



## Questions To Ask Your Doctor About Prostate Cancer Treatment

**Get The Facts. Take Control.**

| <b>TELL ME ABOUT MY CONDITION</b>  |                      |                   |
|--|----------------------|-------------------|
| What is the grade and stage of my cancer?<br>Why is this important?                                      |                      |                   |
| Is the tumor localized (located within the prostate gland)?  |                      |                   |
| <b>LET'S COMPARE TREATMENT OPTIONS</b>   | <b>BRACHYTHERAPY</b> | <b>SURGERY</b>    |
| How long is the procedure?   |                      |                   |
| Is the procedure painful?  |                      |                   |
| What is the recovery period?   |                      |                   |
| How long will my routine activities be limited following treatment?                                      |                      |                   |
| What side effects and complications can I expect?  |                      |                   |
| What can I expect from a "quality of life" standpoint?   |                      |                   |
| <b>TELL ME ABOUT YOUR EXPERIENCE</b>   | <b>BRACHYTHERAPY</b> | <b>SURGERY</b>    |
| How many procedures have you done and when were they performed?  |                      |                   |
| What percentage of <i>your</i> patients remain cancer-free and for how long?                             |                      |                   |
| What percentage of <i>your</i> patients experience incontinence following the procedure?                 |                      |                   |
| How do you define incontinence?  |                      |                   |
| What percentage of <i>your</i> patients experience impotence following the procedure?                    |                      |                   |
| How do you define impotence?   |                      |                   |
| <b>LET'S DISCUSS TYPES OF SEEDS</b>  | <b>PALLADIUM-103</b> | <b>IODINE-125</b> |
| Which type of radioactive seed implants attack cancer faster?  |                      |                   |
| How long should I limit direct contact with family/children and/or spouse?                               |                      |                   |
| Which type of seeds do you use?  |                      |                   |
| If you use iodine, why do you use it instead of palladium (TheraSeed <sup>®</sup> treatment)?            |                      |                   |
| Can you guarantee no last-minute substitutions of the selected seeds?                                    |                      |                   |
| <b>ADDITIONAL QUESTIONS</b>  |                      |                   |
| What should I expect from follow-up visits? How often and how many will I need?                          |                      |                   |
| Will treatment impact my ability to have children?<br>What should I do if I still want to have children? |                      |                   |
| What is likely to happen if I choose watchful waiting?   |                      |                   |
| Should I get another opinion?  |                      |                   |
| Will the treatment you recommend cure my prostate cancer?  |                      |                   |



**TheraSeed**<sup>®</sup>  
Pd-103

Remember the name.  
Forget the cancer.

## Compare Prostate Cancer Treatments

### TheraSeed<sup>®</sup> Treatment Advantages

| COMPARED TO SURGERY   | THERASEED <sup>®</sup> TREATMENT<br>(Brachytherapy with Pd-103) <sup>2</sup> | SURGERY<br>(Radical Prostatectomy)                      |
|---|--|---|
| Incontinence  | Less than 1% <sup>1,5</sup>  | As high as 10% <sup>4</sup>                             |
| Impotence   | Approximately 10-15% <sup>1,7</sup>  | Up to 79.6% <sup>5</sup>                                |
| Length of procedure   | Approximately 45 minutes   | 1-4 hours   |
| Hospitalization   | Rarely   | 3-5 days  |
| Resume routine activities   | Within days  | Approximately 8 weeks                                   |
| COMPARED TO IODINE SEEDS<br>(Brachytherapy with I-125)              | THERASEED <sup>®</sup> TREATMENT<br>(Brachytherapy with Pd-103) <sup>2</sup> | IODINE SEEDS<br>(Brachytherapy with I-125) <sup>2</sup> |
| Three-year probability of freedom from long-term complications      | Approximately 100% <sup>3</sup>  | Approximately 82% <sup>3</sup>                          |
| Works 2-3 times faster for better control of rapidly dividing cells | Yes  | No  |
| Duration of common side effects                                     | 2-3 weeks  | 60-90 days  |
| COMPARED TO CRYOSURGERY   | THERASEED <sup>®</sup> TREATMENT<br>(Brachytherapy with Pd-103) <sup>2</sup> | CRYOSURGERY   |
| Independent studies spanning 12 years prove effectiveness           | Yes  | No  |
| Impotence   | Approximately 10-15% <sup>1,7</sup>  | Vast majority <sup>8</sup>                              |
| Hospitalization   | Rarely   | 1-2 night stay  |
| COMPARED TO EBRT/IMRT   | THERASEED <sup>®</sup> TREATMENT<br>(Brachytherapy with Pd-103) <sup>2</sup> | EBRT/IMRT   |
| Length of treatment   | Approximately 45 minutes   | 5 days a week for 6-8 weeks                             |
| Independent studies spanning 12 years prove effectiveness           | Yes  | For EBRT only; no 12-year studies for IMRT              |

[1] Sharkey J, Cantor A, Solc Z, Huff W, Chovnick SD, Behar RJ, Perez R, Otheguy J, Rabinowitz R. Brachytherapy versus radical prostatectomy in patients with clinically localized prostate cancer. *Current Urology Reports*. 2002;3:250-257.

[2] The most commonly reported side effects of prostate brachytherapy are short-term urinary or obstructive symptoms within the first few weeks after the implant procedure.

[3] Peschel RE, Chen Z, Roberts K, Nath R. Long-term complications with prostate implants: iodine-125 vs. palladium-103. *Radiation Oncology Investigations*. 1999;7(5):278-288.

[4] Peschel RE, Colberg JW. Surgery, brachytherapy, and external-beam radiotherapy for early prostate cancer. *Lancet Oncology*. 2003;4:233-41.

[5] Potosky, AL, Legler J, Albertsen PC, Stanford JL, Gilliland FD, Hamilton AS, Eley JW, Stephenson RA, Harlan LC. Health outcomes after prostatectomy or radiotherapy for prostate cancer: results from the prostate cancer outcomes study. *Journal of the National Cancer Institute*. 2000;92(19):1582-1592.



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## What Experts Say About Brachytherapy and TheraSeed<sup>®</sup> Treatment

Independent clinical studies verify the effectiveness of brachytherapy treatment with the TheraSeed<sup>®</sup> device. Here's what experts have concluded:

### **BRACHYTHERAPY LONG-TERM RESULTS**

- Brachytherapy with Pd-103 produces a biochemical control rate better than or equal to surgery; 12-year research proves superior efficacy for high- and intermediate-risk patients. (*Sharkey, et. al., Brachytherapy, 2005*)
- Up to 12 years after treatment, brachytherapy produces long-term survival rates similar to radical prostatectomy and external beam radiation therapy. (*Potters, et. al., Journal of Urology, 2005*)

### **BRACHYTHERAPY EFFECTIVENESS**

- Brachytherapy can be an effective treatment for patients regardless of risk factor or age, and severe urinary or rectal complications are rare. (*Merrick, et. al., The Journal of Urology, 2003*)
- Pd-103 treatment has a remarkably high cure rate for higher risk prostate cancer patients. (*Dattoli, et. al., Cancer, 2003*)
- Nine years following TheraSeed<sup>®</sup> treatment, 83.5% of patients with a broad spectrum of Gleason scores were free of prostate cancer. (*Blasko, et. al., International Journal of Radiation Oncology Biology – Physics, 2000*)

### **BRACHYTHERAPY COMPARISON TO OTHER TREATMENTS**

- Cure rates are similar for localized prostate cancer patients treated with permanent seed implants, surgery, high-dose external beam radiotherapy and combined permanent seed implants with external beam radiotherapy. (*Kupelian, et. al., International Journal of Radiation Oncology Biology – Physics, 2004*)
- Patients with the best profile for a good surgical outcome also are the best candidates for brachytherapy. (*Peschel, et. al., The Lancet Oncology, 2003*)

### **BRACHYTHERAPY COMPLICATIONS COMPARED TO SURGERY**

- Brachytherapy produces a cure rate as high as surgery, and has a lower rate of complications, such as incontinence and impotence. (*Sharkey, et. al., Current Urology Reports, 2002*)

### **PD-103 SEEDS COMPARED TO I-125 SEEDS**

- Patients treated with Pd-103 recover from radiation irritation sooner than I-125 patients. (*Wallner, et. al., The Cancer Journal, 2002*)
- Patients receiving palladium-based seeds experience significantly fewer complications than those receiving iodine-based seeds. (*Peschel, et. al., Radiation Oncology Investigations, 1999*)

### **OF NOTE**

- Surgery frequently doesn't remove all cancer cells. Forty-seven percent of men undergoing radical prostatectomy had cancer cells remaining in the body following surgery for localized prostate cancer. (*Frank D. Gilliland, M.D., et. al., Journal of Urology, 1999*)



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## How to Make a Decision About Prostate Cancer Treatment

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Your doctor plays a crucial role in your healthcare. He or she should guide you through the important process of choosing a prostate cancer treatment. Ultimately, however, the decision is yours.

If your cancer is contained in the prostate gland, you may be a candidate for TheraSeed<sup>®</sup> treatment. Not all physicians perform this procedure because it requires specialized training. You may have to seek a second opinion.

Don't make a decision that is less than optimal because your doctor doesn't offer the treatment you desire or have experience performing it. You have to live with the outcome. Take these steps to ensure that you don't live with regret.

1. **Research** prostate cancer treatments and seek out other prostate cancer patients. Ask them about their treatment and recovery.
2. **Talk with your physician.**
3. **Obtain a second medical opinion.** Select an experienced physician who specializes in the treatment you desire. Your physician's expertise and technique does impact your quality of life and opportunity for a successful outcome.
4. **Discuss** treatment options with your loved ones.
5. **Take charge of your treatment decision.** Insist on TheraSeed<sup>®</sup> treatment if you think it presents the advantages you prefer. Other types of seeds exist, so ask your doctor for it by name or call 1-800-458-4372 to obtain a referral to a specialist who offers this procedure.

**FACT: You Have the Power to Make the Treatment Decision that is Right for You.**