ABBOTT LABORATORIES
Quality Health Care Worldwide

Prostate Health: *Your Need to Know*

Educational Brochure

"Don't most men develop problems urinating as they get older? It's no big deal."

"I have to get up a lot at night to go to the bathroom."

"Even after urinating, I don't feel as if I've finished."

"I have trouble…you know, starting and stopping."

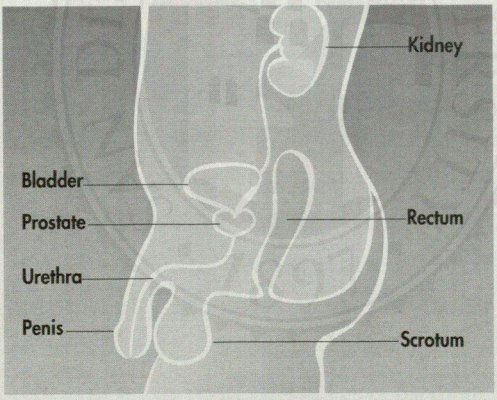
Sound familiar? Maybe your prostate is trying to tell you something.

Prostate problems are common, especially for men around age 50 or older. But these annoying and embarrassing symptoms don't have to be a necessary part of growing older. There are choices in treatment. And symptoms can come from prostate problems other than cancer.

There's something else you should know about prostate health. Regular checkups, including a digital rectal examination, are basic to your well-being! A checkup could even save your life.

Your road to good health begins with information and that's what this booklet is all about. It can help you understand three specific prostate problems and how they can be treated: benign prostatic hyperplasia, or BPH; prostate cancer; and prostatitis. Although these diseases may cause many of the same symptoms, they have different treatments.

THE PROSTATE

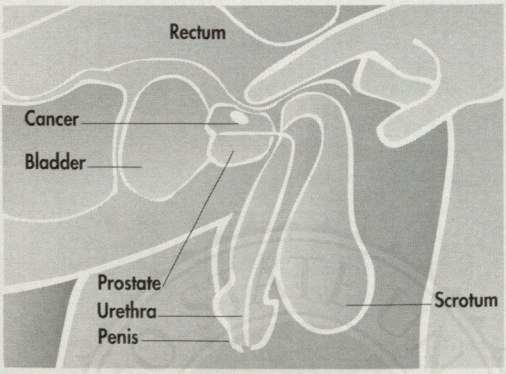


The prostate is part of the male reproductive system. It's a walnut-shaped gland made up mostly of muscular and glandular tissues. The prostate is located below the bladder and surrounds the urethra, the tube that takes urine from the bladder to outside the body. The main function of the prostate is to produce fluid for semen, which transports sperm.

DISCOVERING PROSTATE PROBLEMS

Two tests can help detect prostate problems. They are the digital rectal examination and the prostate-specific antigen, or PSA test.

The prostate is located inside the body, so the doctor can't see it directly. But the

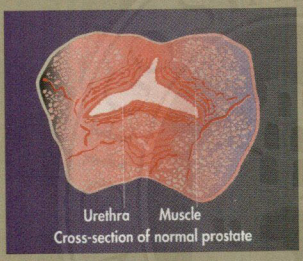


doctor can feel it by placing a gloved, lubricated finger into the rectum. This procedure is called the digital rectal exam. The doctor can feel if the prostate is larger than it should be, or if there are lumps. Although the exam may be uncomfortable, it is quick.

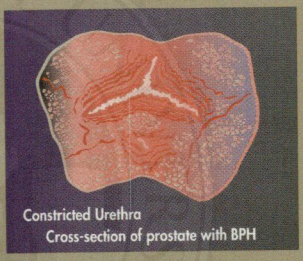
The PSA test is a blood test that measures the level of a special protein in the blood. When prostate cancer grows or when other prostate diseases are present, the amount of this protein in the blood often goes up. If the protein level is high, this suggests prostate disease, not necessarily prostate cancer. Many older men have higher PSA levels. This is common, and there may not be a problem—but that's why regular checkups are so important.

If either the digital rectal exam or the PSA blood test is abnormal, your doctor will order more tests to help figure out what's wrong.

Every man age 40 and older should have a digital rectal examination as part of his regular annual physical checkup. Healthy men age 50 and older should have a digital rectal examination and PSA test every year, according to the American Cancer Society and the American Urological Association. Men with a family history of prostate cancer and African-American men are at higher risk for prostate cancer. They should have both tests every year starting at age 40. Any man who develops urinary problems should see his doctor as soon as possible.



Cross-section of normal prostate



Cross-section of prostate with BPH

SYMPTOMS OF PROSTATE PROBLEMS*

- A weak urinary stream
- Difficulty starting urination
- Frequent urination
- Urgency (difficulty postponing urination)
- Awakening frequently at night to urinate
- Interruption of the stream (stopping and starting)
- Blood in urine
- Pain and burning on urination

**Prostate cancer usually causes no symptoms in the early stages.*

BPH (benign prostatic hyperplasia)– *Noncancerous enlargement of the prostate that may cause difficulty in urination.*

FACTS ABOUT BPH

- BPH can't be prevented and is common in men age 50 and older.
- A man can have BPH and not have any symptoms.
- BPH is not cancer.
- BPH can cause urinary problems (symptomatic BPH).

Benign prostatic hyperplasia, or BPH, is much more common than prostate cancer. It results from growing older. It can't be prevented and is common in men age 50 and older. More than half of all men older than age 60 have BPH, and by age 80, about eight out of 10 men have it.

A man can have BPH and not have any symptoms. Fewer than half of all men with BPH ever show any symptoms of the disease. BPH is not cancer. It doesn't cause cancer, but a man can have BPH and prostate cancer at the same time.

Men with difficulties because of BPH, or symptomatic BPH, have problems with urination. BPH can squeeze the urethra as the prostate gets bigger, which can affect urination. BPH can also cause tightening of

the muscles inside the prostate, affecting urine flow. Some men are affected more than others by symptomatic BPH. Men especially bothered by symptoms will often change their lifestyles. They'll avoid long drives in the car, or they won't go anywhere that doesn't have a bathroom. They don't want to be embarrassed if there's an "accident." The good news is that treatment is available, especially when symptoms get in the way of enjoying life.

Remember, BPH doesn't always cause problems. Only some men with symptoms will need treatment.

To help diagnose BPH and other prostate conditions, doctors often ask patients to answer a few questions about their urinary activities. Fill out the form on the next page, "Prostate Health: Your Urinary Activities," and take it with you to your next checkup. Your responses on this form can help you and your doctor discuss your prostate health.

PROSTATE HEALTH: YOUR URINARY ACTIVITIES*

Circle your numerical score for each question below.

1. Over the last month or so, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?

None	1 time	2 times	3 times	4 times	5 times or more
0	1	2	3	4	5

2. Over the past month or so, how often have you had a sensation of not emptying your bladder completely after you finished urinating?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

3. Over the past month or so, how often have you had to urinate again less than two hours after you finished urinating?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

4. Over the past month or so, how often have you found that you stopped and started again several times when you urinated?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

5. Over the past month or so, how often have you found it difficult to postpone urination?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

6. Over the past month or so, how often have you had a weak urinary stream?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

7. Over the past month or so, how often have you had to push or strain to begin urination?

Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
0	1	2	3	4	5

Total your score here. Total symptom score is sum of questions 1 to 7 = _____

* *Adapted from the American Urological Association (AUA) Symptom Index for BPH.*

BPH TREATMENT OPTIONS

- Watchful waiting
- Drug therapy
- Surgery
- Other treatments, such as balloon dilation

There are three main treatment choices for BPH: "watchful waiting," drug treatment and surgery. Other treatments are also available.

If you have BPH but aren't bothered by your symptoms, you and your doctor may agree on a program of "watchful waiting." This means getting regular exams about once a year to keep an eye on your condition.

Drug therapy is another type of treatment. For mild symptoms, a drug called Terazosin HC1 can help by relaxing muscles in the prostate. Another medication, finasteride, can shrink the prostate to help relieve urinary symptoms.

For severe symptoms of BPH, surgery can help. The goal of surgery is to reduce pressure on the urethra.

There are other treatments, too. A procedure called balloon dilation can stretch the urethra so urine can flow more easily. This procedure can be done in a hospital operating room or in a doctor's office. Other treatments are also under study for BPH, including laser surgery and new drugs.

For any treatment, talk to your doctor. Ask about the risks and benefits of each treatment.

Prostate Cancer– *Cancer is a disease characterized by the uncontrolled growth and spread of abnormal body cells. This abnormal growth is called a tumor. Prostate cancer occurs when the tumor is located within the prostate gland.*

FACTS ABOUT PROSTATE CANCER

- Prostate cancer is the most common cancer in American men.
- It is the second leading cause of cancer deaths in men.
- Early prostate cancer usually causes no symptoms.
- African Americans, and men with a family history of prostate cancer, have a greater chance of developing the disease.
- Prostate cancer can usually be cured if treated before the cancer spreads beyond the prostate.

Prostate cancer is the most commonly-diagnosed cancer in American men, and the second leading cause of cancer deaths. One of every 10 men will develop prostate cancer at some time in his life, and the chance of developing prostate cancer increases with age. More than 80 percent of all prostate cancers are diagnosed in men age 65 and older.

No one knows why, but African Americans have the highest rate of prostate cancer in the world. Rates are 30 percent higher for black men than for white men. A man with a father or brother with prostate cancer is also at greater risk. Some studies suggest that a high-fat diet may be a factor in developing prostate cancer.

Most prostate cancers begin in the outer part of the prostate. The cancer must grow fairly large before it presses on the urethra and causes problems with urination. In its early stages when prostate cancer is a small, treatable tumor, there usually are no symptoms. This is why regular exams are so important!

Along with the digital rectal examination and the PSA blood test, a doctor may order ultrasound testing and a biopsy to confirm prostate cancer.

PROSTATE CANCER TREATMENT

Treatment choice depends on:

- Stage of the cancer
- Speed of cancer growth
- Patient's age and general health
- Quality-of-life factors

Treatment for prostate cancer depends on the stage of the cancer, how fast the cancer is likely to grow, and a patient's age and general health. Deciding on treatment is

also a personal matter. How will any treatment side effects affect the quality of life? If a diagnosis of cancer is made, you and your doctor should discuss all of the recommended treatment options and their risks and benefits.

PROSTATE CANCER TREATMENT OPTIONS

- "Watchful waiting"
- Surgery
- Radiation therapy
- Hormonal therapy
- Chemotherapy
- Combination of therapies

Not all men diagnosed with prostate cancer require immediate treatment. "Watchful waiting" may be the most reasonable course of action. A slow-growing cancer may take 10 years or more to cause problems or to spread.

Surgery can remove cancer from the prostate and from nearby areas. Surgery is used most often during the cancer's early stages when it is small and located within the prostate.

Radiation therapy is another treatment. This kind of therapy can help when the cancer is in and around the prostate, or when it has spread close by.

Hormonal therapy is used to treat metastatic prostate cancer, or cancer that has spread beyond the prostate. Male hormones cause the cancer to grow, so medications that decrease hormone levels are often used to slow the cancer's growth.

Chemotherapy is the use of powerful toxic drugs to attack cancer cells. This form of therapy may be used in the most advanced stage of prostate cancer.

Sometimes combinations of surgery, radiation therapy and/or hormonal therapy are recommended. Today, other treatments are being investigated, including cryosurgery, or freezing of the cancerous tissue.

Thousands of men are alive today who have lived without evidence of prostate cancer for five or more years since their treatment began. Other men have continued to live with less discomfort and fewer treatment-related side effects thanks to advances in treatment.

Prostatitis– *An inflammation of the prostate.*

There are three types of prostatitis: acute infectious; chronic infectious and noninfectious prostatitis. It's not clear how the prostate becomes infected; however, the condition can be detected during a physical examination. Prostatitis is not contagious—you can't catch it from someone else.

Acute and chronic prostatitis are caused by bacteria. The exact cause of noninfectious prostatitis is unknown.

In diagnosing prostatitis, your doctor will probably order a urinalysis test to detect the presence of bacteria, along with other tests.

Antibiotics are used to treat the infectious form of prostatitis. For noninfectious prostatitis, a type of drug known as an alpha blocker can relax muscle tissue in the prostate to make urinating easier.

Now that you've read this booklet, you know more about prostate disease, symptoms and treatment. Help is available for prostate problems, so don't hesitate to talk to your doctor—and schedule those checkups!

Prostate Health Council
c/o American Foundation for Urologic Disease, Inc. (A.F.U.D.)
300 West Pratt St., Suite 401
Baltimore, MD 21201-2463
(800) 242-2383

US TOO (a support group for prostate cancer patients)
(800) 82-USTOO (800) 828-7866)

For information on BPH and treatment:

National Kidney and Urologic Disease Information Clearinghouse
Box NKUDIC
Bethesda, MD 20892
(301) 654-4415

For information on prostate cancer:

American Cancer Society (ACS)
1599 Clifton Road N.E.
Atlanta, GA 30329-4251
(800) ACS-2345 (800) 227-2345)

Office of Cancer Communication
National Cancer Institute
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892

National Cancer Institute - Cancer Information Service
(800) 4-CANCER (800) 422-6237)

Information on BPH and treatment options and other health guidelines:

U.S. Department of Health and Human Services
Public Health Service
Agency for Health Care Policy and Research (AHCPR)
Executive Office Center, Suite 501
2101 East Jefferson St.
Rockville, MD 20852

To get a copy of BPH health guidelines, write:

AHCPR Publications Clearinghouse
P.O. Box 8547
Silver Spring, MD 20907
or call (800) 358-9295