### Stages of Prostate Cancer

<table>
<thead>
<tr>
<th>Stage I, II, or III Prostate Cancer</th>
<th>Stage IV Prostate Cancer and Beyond</th>
</tr>
</thead>
<tbody>
<tr>
<td>The cancer is localized and has not spread outside of the prostate.</td>
<td>The cancer has spread outside the prostate to other locations, such as the bones, distant lymph nodes, another organ, or place in the body.</td>
</tr>
</tbody>
</table>

### What Could Impact a Patient’s Treatment Options?

- Disease symptoms and previous treatment
- Age, lifestyle, and existing health conditions
- Patient’s preference
- Cancer stage and grade
- Genomic testing results
- Potential treatment side effects

### Glossary Terms

- **Biomarker Testing (molecular testing):** Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.
- **Gleason Score:** Refers to how abnormal a patient’s prostate cancer cells appear and how likely the cancer will advance and spread.
- **Immunotherapy:** Type of therapy that harnesses one’s own immune system to help the body fight cancer, infection, and other diseases.
- **Prostate-Specific Antigen (PSA):** Protein produced by normal, as well as malignant, cells of the prostate gland. The PSA test measures the level of PSA in the blood.
- **Standard of Care:** An established guideline that is consensus among experts as the most appropriate and/or effective treatment for a specific type and stage of cancer.
- **Targeted Therapy:** A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.

### Prostate Cancer Resources

- American Cancer Society: [cancer.org](http://cancer.org)
- American Urological Association (AUA): [auanet.org](http://auanet.org)
- CancerGRACE: [cancergrace.org](http://cancergrace.org)
- Cancer Support Community: [cancersupportcommunity.org](http://cancersupportcommunity.org)
- Facing Our Risk of Cancer Empowered (FORCE): [facingourrisk.org](http://facingourrisk.org)
- Prostate Cancer Foundation: [pcf.org](http://pcf.org)
- ZERO - The End of Prostate Cancer: [zerocancer.org](http://zerocancer.org)

### MORE TOOLS FOR EMPOWERMENT

- [Digitally Empowered™](http://DigitallyEmpowered.com)
- [PEN-Powered Activity Guide](http://PEN-Powered.com)
- [Empowered Blog](http://EmpoweredBlog.com)
- [Empowered! Podcast](http://EmpoweredPodcast.com)

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