If you find out you have cancer, you should discuss your treatment options with a radiation oncologist – a cancer doctor who specializes in treating disease with radiation therapy, a urologist – a surgeon who specializes in the genital and urinary systems and a medical oncologist – a cancer doctor who specializes in treating cancer with chemotherapy and targeted therapy.

Prostate cancer treatment options include:
- External beam radiation therapy – a radiation oncologist directs high-energy radiation to kill the cancer cells.
- Brachytherapy – a radiation oncologist surgically places high-energy (radiation) seeds temporarily or permanently through small tubes within the prostate.
- Surgery – urologist surgically removes the entire prostate.
- Active Surveillance – a physician monitors men with low-risk prostate cancer with repeat PSAs and biopsies.
- Hormone therapy – a urologist or interventional radiologist freezes the tumor within the prostate.
- Cryotherapy – a urologist or interventional radiologist uses high-intensity focused ultrasound beam energy to locally heat and destroy prostate tissue.

Hormone therapy lowers testosterone production. Testosterone is a hormone that plays an important role in prostate cancer progression. It may be used with external beam radiation therapy and hormonal therapy. Ask your doctor whether LDR or HDR is a reasonable treatment option for you.

PROSTATE BRACHYTHERAPY

Brachytherapy involves treating cancer by inserting radioactive seeds directly into the prostate.

1. Permanent seed, or low-dose-rate (LDR) brachytherapy,
2. Temporary, or high-dose-rate (HDR) brachytherapy,

The length of your treatment will depend on your health and the type of radiation used.
Radiation Therapy for Prostate Cancer

Prostate cancer is the most common cancer in American men. According to the American Cancer Society, one in every six men will develop prostate cancer in his lifetime. This year, approximately 174,500 men will be diagnosed. Prostate cancer is very manageable and often curable. More than 98 percent of men with prostate cancer will live more than ten years after diagnosis.

**FACTS TO HELP PATIENTS MAKE AN INFORMED DECISION**

Because surgery and radiation can both be equally effective curative treatments for prostate cancer, it is important to review all of your treatment options. Ask your urologist about surgery and your radiation oncologist about radiation therapy. Learn about the risks and benefits to see what best meets your goals balancing cure and quality of life.

**ABOUT THE RADIATION ONCOLOGY TEAM**

Radiation oncologists are the doctors who oversee the care of each person undergoing radiation treatment. Other members of the treatment team include radiation therapists, radiation oncology nurses, medical physicists, dosimetrists, social workers and nutritionists. For information on what each of these professionals does or to locate a radiation oncologist near you, visit www.rtanswers.org.

**ABOUT ASTRO**

The American Society for Radiation Oncology is the largest radiation oncology society in the world with 10,000 members who specialize in treating cancer with radiation therapies. ASTRO is dedicated to improving patient care through education, clinical practice, advancement of science and advocacy. Visit www.astro.org for more information.

**AMERICAN SOCIETY FOR RADIATION ONCOLOGY**

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**possible side effects**

more likely

less likely

short term

long term

radiation therapy for prostate cancer