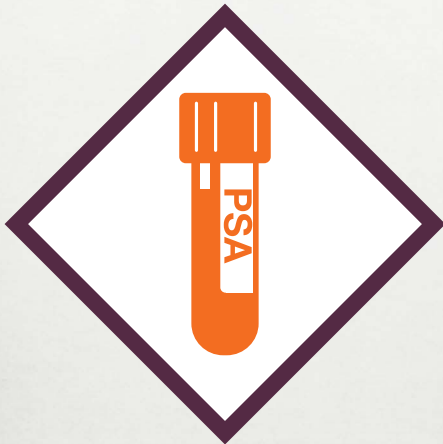




Prepare Right. Prepare Now.

UNDERSTANDING

RISING PSA AFTER SURGERY AND/OR RADIATION



To learn more about advanced prostate cancer, visit

risingPSA.org

Ongoing monitoring of your prostate-specific antigen (PSA), a protein made by the prostate, is an important part of your prostate cancer journey. Your **PSA level**, which is measured through a blood test, may help detect the presence of prostate cancer.

Even if you have had prostate removal surgery and/or radiation therapy, you may still be at risk of your cancer spreading. A **rising PSA** is an indicator of this risk, and that is why it is important to **monitor your PSA**.

Use this guide to work closely with your doctor to develop a plan that's best for you.

Inside you'll learn:

- ◇ What it means if **PSA rises** after surgery and/or radiation, and what to do next
- ◇ How to understand the risk of your **cancer spreading**, and the factors that determine it
- ◇ **Questions** to ask your doctor and **additional resources** that may be helpful to you



What does it mean if PSA rises after surgery and/or radiation?

Your PSA level will be monitored after surgery and/or radiation. If the level rises, it may suggest that **prostate cancer cells are still present**. Work with your doctor to prioritize other appropriate tests and assessments to confirm if your prostate cancer has returned and the risk of it spreading.

These assessments can include:



Imaging

To determine if cancer has spread beyond the prostate



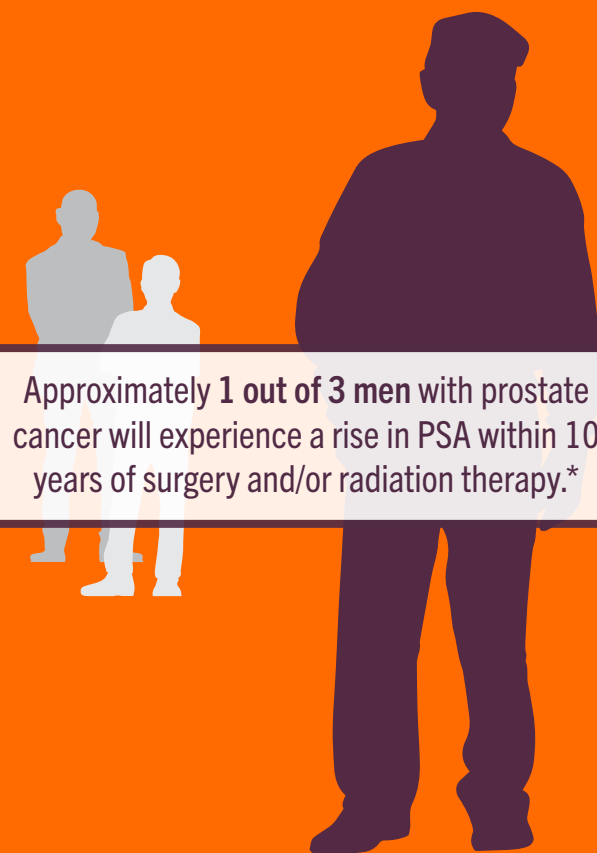
Biopsy

To confirm the presence of cancer cells



Gleason scoring

To evaluate the cancer's aggressiveness



Approximately **1 out of 3** men with prostate cancer will experience a rise in PSA within 10 years of surgery and/or radiation therapy.*

*Freedland SJ, Humphreys EB, Mangold LA, et al. JAMA. 2005;294(4):433-9.

What a **rapidly rising PSA** can mean

PSA that doubles in less than a year has been associated with higher risk of prostate cancer spreading according to several clinical studies, the American Urological Association™,* and the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®).†

Remember, rising PSA may not be detected for months, or even years, after surgery or radiation. Routine monitoring is the best way to know if you are at risk of your prostate cancer spreading.


*Lowrance W, Dreicer R, Jarrard DF, et al. Updates to advanced prostate cancer: AUA/SUO guideline (2023). J Urol. 2023;209(6):1082-1090.

†Referenced with permission from the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Prostate Cancer V.3.2024. © National Comprehensive Cancer Network, Inc. 2024. All rights reserved. Accessed March 8, 2024. To view the most recent and complete version of the guideline, go online to NCCN.org. NCCN makes no warranties of any kind whatsoever regarding their content, use or application and disclaims any responsibility for their application or use in any way.

Understanding **high risk** of cancer spreading

Some patients are considered to be at a higher risk of their cancer spreading to other parts of the body.

Your doctor may use the following factors to determine if you are at high risk of your cancer spreading:

-  **x2** **PSA doubling in less than a year**
- 8+** **High Gleason score (for example: 8 or above)**

Work with your doctor to determine a **prostate cancer plan** that is right for you.

Questions to ask your doctor

- ❖ What does it mean that my PSA level is rising?
- ❖ How is my PSA level now? How will we monitor changes over time?
- ❖ Has my PSA doubled in the last year?
- ❖ Am I at high risk of my cancer spreading?
- ❖ What are the treatment options available?
- ❖ What can we do to prepare in case my prostate cancer progresses in the future?
- ❖ Will I need to continue to monitor my prostate cancer after being put on treatment? Why is that important?

Remember,
rising PSA does not necessarily mean your cancer is spreading or at higher risk of spreading.

Close monitoring, conversations with your doctor, and further assessment may help identify your risk and help you and your doctor **develop a treatment plan** that's best for you.

KNOW YOUR **PROSTATE PLAN**

Prepare Right. Prepare Now.

**To learn more about different kinds
of advanced prostate cancer, go to:**

risingPSA.org

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider considering the unique characteristics of the patient.

