



# PROSTATE CANCER

*Prostate cancer is different for every patient, so each treatment plan has to be carefully tailored to meet each patient's individual needs. Our relationship with Massachusetts General Hospital brings leading radiation and medical oncologists from their nationally recognized Cancer Center to work together with specialized surgeons at Exeter Hospital. This collaborative relationship allows us to offer state-of-the-art services.*

## MULTIDISCIPLINARY PROSTATE CANCER CLINICS

When patients are first diagnosed, they attend our unique multidisciplinary prostate cancer clinic. The clinic provides a personalized evaluation from a collaborative team of experts in cancer care who meet together with each patient in one afternoon and collectively give an opinion for the best course of treatment for the patient's individual diagnosis.

## NURSE NAVIGATOR

Our nurse navigator will help you understand your diagnosis and treatment options, help coordinate appointments and provide information on support resources.

## TREATMENT OPTIONS

**Surgical Oncology** – The urologists leading the multidisciplinary clinic have expertise in prostate cancer and work as a team with the radiation and medical oncologists to determine the best treatment course for each patient. Surgical procedures that may be recommended include:

- Laparoscopic surgery with the use of a DaVinci robot.
- Prostate cryotherapy, or “freezing” of the prostate gland.

**Radiation Oncology** – Some of our innovative treatments using a state-of-the-art Varian TrueBeam™ linear accelerator include:

- **External Beam Treatment** – The radiation oncologist directs high energy radiation to destroy the cancer cells. This radiation treatment is delivered daily for one to nine weeks depending on the diagnosis.
- **Intensity Modulated Radiation Therapy (IMRT)** – This high precision radiotherapy allows the radiation dose to conform more precisely to the shape of the tumor by modulating the intensity of the radiation beam. It also minimizes exposure to healthy tissue.

– **Prostate Brachytherapy** – This technique uses radioactive sources that are placed into the prostate during a one-day procedure (currently available through our Mass General affiliation).

**Medical Oncology/Hematology** – This team of physicians specializes in the treatment of cancer with medicines such as chemotherapy. Our Mass General physicians offer the highest quality of care at Exeter Hospital's Center for Cancer Care.

## SPECIALTY SERVICES

**Clinical Trials Program** – Through Mass General, patients have access to new trials, giving patients access to innovative treatments while advancing cancer knowledge.

### Personalized Care:

- Nutrition counseling
- Physical therapy
- Therapeutic massage
- Financial counseling
- Rehab and Wellfit exercise program
- Support services and support groups