

THE HARD FACTS WHEN DIAGNOSED WITH ADVANCED, HIGHER GRADE, METASTASIZED, AGGRESSIVE PROSTATE CANCER

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DISCLAIMER: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

I doubt there is a “bell curve” when it comes to survival following diagnosis with advanced, higher grade, metastasized, aggressive prostate cancer. As indicated in the following, the prognosis is not good with only approximately one-third of such patients surviving at 5 years. I would expect that even for those who survived to that point, it is unlikely they will continue to survive to 10 years. Though discouraging, best advice: Insure your treating physician is providing the most up-to-date and aggressive forms of treatment that can involve surgery, radiation, and/or medications. Also follow the advice of appropriate diet and nutrition and stop those personal practices that contribute to cancer cell growth (bad eating habits, smoking, as two examples). Your lifestyle must change and, unfortunately, the so-called “quality of life” you were used to will be impacted. The importance one must decide is the option of prolonging survival or early demise. In the meantime, it is also important to follow the considerations in this paper, usually provided to the caregivers of such patients, but important to the patient as well: <http://tinyurl.com/6xlz6mm>

From the following compiled in the UK, but could be considered similar anywhere:

<http://tinyurl.com/yd94ha3>

Locally advanced prostate cancer

Locally advanced means [stage 3 prostate cancer](#). Things get very complicated when trying to find statistics for this group. The statistics generally come from clinical trials. As these relate to various different types and combinations of treatment and to different groups of patients, it isn't possible to group them together easily. Generally though, with radiotherapy and hormone therapy, between 7 and 8 out of every 10 men (70 to 80%) will live for at least 5 years after diagnosis.

Stage 4

In about 20 to 30 out of every 100 men (20 to 30%) the cancer has spread to another part of their body when they are diagnosed with prostate cancer. This advanced disease is called [stage 4 prostate cancer](#). About 1 in 3 men with advanced prostate cancer (30%) will live for at least 5 years after they are diagnosed. Again, this is a relative statistic. So it is only related to prostate cancer, and not the risk of dying from other causes. Many men with prostate cancer are older and the disease can be very slow to develop, so it may not end up affecting their life span.

From: <http://tinyurl.com/4qors3o>

“Men whose prostate cancer has spread to distant areas, like their bones.

These men may need more aggressive treatment for their prostate cancer. Fewer of these men -- about one-third -- will survive their prostate cancer for more than five years.”

From: <http://tinyurl.com/4d9ed7c>

“Prognosis in Late Stage Disease

Locally Advanced. If the disease is at the locally-advanced stage, in which it has spread beyond the prostate but only to nearby regions, it is more difficult to cure, but survival rates can be prolonged for years in many men. (When cancer has metastasized to the pelvic lymph nodes, the outlook is worse than if it has spread to other areas.)

Metastasized Cancer. If prostate cancer has spread to distant organs (metastasized), average survival time is 1 to 3 years, but some of these patients may live longer or die of other causes.”

A recent (April 2015) paper: [Survival times among men with biochemically recurrent prostate cancer](#)

<http://tinyurl.com/kg7wl77>