

# Newly Diagnosed or Active Surveillance

**Every prostate cancer is different.** No two prostate cancer are the same. Before you research treatment options, you need to have a basic understanding of what type of prostate cancer you have, which is found in your medical records. This Step-By-Step program will help you.



Remember, too, that most Active Surveillance (AS) patients are being retested and re-staged annually. So the information which is helpful to AS patients is very similar to the information helpful for Newly Diagnosed. This section website is designed to help both.

As you look at different treatment ideas, remember to weigh both the Benefit (cancer response, or cancer control), and the Risk (side effects). Scroll to the **BOTTOM** of this page for information on [SIDE EFFECTS](#).

Also ask about cost involved, and give thought to whether it's important to you to travel outside to receive treatment from an expert. Remember to give yourself some time to work through all these issues.

Articles & Videos

Tests (**Imaging, Blood Tests, Pathology Tests, etc**)

- Video – [A Caregivers Account/ Medical Records & Patient Empowerment](#) Jan Manarite & Philippa Cheetham MD, 2015. CURE Magazine
- [Adding Multiparametric MRI to Screening Can Save Lives](#) Robert Princenthal MD, 2015
- [Multiparametric MRI-based Diagnosis and Targeted Biopsy](#) Ash Tewari MD Adnan Ali, Robert Leung, & Naveen Gumpeni, MD 2013
- [Gleason 3+3=6. It's the Best Biopsy Gleason Score You Can Have.](#) Jan Manarite, 2015
- [Know Your Prostate Size](#) Jan Manarite, 2015
- [Prolaris Test for Low Risk Prostate Cancer](#) John Davis, MD, 2014 \*
- [OncotypeDx Test for Low Risk Prostate Cancer](#) (Manufacturer's website)
- Video – [Understanding Your Pathology Report](#) Dominique Trudel MD, PhD, 2015 (47 minute video from Prostate Cancer Canada)

## Treatments

- [Active Surveillance Q&A with Dr Laurence Klotz](#) PCRI, 2013 \*
- [African American Men May Need Different Rules for PC Treatment,](#) 2013
- [Older, sicker men with prostate cancer do not benefit from aggressive treatment,](#) 2014
- [ProstVac for Newly Diagnosed or AS Patients?](#) Jan Manarite, 2015
- Video –[Avodart for BPH + Active Surveillance](#) Charles 'Snuffy' Myers, MD, 2013
- Video –[Proscar Vs Avodart](#) Charles 'Snuffy' Myers, MD, 2010
- Video –[Avodart in Depth](#) Charles 'Snuffy' Myers, MD, 2013
- Video –[Avodart + Active Surveillance](#) Charles 'Snuffy' Myers, MD, 2013
- Video –[More on Avodart for Prostate Cancer](#) Charles

'Snuffy' Myers, MD, 2015

- [Video – The Empowered Patient/Working your Dr Appointment](#) – Jan Manarite, 2014, CURE Magazine
- [Male Lumpectomy: Focal Therapy Gary Onik, MD 2014](#)
- [Focal Therapy – Brief Overview and Focal Cryo Experience at P10A](#), Duke Bahn MD, 2016
- [The Value of Focal Therapy in the Treatment of Localized PC](#), ProstateCancerInfoLink, 2014
- [New Focal Laser Procedure for Prostate Cancer](#), 2014
- [Focal Therapy for PC: Is it Necessary to Treat the Whole Gland?](#) Mitchell Kamrava, MD, 2013\*
- [Focal Therapy Discussion Group](#) (Inspire.com), 2014
- [Compare PSA Response from Different Treatments – Prostate Cancer Treatment Research Foundation](#) – Website
- [Video –Anatomy of Prostate Gland](#), David Samadi, MD (surgeon), 2012
- [Robotic Prostatectomy in 2014: Current Status, and Future Trends](#) Ash Tewari, MD and others, 2014
- [How Does Cryotherapy Work?](#) Cleveland Clinic, 2015
- [HIFU & Focal HIFU Information](#) New ProstateCancerInfoLink, 2015 & earlier
- [Understanding Survival Statistics \(PCRI\)](#) – Jan Manarite, 2013\*
- [20+ Year Survivors Anonymous](#), 2013
- [Degarelix \[Firmagon\], no more Agonizing](#) Jeff Turner, MD, 2010
- [Video – Administering Degarelix \(Firmagon\)](#)
- [Clarifying Concepts: Every Drug has 2 Names](#) Jan Manarite, 2015

## Lifestyle Changes **(Diet, Supplements, and Exercise)**

- [Changing Your Lifestyle Can Change Your Genes](#) Dean Ornish, MD, 2011
- [Video- Mediterranean Diet & PCa](#) – Snuffy Myers, MD, 2011
- [Video – Foods Prostate Cancer Patients Should Avoid](#) – Snuffy Myers, MD, 2010

- [Video – Super Supplements](#) – Snuffly Myers, MD, 2011
- [Video – Supplements to Avoid](#) – Snuffly Myers, MD, 2010
- [Video – Is High Dose Vitamin D Dangerous?](#) – Snuffly Myers, MD, 2010
- [Vitamin D: More than a Hormone-More than a Calcium & Bone Thing](#) Donald Trump, MD 2006
- [Vitamin D & Prostate Cancer: Anything New?](#) Donald Trump, MD, 2009
- [The Importance of Belonging to a Support Group](#) Gene Van Vleet, 2011
- See also, [Dr Mark Moyad: What the Heck is Going on in My World ?](#)

Side Effects **(Focusing on misinformation, and missing information)**

- [Treatments Options for Post-Prostatectomy Incontinence](#) Gary Leach, MD, 2014
- [Were You Prepared for Incontinence After Prostate Cancer Treatment?](#) Sarah Woodward, 2013
- [A Patient's Story: Overcoming Incontinence,](#) Harvard Health, 2007
- Video – [How Surgery & Certain Cancer Treatments Can Cause Erectile Dysfunction](#) – John Mulhall, MD, 2011
- Suggested book – Saving Your Sex Life, by John Mulhall, MD (Purchase online or check your local library)
- [Erectile Dysfunction following Radical Prostatectomy \[surgery\]](#) – Johns Hopkins  
*[“...risk factors include older age, comorbid disease states (e.g., cardiovascular disease, diabetes mellitus), lifestyle factors (e.g., cigarette smoking, physical inactivity), and the use of medications such as antihypertensive agents that have antierectile effects.”]*
- [With Radiation, Prostate Size Matters](#) – Mark Scholz, MD, 2011 \*
- [Space0ar Gel for Radiation](#) – Company website

- Video – [Managing Radiation Side Effects](#) – Snuffy Myers, MD
- Video – [Erectile Dysfunction After RT](#) – Snuffy Myers, MD, 2010
- Video – [Misunderstandings about Viagra, Levitra, and Cialis](#) – Snuffy Myers MD, 2011
- Video – [Fixing Impotency](#) – Snuffy Myers MD, 2010
- Video – [Dr Ash Tewari on Incontinence after RP \[surgery\]](#), 2011
- Video – [Incontinence after Surgery & Radiation](#) – Snuffy Myers MD, 2010

\*Owned and originally posted by PCRI.ORG