

## PROSTATE CANCER TREATMENTS COMPARISON CHART

Compiled by: Jim Kaness  
Revised 11 September 2006

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ITEM	HORMONE DEPRIVATION	SURGERY	ROBO SURGERY	CRYO-THERAPY	EXTERNAL RADIATION	INTERNAL RADIATION
ACTION	Add Chemical to counteract Testosterone	Surgical removal of prostate	Surgical removal of prostate	Freezing the prostate	Non surgical beam radiation	Surgical radioactive seed implants
PERFORMED BY	Injection by MD or Oral by Patient	Urologist	Trained Robo Surgeon	Urologist	Radiation Therapist	Radiation Therapist
WHEN USED	Cancer anywhere	Cancer within prostate only	Cancer within prostate only	Cancer within prostate only	Cancer spread outside prostate	Cancer spread outside prostate
ANESTHESIA	No	General	General	Spinal	No	General/Spinal
PROCEDURE DURATION	Brief	2 ½ -4 hours	5-6 hours	1 ¼ hours	7 weeks @ 5 days/week	1.5-2 hours
HOSPITAL STAY	No	3-5 days	1-2 days	Overnight	No	1-2 days
CATHETER	No	3 weeks	10 days	2-3 weeks	No	Overnight
PAIN	No	Pretty bad	Not too bad	Minimal	Not usually	Temporary
RECOVERY TIME	None	6 weeks	2 weeks	2-3 weeks	Few weeks	Few days
INCONTINENCE	0%	5-10%	7-10%	2-4%	<5%	0%
IMPOTENCE	Temporary 100%	50-70%	50-70%	100%	30%	30%
REPEAT NEEDED	Periodically	No	No	Maybe	After 7-10 years	After 7-10 years
REPEAT POSSIBLE	Yes	No	No	Yes	Yes	Yes

### OTHER TREATMENTS INCLUDE:

1. WATCHFUL WAITING – Periodically monitor PSA and do nothing else.
2. DIET – A basic vegetarian diet.
3. ORCHIECTOMY – Outpatient surgical removal of both testicles. The standard of comparison for hormone deprivation.
4. COMBINATION TREATMENTS – Two or more of all the above treatments may be used either serially or concurrently.