



## Our Last Webinar on Replay

# New diagnosis: How to choose a treatment?

Speaker:

**Dr. Malek Meskawi M.Sc, FRCSC**  
Endo-Urologist, CIUSSS-NIM

## Here are 5 points to remember:

### 1. Have you been diagnosed with prostate cancer?

The best remedy for anxiety from such a diagnosis is information. The more you are informed about the disease, treatment options, side effects, the easier it will be for your urologist to guide you in your treatment choice. Be aware that prostate cancer can be classified according to the risk of progression or recurrence. For example, your urologist may suggest active surveillance if your risk of progression is low. That said, be sure to take the time necessary to gather all the information you need.

### 2. Surgery or radiation therapy?

When cancer is confined to the prostate, treatment options can become a headache... Not a candidate for active surveillance? In most cases, radical prostatectomy or radiation therapy is quite effective for tumours that do not extend beyond the prostate. Indeed, cure rates are very high in the first five to ten years after treatment. Several studies have shown that the two treatments result in a comparable quality of life (with respect to side effects and complications) after one year.

### 3. Your age, an important factor in your choice of treatment

For relatively young men (50-60 years), doctors generally recommend rapid and aggressive intervention to get rid of it as quickly as possible and prevent the cancer from progressing over the years. Radical surgery makes it possible to turn to radiation therapy in the event of a recurrence (salvage treatment), which radiation therapy does not allow. Because the risk of local recurrence is higher in younger patients, as their follow-up is longer, this is a disadvantage of radiation therapy that needs to be considered.

### 4. Understand the side effects of treatment

Treatment localized prostate cancer may affect your urinary, erectile, or bowel functions. These side effects are caused by the proximity of your erectile nerves, your bladder, and the fact that your prostate surrounds your urethra (the channel that passes your urine), and your rectum. They vary from person to person depending on the degree of illness, age and state of health. The good news is that there are many strategies that can help you manage them. Do not hesitate to talk to your doctor.

### 5. You will have to invest time and effort in your recovery

No matter what treatment you choose, you will need to get involved and work with your urologist, radiation oncologist, nutritionist or physiotherapist to recover your continence, your erections, and manage your urinary or intestinal problems. All of this requires patience, persistence and resilience. In other words, to participate in a marathon, you at least have to jog and train.