

PROSTATE CANCER GLOSSARY

PSA Blood Test - Prostate-specific antigen is a substance that is produced by prostate cells and is produced in larger amounts when prostate cancer, benign prostatic hyperplasia, or prostatitis is present. PSA levels can also spike randomly.

Gleason Score - A number (1-5) assigned to prostate cells based on how they appear under a microscope. Gleason scores of 1-2 are non-malignant, 3 is low grade, and 4 and 5 are more serious. Gleason score is reported as the sum of two Gleason grades. The first number is the most common Gleason grade, and the second number is the second most common Gleason grade. A Gleason score ranges from 6-10, with six being the lowest and ten being the highest.

Biopsy - A medical procedure in which prostate samples (called "cores") are taken from the body and analyzed under a pathologist's microscope. Biopsies come in several varieties ranging from the old-fashioned 12-core random biopsy to newer techniques that use MRI guidance to target suspicious areas, require fewer cores, and incur fewer risks of injury.

Multiparametric MRI (mp-MRI) - This scan uses a strong magnetic field and looks for suspicious areas in and around the prostate. An MRI will usually be ordered after an abnormal PSA test result.

Focal Therapy - Focal therapy is a type of treatment delivered to a section of the prostate gland. Examples include cryotherapy, high-intensity focused

ultrasound, and laser ablation. Focal therapy carries less risk to erectile function and may be an option for men with cancer confined to one side of the prostate.

Local Therapy - Treatment directed to the entire prostate gland. The most common local therapies are radical prostatectomy, beam radiation (IMRT, SBRT or proton therapy), and radioactive seed implants.

Active Surveillance (AS) - Active surveillance is a monitoring protocol for men with low-risk prostate cancer. The protocol varies but generally includes regular PSA testing, periodic MRIs, and potential prostate biopsies. Active surveillance allows men to avoid the risks of treatment while also monitoring for any changes in cancer behavior that may indicate a need for treatment.

PSMA-PET Scan - A PET scan targets an antigen found on the surface of prostate cells (and prostate cancer cells) to find spots of cancer throughout the body. This scan is significantly more accurate than other scans.

Systemic Therapy - Systemic therapy refers to types of treatment that circulate through the bloodstream to treat the whole body. Systemic therapies include testosterone inactivating pharmaceuticals (aka. hormone therapy, androgen deprivation therapy), chemotherapy, injectable radiation, and immunotherapy.

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