, poor nutrition, and lack of physical activity. The following tips may help you take control of important areas in your life.

Eating healthy foods
Good nutrition can make you feel better during and after your treatment. The American Cancer Society recommends the following for healthy eating:

- Eat 5 or more servings of fruits or vegetable each day.
- Eat more high-fiber foods like whole-grain breads, cereals, and beans. Cut down on the amount of fat you eat.

Staying active
It helps to lower your risk of developing prostate cancer and can help with prostate health. If you are having problems maintaining a healthy weight, ask your doctor about recommended activity that can help with prostate health. If you are having problems maintaining a healthy weight, ask your doctor about recommended activity that can help with prostate health.

- Exercise includes any activity that gets your body moving and burning calories. Try to find an activity that suits you and that you enjoy. You will help you stick with it. Always talk to your doctor before starting any exercises regimens.

The importance of a healthy weight
The American Cancer Society recommends maintaining a healthy weight. Eating a healthy diet and being active can help with prostate health. If you are having problems maintaining a healthy weight, ask your doctor about recommended activity that can help with prostate health.

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- Exercise includes any activity that gets your body moving and burning calories. Try to find an activity that suits you and that you enjoy. You will help you stick with it. Always talk to your doctor before starting any exercises regimens.
Taking a team approach to treatment

Prostate specialists often work together as a team to plan your treatment. The specialists you need vary depending on your treatment. Your team may include:

- Urologist: A specialist who performs surgery and the procedure to detect prostate cancer.
- Radiation oncologist: A specialist who treats cancer with radiation therapy
- Medical oncologist: A specialist who treats cancer with chemotherapy or hormonal therapy

Early screening and early detection:

Your allies in the fight against prostate cancer

"Screening" means looking for signs and symptoms of disease in people who have none. Regular screening is important because it helps you catch prostate cancer early—when it’s most treatable.

When symptoms of BPH or prostate cancer do appear, you can include:

- Urinary problems:
  - The need to urinate frequently, especially at night
  - Difficulty starting or stopping a urine stream
  - Pain or burning feeling while urinating
  - Frequent pain in the lower back, hips, or upper thighs
  - Difficulty having an erection
  - Fatigue

These symptoms may also be caused by other prostate-related diseases. Men who experience any of these symptoms should see their doctor as soon as possible.

A range of treatment options for BPH

Many BPH patients need treatment at some time. However, studies show that many men (as many as one third of all mild cases of BPH) clear up without treatment at all. But for men whose BPH is more severe, several treatment options are available.

Drug treatment: Drugs are used to relax the muscles in the prostate and bladder, or shrink prostate cancer cells. Some drugs can be taken by mouth, as a suppository, or by injection. Biofeedback, Electrical therapy, and Relaxation therapy are some of the other treatment options available for prostate cancer.

Many treatment options are available for prostate cancer.

There are many treatment options available for prostate cancer.

- Radiation therapy: A procedure in which cancer cells are destroyed using high-energy rays (such as x-rays) to kill or shrink prostate cancer cells.
- Hormonal therapy: Stop the sex hormones that are needed to grow or shrink prostate cancer cells.
- Chemotherapy: Works by killing the cancer cells or stopping them from spreading.

The earlier prostate cancer is detected, the better your treatment options and chances of beating it.

Tips for healthy living

It’s important for men with prostate health problems to lead a healthy lifestyle. A healthy lifestyle includes nutritious foods, maintaining a healthy weight, and staying active (as you can). According to the American Cancer Society, it is estimated that one third of all deaths each year in the United States are related to excess weight, poor nutrition, and lack of physical activity.

The following tips may help you take control of important areas in your life.

Eating healthy foods

Good nutrition can make you feel better during and after your treatment. The American Cancer Society recommends the following for healthy eating:

- Eat 5 or more servings of fruit and vegetables each day.
- Eat more high-fiber foods like whole-grain breads, cereals, and beans. Cut down on the amount of fat you eat.

Exercise includes any activity that gets your body moving and burning calories. Try to find an activity that suits you and that you enjoy. Help yourself stick with it. Always talk to your doctor before starting any exercise regimen.
Questions to ask your doctor

It is natural to have many questions for your doctors. It often helps to make a list of questions and concerns before your appointment. Here are some questions to get you started. Take this card with you to your next doctor’s appointment.

Questions to ask your doctor about BPH

1. Am I at risk of prostate cancer?
2. Do I need a DRE or PSA test?
3. What are my test results? Can I have a copy of the results?
4. What steps can I take to improve the health of my urinary system?
5. If diagnosed with BPH, what are the treatment options available for my condition?

Questions to ask your doctor about prostate cancer

1. What conditions do my symptoms suggest?
2. What other tests do you recommend for prostate cancer?
3. What can I do to help reduce my risk of prostate cancer?
4. If diagnosed with prostate cancer, what are the treatment options available?
5. What is involved in the tests you want me to take? Will I be uncomfortable?

Prostate Health Awareness Month

September is Prostate Health Awareness Month! Throughout the month various programs across the nation take aim at heightening awareness about the importance of early detection and treatment in combating prostate-related diseases, including benign prostatic hyperplasia (BPH) and prostate cancer.

Sanofi-aventis, a world leader in cancer treatment, is proud to support Prostate Health Awareness Month. Sanofi-aventis is dedicated to saving lives through raising awareness and educating men about BPH and prostate cancer, the importance of early detection, available treatment options, and other men’s health issues. Our extensive research and development efforts are focused on health care challenges and we strive to discover, develop, and produce innovative therapies that enhance people’s lives.

This newsletter is dedicated to increasing prostate/health awareness through education and encouraging early detection. It provides important information about risk factors, screening, early detection, treatment, tips for maintaining prostate health, and patient support resources.

Online Patient Support and Resources

For more information about BPH or prostate cancer, please contact the organizations and Web sites listed below.

BPH Information:

Association Urological Association
www.auanet.org/patients

American Urological Association
www.auanet.org/patients

National Kidney and Urologic Disease Information Clearinghouse

Provides comprehensive information about BPH.

Prostate Cancer Information:

American Cancer Society
www.cancer.org

A national network of community-based volunteer organizations dedicated to eliminating prostate cancer through research, education, advocacy, and service.

American Urological Association
www.auanet.org

The nation’s leading voluntary urologic health care organization that promotes research, patient public education, and advocacy.

Sanofi-Aventis
www.sanofi-aventis.com/en/

Provides comprehensive information about urologic conditions.

National Prostate Cancer Coalition (NPCF)
www.npcf.org

A national non-profit organization providing access to screening for prostate cancer to the general public and confidential testing to more than 100,000 people every year throughout America—across communities and health insurance required.

Prostate Cancer Foundation
www.prostatecancerfoundation.org

A national non-profit organization providing research funding for prostate cancer research and awareness campaigns to increase public awareness of prostate cancer risk factors, screening, diagnosis, treatment, and prevention.

Nk TO! International
www.nto.org

A non-profit organization started by prostate cancer survivors that provides education, information, and support to prostate cancer patients as well as their loved ones.

Pace Race
www.pacerace.org

The Pace Race, launched in 2002 by the Prostate Cancer Education Coalition (PCEC) and sponsored in part by sanofi-aventis, is a 5K race to raise national awareness of prostate cancer. With events spread throughout the entire country, the Pac Race series has the ability to touch men and women of all walks of life. For more information on the Pac Race or PCEC, please call 303-316-4685.

US TOO® International
www.us-too.org

A non-profit organization started by prostate cancer survivors that provides education, information, and support to prostate cancer patients as well as their loved ones.
Taking a team approach to treatment

Organize specialists often work together as a team to plan your treatment. The specialists you need vary depending on your treatment. Your team may include:

• Urologist: A specialist who performs surgery and/or treats prostate cancer
• Radiation oncologist: A specialist who treats cancer with radiation therapy (other members of your healthcare team may include: Nurses, General practitioner, Psychologist or psychologist)

Early screening and early detection:

Your allies in the fight against prostate cancer

"Screening" means looking for signs and symptoms of disease in people who may not appear ill. Early screening is important because it helps to detect cancers where only a few cases have developed. The earlier a cancer is detected, the better your chances of survival and better outcomes.

Risk factors

• Age: A man's age is one of the most important risk factors for developing prostate cancer. The older you are the more likely you are to develop prostate cancer. While it is very rare in men younger than 40, it is more common in men over 65 years. In the United States, most men with prostate cancer are older than 65 years. The reasons for this are unclear.

• Race:

• Caucasian men. Prostate cancer is less common in Hispanic, Asian American, and Native American men.

• African American men. African American men in the United States are less likely. The reasons for this are unclear.

• Men living in North America, western Europe, Australia, and the Caribbean islands are more likely to develop prostate cancer, while men who lived in Asia, Africa, and South America are less likely. The reasons for this are unclear.

• Family history:

• Having a father or brother with prostate cancer doubles your chances of developing the disease. Often, men with prostate cancer have symptoms at all, particularly in the early stages of the disease. That's why regular screening is so important—to catch prostate cancer early in its most treatable form.

• When symptoms of BPH or prostate cancer appear they can include:

• Urinary problems:

• The need to urinate frequently, especially at night.

• Difficulty in starting urination.

• A weak or interrupted stream.

• Pain or burning feeling while urinating.

• Frequent pain in the lower back, hips, or upper thighs.

• Difficulty having an erection.

• Painful ejaculation.

These symptoms may also be caused by other prostate-related disorders. Men who experience any of these symptoms should see their doctor as soon as possible.

Recogizing prostate health problems

Certain symptoms mean you about prostate health problems. Often, men with prostate cancer have symptoms at all, particularly in the early stages of the disease. That's why regular screening is so important—to catch prostate cancer early in its most treatable form.

A range of treatment options for BPH

Men with BPH usually need treatment at some time. However, studies show that men who have BPH clear up without treatment all. But for men who have BPH, more severe, symptoms, treatment may be needed to prevent complications or improve symptoms.

• Drug treatment: Drugs are used to relax the muscles in the bladder and prostate so that urine can flow better. The two main types of drug treatment are alpha blockers and 5-alpha reductase inhibitors.

• Minimally invasive therapy or surgery: Partial or entire removal of obstruction (surgical or robotic prostate tissue)

Many treatment options are available for prostate cancer

There are many treatment options available. In the United States, your doctor or healthcare team will take into consideration many factors such as your age, your overall health, your symptoms and concerns about treatment, other health conditions, the stage of the cancer and your goals and preferences before deciding on the best course of treatment. One or more of the following treatments may be recommended.

• Watchful waiting: This approach involves closely watching the cancer and symptoms appear or change. Then, surgery, radiation or hormone therapy may be offered.

• Surgery: The most common way to treat prostate cancer is surgery. Options include:

• The American Cancer Society recommends that men be screened for prostate cancer every one to two years, starting at age 50. For men at high risk for prostate cancer, including men who are African American or have a family history of prostate cancer, should be screened for prostate cancer every year, starting at age 45. For men at high risk for prostate cancer, including men who are African American or have a family history of prostate cancer, should be screened for prostate cancer every year, starting at age 45.

Tips for healthy living

It's important for men with prostate health problems to lead a healthy lifestyle. A healthy lifestyle includes eating nutritious foods, maintaining a healthy weight, and staying active as long as you can. According to the American Cancer Society, it is estimated that one of three men each year in the United States are screened for prostate cancer.

Tips for healthy living

Nutritionist

• Engage in at least 30 minutes of moderate to vigorous physical activity, such as walking or jogging, on 5 or 6 days of the week; 45 to 60 minutes of intensive physical activity are preferable.

• • Eat 5 or more servings of fruit and vegetables each day.

• Other members of your healthcare team may include:

• Nurses

• General practitioner

• Psychologist or psychologist

• Urologist: A specialist and/or surgeon who treats the urinary system and the male reproductive system

• Medical oncologist: A specialist who treats cancer with chemotherapy or endocrine therapy (other members of your healthcare team may include: Nurses, General practitioner, Psychologist or psychologist)
Questions to ask your doctor

It is natural to have many questions for your doctors. It often helps to make a list of questions and concerns before your appointment. Here are some questions to get you started.

Questions to ask your doctor about BPH

1. Am I at risk of prostate cancer?
2. What conditions do my symptoms suggest?
3. What steps can I take to improve the health of my urinary system?
4. What can I do to help reduce my risk of prostate cancer?
5. What other tests do you recommend for prostate cancer?

Questions to ask your doctor about prostate cancer

1. If diagnosed with prostate cancer, what are the treatment options available?
2. If diagnosed with BPH, what are the treatment options available for my condition?
3. What will you learn from the results?
4. What will you do if the results are abnormal?
5. Are there foods or drinks I should avoid or seek out?
6. What will the procedure be like?
7. Can I do anything to prevent or reduce the risk of future prostate cancer?

Questions to ask your doctor about urologic conditions

It is important to ask questions about your prostate and bladder health. Here are some questions to consider:

1. What is the severity of my condition?
2. What is the best course of action for me?
3. Are there any medications I can take to manage my condition?
4. Are there any lifestyle changes I can make to improve my condition?
5. Are there any risks associated with my condition?

Questions to ask your doctor about BPH

1. What are the symptoms of BPH?
2. What are the causes of BPH?
3. What are the treatments for BPH?
4. What are the risks and side effects of BPH treatments?

Questions to ask your doctor about prostate cancer

1. What are the symptoms of prostate cancer?
2. What are the causes of prostate cancer?
3. What are the treatments for prostate cancer?
4. What are the risks and side effects of prostate cancer treatments?

Questions to ask your doctor about screening for prostate cancer

1. What is the best screening test for prostate cancer?
2. What are the risks and benefits of prostate cancer screening?
3. What are the options for men who choose to be screened?

Questions to ask your doctor about prevention for prostate cancer

1. What are the known risk factors for prostate cancer?
2. What are the healthy habits that can help lower the risk of prostate cancer?
3. What are the roles of diet and physical activity in prostate cancer prevention?

Questions to ask your doctor about treatment for prostate cancer

1. What are the options for treating prostate cancer?
2. What are the risks and side effects of different prostate cancer treatments?
3. What is the best course of action for me?
4. What role can surgery play in my treatment plan?
5. What role can radiation therapy play in my treatment plan?

Questions to ask your doctor about support for prostate cancer patients

1. What resources are available for me and my loved ones?
2. What support is available for me during and after treatment?
3. What are the options for managing side effects of prostate cancer treatment?
4. What are the options for pain management?

Questions to ask your doctor about BPH and prostate cancer

1. What is the difference between BPH and prostate cancer?
2. What are the symptoms of each condition?
3. How do I know if I have BPH or prostate cancer?
4. What are the treatment options for BPH and prostate cancer?
5. What are the risks and side effects of BPH and prostate cancer treatments?

Questions to ask your doctor about living with prostate cancer

1. What are the challenges of living with prostate cancer?
2. What are the resources available for me and my loved ones?
3. What are the options for managing side effects of prostate cancer treatment?
4. What are the options for pain management?
5. What are the options for managing sexual function issues?

Questions to ask your doctor about prostate cancer prevention

1. What are the risk factors for prostate cancer?
2. What are the healthy habits that can help lower the risk of prostate cancer?
3. What are the roles of diet and physical activity in prostate cancer prevention?

Questions to ask your doctor about prostate cancer screening

1. What are the screening options for prostate cancer?
2. What are the risks and benefits of prostate cancer screening?
3. What are the options for men who choose to be screened?

Questions to ask your doctor about prostate cancer treatment

1. What are the options for treating prostate cancer?
2. What are the risks and side effects of different prostate cancer treatments?
3. What is the best course of action for me?
4. What role can surgery play in my treatment plan?
5. What role can radiation therapy play in my treatment plan?