

# Know the Facts and Be an Advocate This Prostate Cancer Awareness Month

Novartis is sharing information and resources to empower people affected by prostate cancer during Prostate Cancer Awareness Month

Sep 15, 2023

Prostate cancer is the most common cancer among men (after non-melanoma skin cancer). In 2023, it is estimated that about 34 700 men will die from the disease—or nearly 1 000 men each day. However, prostate cancer can often be found early through screening tests. The American Cancer Society recommends that beginning at age 50, men who are at average risk of prostate cancer, should have a conversation with their healthcare provider about screening tests.<sup>1</sup>

In addition to the physical toll of the disease, a prostate cancer diagnosis can bring tremendous emotional strain to patients and families—particularly when it is in the later stages. Managing the uncertainty that comes with a diagnosis and trying to understand treatment options can add to this stress.

For some patients, taking control and learning about the disease and treatment journey can help. Taking steps to learn about your healthcare team, including a urologist, medical oncologist and/or radiation oncologist, or to learn about biomarkers such as PSMA, prostate-specific membrane antigen, can be reassuring.

Fortunately, there are many resources available to help patients and families learn about prostate cancer and the latest research, as well as deal with the emotional toll of the diagnosis.

## Things to Know About Prostate cancer

- In the US, 1 in 8 men will be diagnosed with prostate cancer in their lifetime<sup>2</sup>.
- 1 in 6 Black men will develop prostate cancer and they are more than twice as likely to die from the disease<sup>2</sup>.
- The American Cancer Society estimates more than 288 000 men will be diagnosed with prostate cancer in 2023, and about 34 700 will die from the disease<sup>1</sup>.
- About 6 in 10 men are diagnosed over the age of 65<sup>2</sup>.
- 99% of patients with early-stage disease live 5 years or longer<sup>2</sup>.
- However, in late-stage disease, the average 5-year survival rate is less than 30%.

**PSMA is a biomarker that is found in more than 80% of men with prostate cancer and can provide valuable information for evaluating treatment options<sup>3,4</sup>**

## Resources from the prostate cancer community

Patient advocacy organizations around the world have information and resources to help people living with prostate cancer cope and manage the disease.

- [Cancer ABCs](#)

- [The National Alliance of State Prostate Cancer Coalitions \(NASPCC\)](#)
- [Prostate Cancer Foundation](#)
- [Prostate Cancer Research Institute](#)
- [Prostate Conditions Education Council](#)
- [Urology Care Foundation/Prostate Cancer Impact Alliance](#)
- [Veteran Prostate Cancer Awareness](#)
- [ZERO Prostate Cancer](#)

*The organizations and websites listed above are independently operated and not managed by Novartis Pharmaceuticals Corporation. Novartis assumes no responsibility for any information they may provide.*

## Additional Resource

Learn more about PSMA and advanced prostate cancer at <https://www.scanforpsma.com>

## References:

1. American Cancer Society. Key Statistics for Prostate Cancer. Accessed August 11, 2023. <https://www.cancer.org/cancer/types/prostate-cancer/about/key-statistics.html>
2. Prostate Cancer Foundation. Top 10 things you should know about prostate cancer. Accessed August 11, 2023. <https://www.pcf.org/c/top-10-things-you-should-know-about-prostate-cancer/>
3. Hope TA, Aggarwal R, Chee B, et al. Impact of a specific PSMA PET imaging on management in patients with biochemically recurrent prostate cancer. *J Nucl Med.* 2017;58(12):1956-1961.
4. Hofman MS, Lawrentschuk N, Francis RJ, et al. Prostate-specific membrane antigen PET-CT in patients with high-risk prostate cancer before curative-intent surgery or radiotherapy: a prospective randomised, multi-centre study. *Lancet.* 2020;395:1208-1216.

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