

# Cancer<sub>o</sub>Net™ Bulletin

*Trusted cancer information from the American Society of Clinical Oncology*

**THIS MONTH ON CANCER.NET:** Vitamin D and cancer risk, coping with childhood cancer, understanding blood test results, resources on prostate cancer, and much more!

**September 2009**

✉ FORWARD TO A FRIEND >>

## **Coping With Childhood Cancer**

Did you know that Cancer.Net features more than 20 guides on cancers that affect children and teenagers? Start with this **introduction on childhood cancer**, and get links to specific types of childhood cancer.

Talking about cancer with a child is tough for parents, and some may avoid doing so. However, experts agree that even children as young as three and four years old should be told the truth. For help on talking with your child, first learn **how a child understands cancer**, and get tips on what to say in this **expert perspective**.

## **Must See**

**Vitamin D and Cancer Risk:** You may have heard about vitamin D in the news lately, as many research studies are exploring its health benefits. Cancer.Net Associate Editor Richard Goldberg, MD, explains what is known about vitamin D and its role in preventing cancer.



## **Cancer.Net Feature Articles**

Practical, how-to information on a variety of topics for people living with cancer. The latest Features include:

It's common for many children to be afraid of the various medical procedures that may take place during treatment. To help soothe your child, don't miss this guidance on **preparing your child**, which also means preparing yourself for the procedures. Your child also may be part of a clinical trial, as more than 60% of children with cancer are treated as part of one. If you're not familiar with **clinical trials**, get all that you need to know, including the different **phases of clinical trials**, **patient safety**, **questions to ask the research team**, and more.

A child's cancer may also bring changes in the behavior and feelings of siblings--find out **how to help siblings cope**. And after treatment is complete, get details on **childhood cancer survivorship**, including the importance of adequate follow-up care, and possible **late effects**, or treatment-related health problems.

## Understanding Blood Test Results

Your doctor may monitor your blood cell counts regularly using a test called a complete blood count. Find out what this test measures, plus what questions to ask your doctor about your results.

*Stay up-to-date on the latest Cancer.Net Features by subscribing to our **RSS feed** ! You'll need a feed aggregator such as Google Reader or Bloglines in order to subscribe. And don't forget that you can also check out 180+ other **Cancer.Net Features**.*

## Cancer.Net Podcasts

Free audio files that address a variety of topics important to Cancer.Net visitors, providing a new option on how to receive doctor-approved information.

## Barium Enema-What to Expect

This procedure is used to diagnose the cause of problems in the colon or rectum, as well as a routine screening test for colorectal cancer. Listen to tips on how to prepare and what will happen during it.

## Have you seen...

**Quick and Easy Resources on Types of Cancer in Focus This Month**

The **Cancer.Net Guide to**

## Register for the Breast Cancer Public Forum

The ASCO Cancer Foundation® is proud to present a complimentary (registration required) public forum about breast cancer that will bring leading national breast cancer experts to the San Francisco Bay area. The forum will take place on **October 7** from 6:00 PM to 8:00 PM PT at the San Francisco Marriott. Find out about the latest advances in prevention, treatment, and survivorship, and ask questions for the panelists.

For more information and to register, visit **The ASCO Cancer Foundation®**.



## Watch "Kaleidoscope" on Thanksgiving Day

Olympic skating champions Scott Hamilton and Dorothy Hamill and singer and

CancerNet

Making a world of difference in cancer care

### GUIDE TO PROSTATE CANCER



Comprehensive, authoritative, evidence-based cancer information from the American Society of Clinical Oncology (ASCO)

www.cancer.net

Available exclusively through

ASCO Cancer Foundation

## ASCO ANSWERS

### PROSTATE CANCER

#### WHAT IS PROSTATE CANCER?

Prostate cancer is a disease in which normal cells in the prostate gland begin to change, grow without control, and no longer die, forming a mass of cells called a tumor. Prostate cancer grows very slowly and may not cause symptoms for years. Prostate cancer is the most common type of cancer diagnosed in men in the United States.

#### WHAT IS THE FUNCTION OF THE PROSTATE?

The prostate is a walnut-sized gland located behind the base of the penis, in front of the rectum, and below the bladder. It surrounds the urethra (tube that carries urine from the bladder to the penis). The prostate produces seminal fluid, the liquid in which the sperm, eggs, and fertilized eggs are carried.

#### WHAT DOES STAGE MEAN?

The stage is a way of describing the cancer, such as where it is located, if it has spread, and if it is affecting the function of other organs in the body. There are four stages for prostate cancer. Illustrations for these stages are available at [www.cancer.net/prostate](http://www.cancer.net/prostate).

#### HOW IS PROSTATE CANCER TREATED?

The treatment of prostate cancer depends on the size and location of the tumor, whether the cancer has spread, and the man's overall health. The early-stage cancer, most doctors may recommend active surveillance (watchful waiting), and for intermediate and advanced-stage cancer, treatment options include surgery, radiation therapy, and hormone therapy.

Surgery to remove the prostate and nearby lymph nodes is usually done before the cancer has spread outside the prostate. Radiation therapy and hormone therapy are usually effective at treating prostate cancer that has not spread. Hormone therapy is often used to treat prostate cancer that has grown after surgery and radiation therapy, or to shrink large tumors before radiation therapy. Chemotherapy is commonly used for advanced prostate cancer that is resistant to hormone therapy. When making treatment decisions, men need also consider a clinical trial, talk with your doctor about all treatment options. The side effects of prostate cancer treatment, including incontinence and sexual dysfunction, can often be prevented or managed with the help of your health-care team.

#### HOW CAN I COPE WITH PROSTATE CANCER?

Sharing the news of a cancer diagnosis and communicating with your doctor are key parts of the coping process. Seeking support, becoming organized, and controlling a worried system are other ways. Take care of yourself during the time. Understanding your resources and those of people close to you can be helpful in managing the diagnosis, treatment, and coping process.

ASCO Answers is a series of fact sheets produced by the American Society of Clinical Oncology. ASCO is the world's leading professional organization representing doctors of all oncology subspecialties who care for people with cancer.

**Prostate Cancer** covers all the basics for men to know, including diagnosis and screening, staging, treatment options, current research, and more. Or, for a quick introduction to prostate cancer, get the **fact sheet** that explains where it starts, how it's treated, and lists helpful terms to know.

For men deciding on whether to get a prostate specific antigen (PSA) test, be sure to read what Cancer.Net Associate Editor Derek Raghavan, MD, PhD, says about them, and **how to weigh the benefits and risks of getting a PSA**. And men recovering from prostate cancer treatment can learn which **side effects** may come with different treatments, and how to manage them with the help of the doctor.

actress Olivia Newton-John join forces in this holiday entertainment variety special to raise awareness about women and cancer. Cancer.Net is the official clinical cancer information resource for Kaleidoscope. Mark your calendars to tune in to FOX on **November 26** at 4:00 PM EST. For more information, watch Olivia Newton-John introduce Kaleidoscope in this **video**.



For more information on *News and Events*, use the blue navigation bar below to explore this and other sections of Cancer.Net.

Check out more resources on other types of cancer, including:

**Cancer.Net Guide to Ovarian Cancer and fact sheet**

**Cancer.Net Guide to Thyroid Cancer and fact sheet**

**Nine guides on different types of leukemia in adults and children**

**Four guides on different types of lymphoma in adults and children, plus a fact sheet on**

**non-Hodgkin lymphoma, and guidance on understanding bone marrow and stem cell transplantation.**

Remember to **order your copies** of fact sheets and guides to cancer.

Read the latest updates to some of the website's sections of cancer types and cancer-related syndromes, including:

- Bone Cancer
- Childhood Non-Hodgkin Lymphoma
- Childhood Pleuropulmonary Blastoma
- Childhood Rhabdomyosarcoma
- Pituitary Gland Tumor

Updated cancer types that have been translated into Spanish include:

- Astrocitoma, sistema nervioso central, cáncer infantil (childhood astrocytoma)
- Leucemia mieloide crónica (CML) en adultos (chronic myeloid leukemia)

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## Quick Links

Direct access to key sections of Cancer.Net:

- Newly Diagnosed? First Steps to Take
- Find an Oncologist
- Clinical Trials
- Managing Side Effects
- Survivorship: Next Steps to Take

For more information about ASCO's patient information resources, visit [www.cancer.net](http://www.cancer.net) or call 888-651-3038.



*Making a world of difference in cancer care*

## The ASCO Cancer Foundation

To make a world of difference in cancer care, please **donate** to The ASCO Cancer Foundation in support of patient and family programs.



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*Cancer.Net Bulletin* is a monthly newsletter highlighting new content and features of the American Society of Clinical Oncology's (ASCO) patient information website, Cancer.Net ( [www.cancer.net](http://www.cancer.net) ). Cancer.Net brings the expertise and resources of ASCO, the voice of the world's cancer physicians, to people living with cancer and those who care for and care about them. ASCO is composed of more than 27,000 oncologists globally who are the leaders in advancing cancer care. All the information and content on Cancer.Net was developed and approved by the cancer doctors who are members of ASCO, making Cancer.Net the most up-to-date and trusted resource for cancer information on the Internet. Cancer.Net is made possible by The ASCO Cancer Foundation, which provides support for cutting-edge cancer research, professional education, and patient and family support.

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