Does Prostate Cancer Diagnosis Require Treatment? Healthy Living Feature by Howard Frey, M.D. Sponsored Content

This mybergen.com Healthy Living feature is written by Howard Frey, M.D., Medical Director, The Valley Hospital Urologic Oncology Center, Bergen County, New Jersey.

From a patient perspective, hearing the word cancer is both frightening and shocking. In the case of prostate cancer, a diagnosis is initially made after a prostate biopsy based on the results of a prostate-specific antigen (PSA) blood test or abnormal digital rectal examination.

Some patients who receive a prostate cancer diagnosis choose to seek additional opinions from other physicians, while others immediately focus their attention on how, and where, to find the best treatment to eradicate the disease. It is crucial for men who have been diagnosed with prostate cancer to know that they do have different options for managing their disease.

Historically, men whose PSA results were indicative of prostate cancer would undergo a biopsy and, if necessary, radiation or surgery. However, a new option for slower growing prostate cancer is active surveillance. This approach involves close monitoring of the disease, rather than immediately beginning treatment.

The benefits of this approach include avoiding potentially unnecessary treatment and negative side effects that can accompany treatment. In fact a major study recently found that men with early prostate cancer who choose to closely monitor their disease are just as likely to survive at least 10 years as those who have surgery or radiation.

A key way for a patient to ensure that he is making an informed decision about his treatment options is for him to work with a multidisciplinary medical team. This team is able to provide him with the full spectrum of treatment options that are personalized to his specific needs and illness.
Patients at The Valley Hospital's Urologic Oncology Center are treated by a multidisciplinary team that closely reviews each case and comes to a consensus about a suggested treatment regimen. The team consists of urology, radiation oncology, medical oncology and a specialty oncology trained nurse. They provide a high level of care that incorporates evidence based medicine and the newest protocols in the field. Patients are able to see all of the necessary medical disciplines within a one to two hour appointment, facilitating their treatment decision.

Patients can utilize the Center for consultations and/or a second opinion when they have concerns about any issues involving the diagnosis of cancer including an elevated PSA, treatment options before initiation therapy or for recurrence following treatment.

The Valley Hospital's Urological Oncology Center
For more information on The Valley Hospital's Urologic Oncology Center, call 201-634-5567. Valley’s oncology program, which recently partnered with Mount Sinai Health System, provides comprehensive, patient-centered cancer care in northern New Jersey.