Prostate Cancer

is among the most common cancers in men. Not all prostate cancers behave the same way. Many low and favorable intermediate risk prostate cancers grow so slowly that they are unlikely to cause health problems during a man's lifetime.

For some patients, this means treatment can be safely delayed or avoided while closely monitoring the cancer.
This is called **Active Surveillance (AS).**

Delaying or avoiding treatment can also delay or prevent treatment-related side effects, helping keep urinary, sexual, and bowel function for as long as possible.

Deciding whether AS is right for you is a personal decision made together with your doctor. This brochure provides information about the AS process to help you understand your options and make an informed choice.

MUSIC
Michigan Urological Surgery Improvement Collaborative

For additional information regarding this brochure or the Michigan Urological Surgery Improvement Collaborative, please contact us at:

MUSICurology@umich.edu

MUSICurology.com

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This document is designed for adult patient education.

Active Surveillance for Prostate Cancer

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Active Surveillance Pathways

If you and your doctor decide that AS is the right choice after confirmatory testing, you will be monitored regularly to make sure the cancer is not growing or becoming more aggressive. Follow-up testing may include PSA blood tests, MRI scans, biopsies, or genomic tests of the cancer tissue.

Below are examples of AS pathways with different levels of monitoring. Together, you and your doctor will choose a testing strategy that best fits your situation.

Standard Risk Pathway

- PSA test every 6 months
- Healthcare provider visit every 6 months
- MRI every 18 months at first
- Biopsy every 3 years

Elevated Risk Pathway

- PSA test every 6 months
- Healthcare provider visit every 6 months
- MRI every 12-18 months at first
- Biopsy every 12-18 months

Frequency of these tests may change based on a number of factors, including other test results.

Transitioning off AS

While AS may be the right choice now, it may not remain the best option forever. Discuss a transition in management with your doctor.

Find more information at MUSICurology