

# Genesis Comprehensive Prostate Cancer Center

Good News for Men Diagnosed with Prostate Cancer



Genesis  
HEALTHCARE



*The newest advances in  
technology and treatment methods  
to work for prostate cancer patients  
right here in San Diego*

## What is Advanced Prostate Cancer?

Advanced prostate cancer is when the cancer has spread outside of the prostate (metastatic disease) or shows signs of spreading after using hormonal therapy (castrate resistant prostate cancer CRPC).

### What is Castrate-Resistant Prostate Cancer (CRPC)?

Castrate-resistant prostate cancer (CRPC) is when your PSA has risen or your cancer has shown signs of growing after hormone therapy. Prostate cancer usually responds to hormone therapy, but eventually cancer cells will “outsmart” the treatment. They can learn to grow even without testosterone to fuel their growth.

### What is Metastatic Castrate-Resistant Prostate Cancer (mCRPC)?

Metastatic castrate-resistant prostate cancer or mCRPC is when your PSA has risen while on hormone therapy and your cancer has spread far from the prostate. Many of the newest treatments available are for patients with mCRPC.

### What is Biochemical Recurrence?

Biochemical recurrence is when your PSA has risen after initial treatment and you have no other sign of cancer. The hormone therapy section of this booklet will help you understand treatments available to you.

## What is the Best Therapy for Me?

This is by far the single most frequently asked question from men who have been recently diagnosed with advanced prostate cancer or biochemical recurrence. The answers you seek are probably unclear. You more than likely have been given information regarding your prostate cancer (gleason score, PSA, staging, imaging results, etc.) which can be very confusing, and now you are also dealing with questions about the dangers of metastasis and side effects of some drugs. Today there are more effective ways to treat and manage advanced prostate cancer than ever before. To make the best decisions, you need information and guidance from medical experts with extensive knowledge and experience in treating the different stages of prostate cancer successfully.

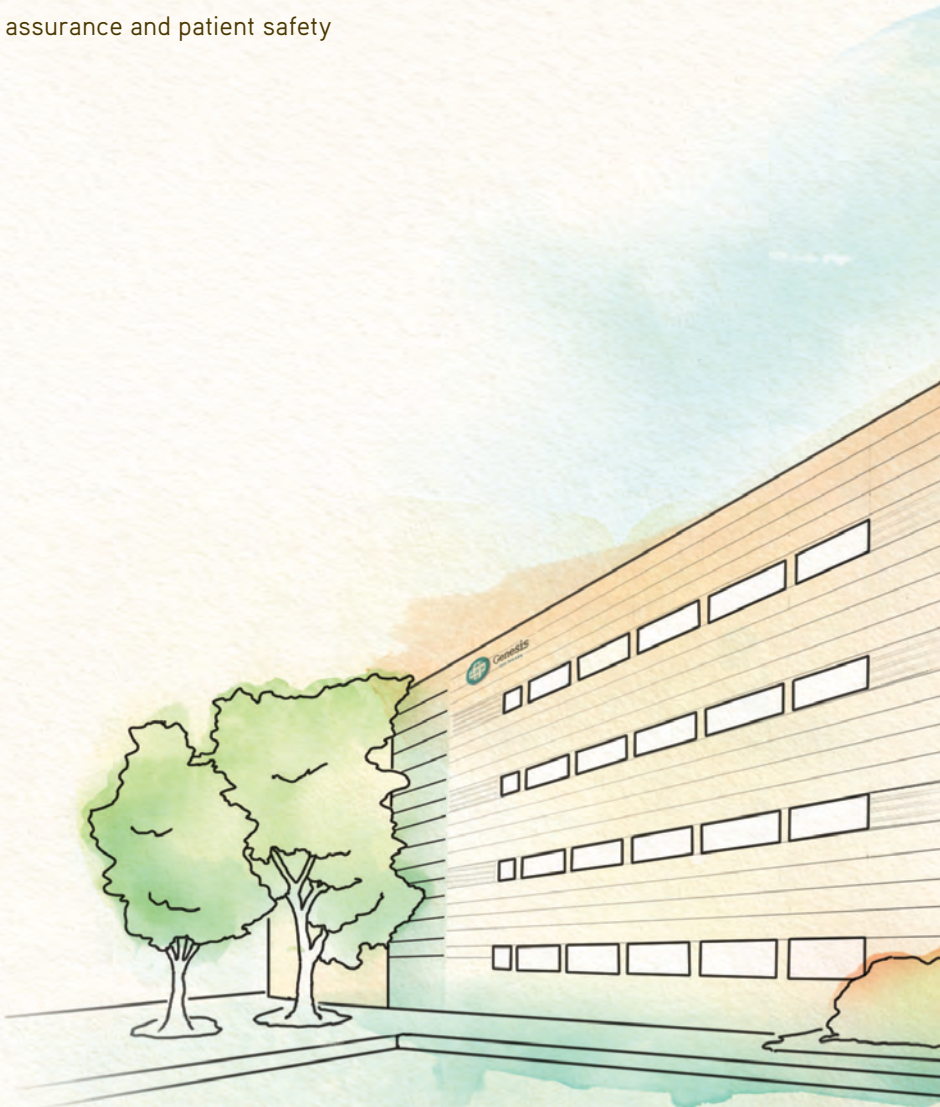
**The experts at the Genesis Comprehensive Prostate Cancer Center** will assist you in carefully evaluating all options for treating your particular stage of prostate cancer. They'll help you weigh the benefits of each treatment, probable outcomes (likely results of treatment), side effects, and risks. You will become aware of promising new treatments and be provided with the education and support you will need to ensure the best in quality for treatment. Our goal is to connect you with the resources you will need, and provide you with a consistent high level of care and individualized treatment plan. Additionally, our staff will be monitoring your progress throughout your treatment.



# Genesis Comprehensive Prostate Cancer Center

## Our Personalized Approach to Prostate Cancer Care, Includes:

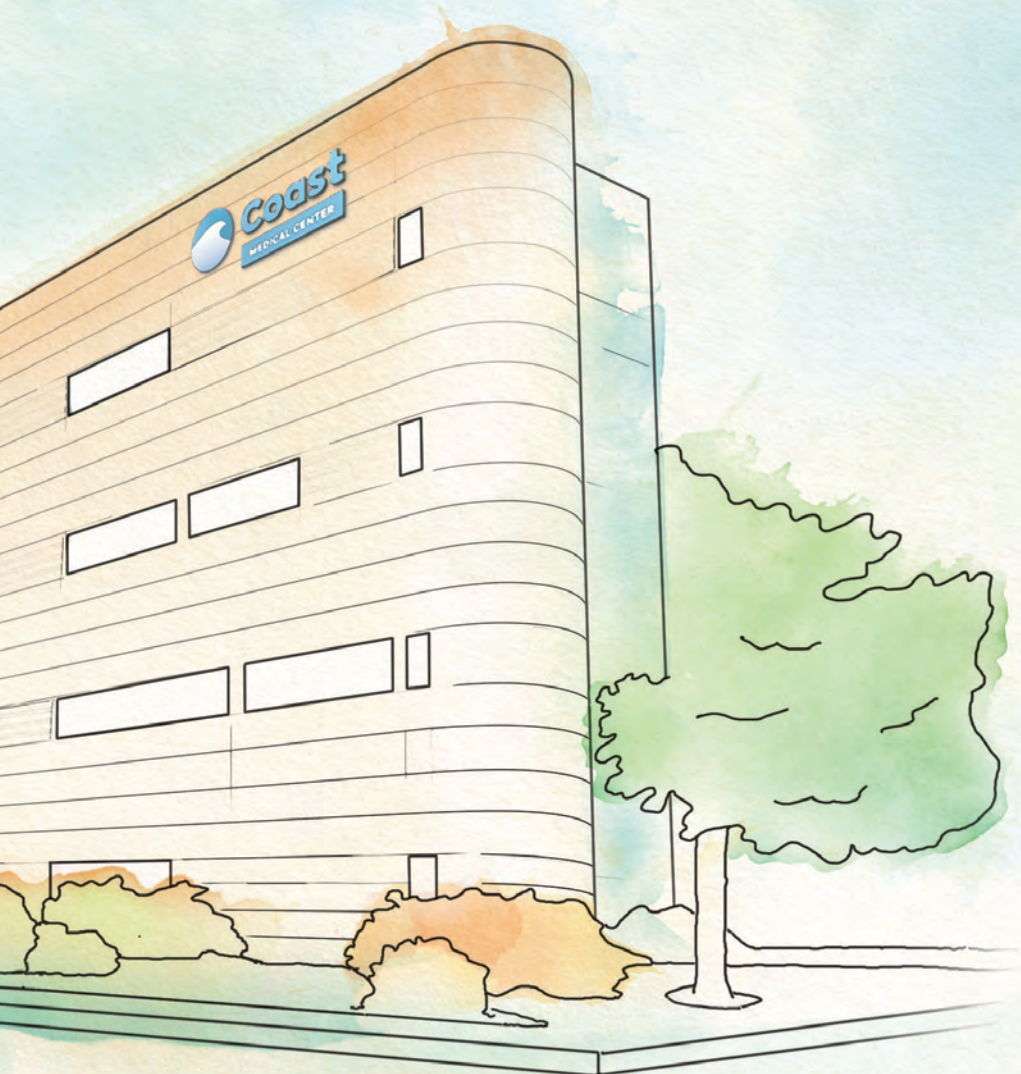
- Individualized prostate cancer evaluation and treatment planning
- Effective medical management to minimize side effects & optimize health
- Men's health—including men's bone health
- Advanced treatment options for cancer that persists or recurs after initial treatment
- Second opinions and alternative therapies
- Quality assurance and patient safety



*Genesis Prostate Cancer Center (Coast Medical Center Building)*

## About Genesis Healthcare

The Genesis Comprehensive Prostate Cancer Center is one of the many integrated patient care facilities operated by Genesis Healthcare—San Diego’s premier multispecialty physician practice dedicated to the accurate diagnosis and comprehensive treatment of many cancers, including prostate cancer and other urologic conditions. With 13 offices located throughout San Diego County, our multi-disciplinary team of physicians, technologists and staff provides patients with a full range of clinical advances including minimally invasive treatment alternatives such as active surveillance, CyberKnife and robotic surgery—all available in a private practice setting that is personal & easy to access. For more information – visit us at [mygenesishealth.com](http://mygenesishealth.com)



# The Latest Tools in the Fight Against Prostate Cancer

## What is Hormonal Therapy?

Hormone therapy is also called androgen deprivation therapy (ADT) or androgen suppression therapy. The goal is to reduce levels of male hormones, called androgens, in the body, or to stop them from affecting prostate cancer cells.

## Why is Bone Health Important While Taking Hormonal Therapy?

Bone health preservation is critical for improving quality and quantity of life. Bone is a frequent site of metastases in men with advanced prostate cancer. Without testosterone, bones can become weak and break more easily, a condition known as osteoporosis. Since both prostate cancer and osteoporosis are more likely to occur in older men, men undergoing prostate cancer treatment may already have weakened bones. Studies have shown that treatment may make them even weaker. When prostate cancer cells invade the bone, they disrupt the normal bone remodeling process and weaken the bone structure. Genesis Comprehensive Prostate Cancer Center helps patients maintain strong healthy bones through regular bone density testing and improve bone health through nutrition, exercise, healthy lifestyle choices, and when appropriate, medication.

## What if my Hormone Therapy is no Longer Working?

Usually, physicians will keep you on hormone therapy because it keeps the levels of testosterone in your body at a minimum. But, if the therapy isn't working as well, your doctor may suggest a combination treatment. Anti-androgens are a type of hormone therapy that's taken with your usual treatment to prevent the hormone from reaching the cancer cells.

## Innovative Medications for Bone Health

### XGEVA/PROLIA

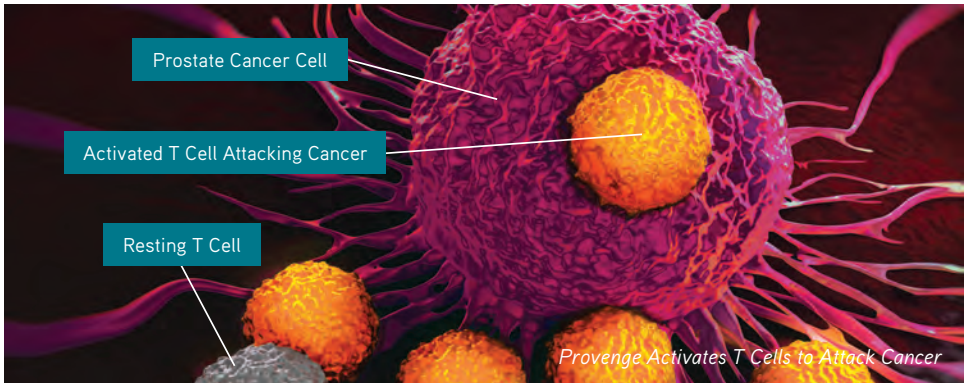
These medications are used to help prevent osteoporosis and bone thinning. Denosumab (Xgeva/Prolia) is an injection given to prevent or delay problems like fractures.

## Innovative Medications for Castrate-Resistant Prostate Cancer

### PROVENGE

Provenge is an immunotherapy drug that harnesses the power of a patient's own immune system to identify and target prostate cancer cells. It also helps the immune system fight disease. Each dose is made specifically for each patient. The personalized dose of Provenge consists of the patient's own immune cells that have been trained to seek and attack prostate cancer. The treatment typically takes six weeks to be administered, and is given by intravenous infusions every two weeks. Provenge has allowed men to live longer with minimum side effects.





### XTANDI

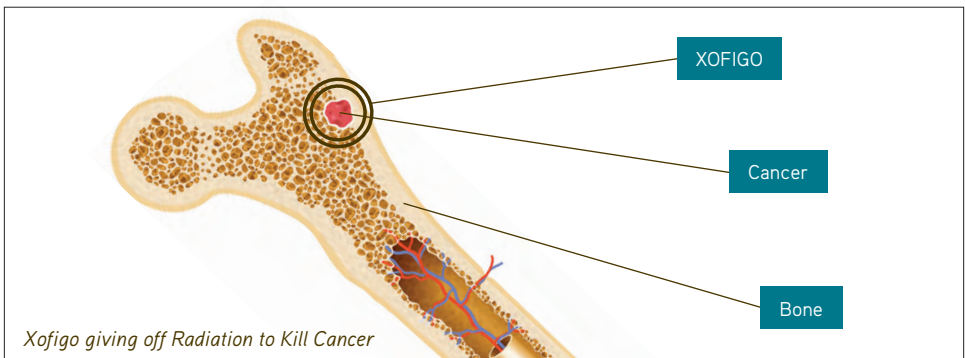
Xtandi is a medication that is used to treat men with prostate cancer that no longer responds to a medical or surgical treatment that lowers testosterone and that has spread to other parts of the body. For the treatment of advanced prostate cancer.

### ZYTIGA

This medication is a type of hormone therapy and works a bit differently than other hormone treatments for prostate cancer. This medication is known as an androgen biosynthesis inhibitor. The male hormone testosterone may stimulate the growth of prostate cancer. The majority of testosterone is made in the testes, but some is also produced in other tissues and in tumor cells. An enzyme called cytochrome is essential to the production of testosterone. Zytiga works by blocking this enzyme which in turn stops the testes and the other tissues in the body from making testosterone.

### XOFIGO

Xofigo is used to treat prostate cancer that is resistant to medical or surgical treatments. This drug also helps extend life by more than 30% (14.9 months in Xofigo-treated men vs 11.3 months in placebo-treated men). Xofigo goes to the bone and helps kill cancer cells, but limits damage to healthy cells. Xofigo can be absorbed by organs other than the bone primarily the bone marrow and digestive system, which can result in side effects in healthy tissue.



## Genesis Prostate Cancer Center Team



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Learn more about  
treatment options at  
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## Genesis Comprehensive Prostate Cancer Center

This is a center of excellence that offers all forms of advanced prostate cancer treatments and serves as the primary source for advanced prostate cancer care throughout San Diego County for many men.

Your physician has recommended a consult at our Comprehensive Prostate Cancer Center. We are here to help you sort through the many options available and to find answers that are right for you.

To schedule an in-depth consultation with a prostate cancer specialist—please call us at 858.430.1101.