

Patient Guide



Low Dose Rate (LDR) Prostate Seed Brachytherapy

Understanding Prostate Cancer

Other than skin cancer, prostate cancer is the most diagnosed cancer in men. One in eight men will be diagnosed with prostate cancer in his lifetime.¹ Age, family history, and race can increase your risk.² Usually, prostate cancer has no symptoms. If present, symptoms for prostate cancer may include difficulty urinating, weak urine flow, blood in urine, pain during urination, or erectile dysfunction.³ While some prostate cancers are aggressive, many are slow growing. Regular prostate-specific antigen (PSA) tests and digital rectal exams can help detect prostate cancer early. The earlier cancer is detected and treated, the higher your survival rate.⁴

Treatment Options

- **Active Surveillance:** Monitoring cancer without immediate treatment
- **Surgery:** Removal of the prostate gland
- **External Beam Radiation:** Using high-energy rays to kill cancer cells over several weeks
- **Prostate Seed Brachytherapy:** An outpatient procedure placing radioactive seeds in the prostate



LDR Prostate Seed Brachytherapy

LDR brachytherapy involves permanently implanting tiny radioactive seeds directly into the prostate, which gradually release radiation to kill cancer cells. Radiation Oncologists perform the procedure in collaboration with Urologists. The doctor uses ultrasound to precisely place the seeds under anesthesia.⁵ The procedure typically takes about 30 minutes and there is no incision involved. You may not even need prescription pain medication.⁶

Benefits of LDR Prostate Seed Brachytherapy

- **Short Treatment and Recovery:** Minimally invasive, outpatient procedure with a short recovery time so you can return to your usual routine and activities the next day
- **Reduced Side Effects:** Radiation is delivered directly to the cancer cells, minimizing damage to healthy tissue and helping to preserve sexual function and continence
- **High Success Rate:** Decades of research show that brachytherapy has the highest chance of preventing prostate cancer recurrence for low, intermediate, high-risk, and very-high risk disease.^{7,8,9}
- **1 million successfully treated men worldwide¹⁰** have had the opportunity to live their lives to the fullest

Talk to your doctor about prostate cancer treatment options. Seek multiple opinions and ask others about their prostate cancer journey to help find the best care for you.

1. <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>

2. Prostate Cancer Risk Factors | Prostate Cancer | CDC

3. Prostate cancer - Symptoms and causes - Mayo Clinic

4. What Are the Survival Rates for Prostate Cancer? | American Cancer Society

5. Prostate brachytherapy Information | Mount Sinai - New York

6. <https://www.americanbrachytherapy.org/resources/for-patients/what-is-brachytherapy/>

7. Oh J, et al. An Updated Analysis of the Survival Endpoints of ASCENDE-RT. *Int J Radiat Oncol Biol Phys.* 2023 Apr 1;115(5):1061-1070

8. Grimm P, et al. Comparative analysis of prostate-specific antigen free survival outcomes for patients with low, intermediate and high risk prostate cancer treatment by radical therapy. *Results from the Prostate Cancer Results Study Group. BJU Int.* 2012 Feb;109 Suppl 1:22-9

9. Kishan AU, et al. Radical Prostatectomy, External Beam Radiotherapy, or External Beam Radiotherapy With Brachytherapy Boost and Disease Progression and Mortality in Patients With Gleason Score 9-10 Prostate Cancer. *JAMA.* 2018;319(9):896-905

10. Data on file



Learn more about prostate
seed brachytherapy at

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