

## Understanding prostate cancer:

# Reading your pathology report

Whether you were recently diagnosed or already treated, this sheet provides information on 2 important methods for diagnosing your prostate cancer. Grading determines how aggressive the cancer is and staging describes how far the cancer has spread. You can also use this sheet as a way to record the status of your prostate cancer as noted in your pathology report. Bring this sheet with you when you see the doctors on your treatment team.

### Grading

Grading describes how aggressive the cancer is. The most commonly used grading system is the Gleason system. Cancer cells biopsied from one part of the prostate are inspected and assigned a score from 1 to 5 (1 means the cells are almost normal; 5 means the cells are very irregular). Then cells from another part of the prostate are inspected and assigned a score from 1 to 5.

The scores are then added together for the total Gleason score (from 2 to 10). A score of 2 suggests that the cancer is not too aggressive, and a score of 10 suggests that the cancer is very aggressive.

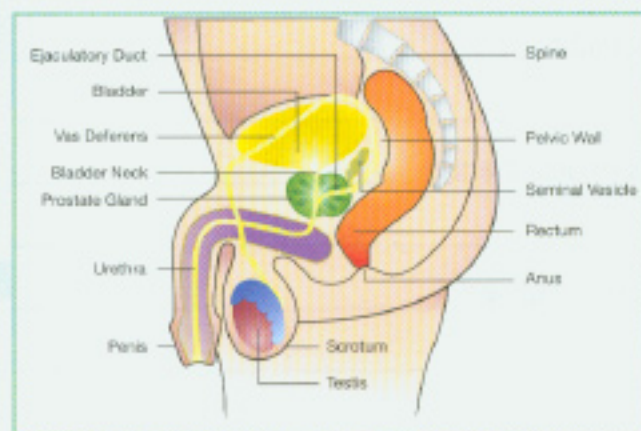
**Check the box that reflects your Gleason score:**

- 2     3     4     5     6     7     8     9     10

### Staging

Staging is a way of describing how serious or advanced a person's cancer is. Doctors use the TNM system to help them determine the stage of cancer. T stands for tumor, N for node, and M for metastasis.

**T stages** range from T1 to T4 and denote the extent of the cancer within the prostate and reproductive tissues near the prostate.



**Check the box that describes your T stage:**

- Stage T1 to T2 refers to cancer that is present only within the prostate.
- Stage T3 refers to cancer that has spread to tissues near the prostate and that may have spread to the seminal vesicles.
- Stage T4 refers to cancer that has spread to tissues beyond the prostate, such as the bladder neck, the bladder's sphincter, the rectum, and/or the wall of the pelvis or anywhere else in the body.

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**N stages** range from N0 to N1 and express whether or not cancer has spread to lymph nodes in the pelvis.

**Check the box that describes your N stage:**

- N0 refers to cancer that has *not* spread to lymph nodes.
- N1 refers to cancer that has spread to lymph nodes.

**M stages** range from M0 to M1 and denote whether the cancer has spread, or metastasized, beyond the pelvis.

**Check the box that describes your M stage:**

- M0 refers to cancer that has *not* spread beyond the pelvic lymph nodes.
- M1 refers to cancer that has spread to distant lymph nodes, bones, or other organs, such as the liver, lungs, or brain.

## Stage groupings

When the TNM stage of cancer is determined, a patient will be assigned to stage I, stage II, stage III, or stage IV.

Stage	TNM
I	T1a, N0, M0
II	T1a, N0, M0 T1b, N0, M0 T1c, N0, M0 T1, N0, M0 T2, N0, M0
III	T3, N0, M0
IV	T4, N0, M0 any T, N1, M0 any T, any N, M1

For more information, call 1-877-for-men0 (1-877-367-6360) or visit [www.cancerinfo.net](http://www.cancerinfo.net).

## Record your stage grouping

Your pathology report indicates the grade and TNM stage of your prostate cancer, as well as your stage grouping. You can record that information here:

Grade (Gleason score) \_\_\_\_\_

TNM stage \_\_\_\_\_

Stage grouping \_\_\_\_\_

## Treatment recommendations

Surgery \_\_\_\_\_

Radiation \_\_\_\_\_

Hormonal therapy \_\_\_\_\_

Chemotherapy \_\_\_\_\_