

Read our Tool Kit fact sheet, **Radical prostatectomy** for more information about what this treatment involves and the possible side effects.

Brachytherapy

This is an internal radiotherapy treatment. There are two types of brachytherapy - temporary and permanent, but only temporary brachytherapy is suitable for men with locally advanced prostate cancer. Temporary brachytherapy, also described as 'high dose rate', involves inserting a source of radiation into the prostate gland for a few minutes at a time. It is used together with external beam radiotherapy to give higher doses of radiation to the whole gland as well as to the area just outside the prostate. You may also be offered hormone therapy alongside brachytherapy.

This is a fairly new treatment option which is not widely used for this stage of prostate cancer. More research is needed before we can say for sure if it is as effective as other treatments for locally advanced prostate cancer. You can read more about high dose rate brachytherapy on our website www.prostate-cancer.org.uk

Clinical trials

You can also ask your specialist whether there are any clinical trials that you can take part in. For more information about clinical trials you can read our Tool Kit fact sheet **A guide to prostate cancer clinical trials**.

Choosing a treatment

Talk to your doctor or specialist nurse about your treatment options and the possible side effects of the treatments. Choosing a treatment is an important decision and you should make sure you have all the information you need before deciding. In most cases there is no urgency and you may want to take some time to think things through before coming to a decision. It is up to you how much you want to be involved in choosing your treatment and your

specialist team can help guide you through the different options.

You can also discuss the treatments with your partner or family and bring them along to your appointments. It can be hard to take everything in, so it may be useful to have a friend or relative with you who can also listen to what the specialist says or make notes for you. We have left a space at the back of this fact sheet where you or someone with you can make any notes.

Before you make a decision about your treatment talk to your doctor or specialist nurse about:

- What the treatment involves
- The possible side effects of the treatment
- The advantages and disadvantages of the treatment
- What other treatments are available
- What clinical trials are available at your local hospital or other treatment centres in the UK. You can find out more about clinical trials in our Tool Kit fact sheet, **A guide to prostate cancer clinical trials**

You can read our **Tool Kit** treatment fact sheets for detailed information on each of the treatments listed here, including how the treatment works, the advantages and disadvantages and the possible side effects. You can also speak to a specialist nurse by calling our confidential Helpline on 0800 074 8383.

What will happen after my treatment?

To help make sure that your treatment has been successful, your specialist team will monitor your response to the treatment closely for the first few months after treatment. After this, you will continue to be offered regular PSA tests. You may like to check with your doctor or specialist nurse how often you will need to have a test.

The Prostate Cancer Charity makes every effort to make sure that its services provide up-to-date, unbiased and accurate facts about prostate cancer. We hope that these will add to the medical advice you have already been given and will help you to make any decisions you may face. Please do continue to talk to your doctor if you are worried about any medical issues.

The Prostate Cancer Charity funds research into the causes of, and treatments for, prostate cancer. We also provide support and information to anyone concerned about prostate cancer. We rely on charitable donations to continue this work. If you would like to make a donation, please call us on 020 8222 7666.

The Prostate Cancer Charity
First Floor, Cambridge House,
100 Cambridge Grove, London W6 0LE
Email: info@prostate-cancer.org.uk
Telephone: 020 8222 7622

The Prostate Cancer Charity Scotland
Unit F22-24 Festival Business Centre,
150 Brand Street, Glasgow G51 1DH
Email: scotland@prostate-cancer.org.uk
Telephone: 0141 314 0050

Website: www.prostate-cancer.org.uk

	Free and confidential Helpline 0800 074 8383* Mon - Fri 10am - 4pm, Wed 7pm - 9pm
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Email: helpline@prostate-cancer.org.uk

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* Calls are free of charge from UK landlines. Mobile phone charges may vary. Calls may be monitored for training purposes. Confidentiality is maintained between callers and The Prostate Cancer Charity.

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References to sources of information used in the production of this fact sheet are available on our website.

Reviewed by:

- Mo Beange, Treatment Review Radiographer, Department of Clinical Oncology, Raigmore Hospital
- Simon RJ Bott, Consultant Urological Surgeon, Frimley Park Hospital NHS Foundation Trust, Surrey
- Mike James, Consultant Urologist, Chesterfield NHS Foundation Trust
- Nicola James, Macmillan Nurse Consultant; Uro-oncology, Chesterfield NHS Foundation Trust
- Rob J Jones, Senior Lecturer and Honorary Consultant in Medical Oncology, Centre for Oncology and Applied Pharmacology, Cancer Research UK, Beatson Laboratories
- Dr P Kirkbride, Consultant Clinical Oncologist, Sheffield Teaching Hospitals FT
- Evelyn Pearson, Urology Nurse Specialist, Stockport NHS Foundation Trust
- Deborah Victor, Urology Cancer CNS, Royal Cornwall Hospitals NHS Trust, Truro
- The Prostate Cancer Charity Support & Information Specialist Nurses
- The Prostate Cancer Charity Information Volunteers

Written and edited by:

The Prostate Cancer Charity Information Team