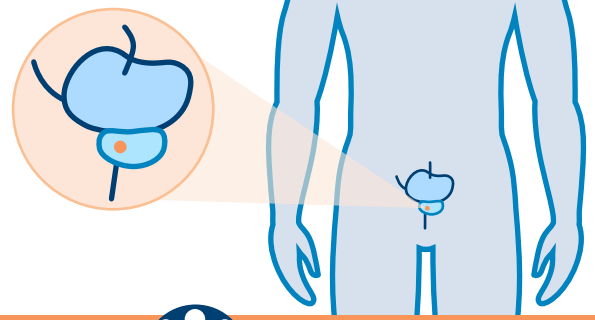


PROSTATE CANCER



PATIENT EDUCATION FACT SHEET



SHOULDER to SHOULDER
Defeating Cancer

Every year, 15,000 Veterans are diagnosed with prostate cancer. VA continues to build the best-in-class cancer care by emphasizing screening and using genetic information in clinical decision-making, ultimately improving cancer and health outcomes for Veterans affected by prostate cancer. To date, more than 200,000 Veterans are prostate cancer survivors.

What is prostate cancer?

Prostate cancer is cancer of the prostate gland, which is a part of the male reproductive system. It is caused by changes in the DNA of normal prostate cells. Researchers have learned that each person has different risk factors for prostate cancer based on their DNA. This is why VA uses genetic testing to improve rates of detection, diagnosis, and treatment outcomes for Veterans.

Though there is no sure way of preventing prostate cancer, you can take several steps that might lower your risk:

- ✓ Achieve and maintain a healthy body weight
- ✓ Stay physically active
- ✓ Eat healthy foods
- ✓ Talk to your doctor about your supplement intake, as they may have both risks and benefits

What are the benefits of choosing VA for prostate cancer care?

- ✓ Personalized care from expert multi-disciplinary care teams through each step of the process
- ✓ State-of-the-art DNA molecular testing technology to guide your cancer treatment decisions
- ✓ TeleOncology consultation services that provide you easier access to your oncologist
- ✓ Access to innovative clinical research for Veterans with advanced prostate cancer

Talk to your VA provider about your risk for prostate cancer. For more information on how VA is driving innovation in prostate cancer care and research, please visit cancer.va.gov, or contact cancer@va.gov.

Navy Veteran Allen Petchnick received immunotherapy from VA for his prostate cancer. "He went from basically being unable to get out of a chair to going shopping with his granddaughter in just one cycle of therapy," said VA oncologist Dr. Bruce Montgomery.

