



## Prostate Cancer | Outcomes Report 2019

## Prostate Cancer

Inova serves more than two million people annually within the Washington, DC region, and prostate cancer is the second most diagnosed and treated

**174,650**

Estimated men diagnosed nationwide by the American Cancer Society in 2019

cancer within our community. With prostate cancer mortality higher in the Inova Alexandria Hospital area than in the state of Virginia, Inova Schar Cancer Institute designed a state-of-the-art treatment program to respond to the need. The Genitourinary Cancer Program features community screening and education, new high-dose-rate (HDR) brachytherapy treatment, and support groups for prostate cancer patients and survivors. These services are also available at all Inova Schar locations.

According to the American Cancer Society, prostate cancer is the most common cancer in American men (other than skin cancer). The American Cancer Society also estimates that 174,650 men will have been diagnosed with prostate cancer in 2019, with 31,620 prostate cancer deaths. Prostate cancer is more likely to develop in older men and in African-American men, with an average age of 66 years at diagnosis.

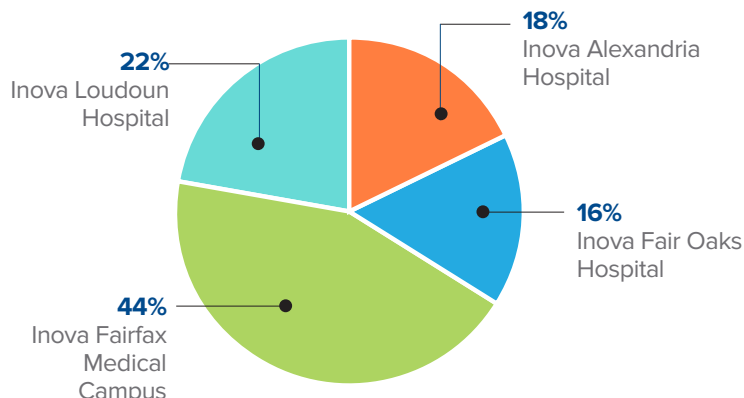
Education, awareness and screenings, such as the prostate-specific antigen (PSA) blood test and the digital rectal examination, have led to early diagnosis and better treatment for many patients. These advancements lead to better outcomes – men are diagnosed earlier and are living longer with the disease.

## High-Dose-Rate (HDR) Brachytherapy Treatment for Prostate Cancer

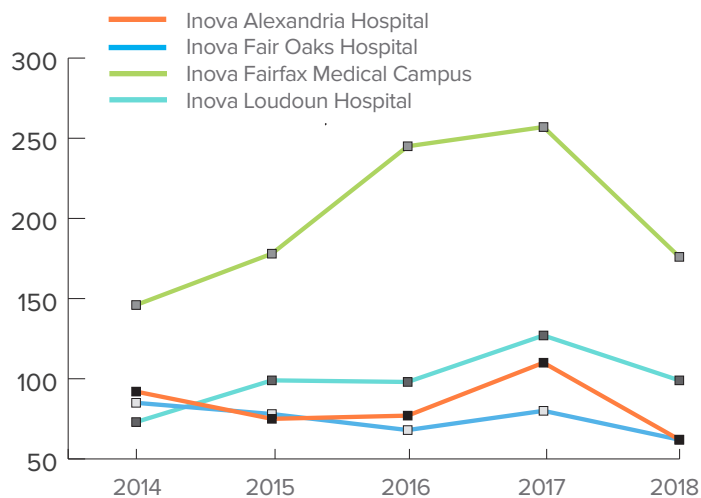
Brachytherapy is a type of radiation therapy. Radiation therapy kills cancer cells by making it hard for them to multiply. In brachytherapy, a radiation source is placed directly into or next to a tumor. The Department of Advanced Radiation Oncology at Inova Alexandria Hospital is proud to partner with Potomac Urology to bring this new cancer-fighting technique to the Northern Virginia community.

In January 2019, Inova Alexandria Hospital implemented its prostate high-dose-rate (HDR) brachytherapy program. It is the second comprehensive cancer center in the state of Virginia to introduce this new, groundbreaking technique.

## Incidence of Prostate Cancer By Hospital 2014-2018



## Incidence of Prostate Cancer Across Inova 2014-2018



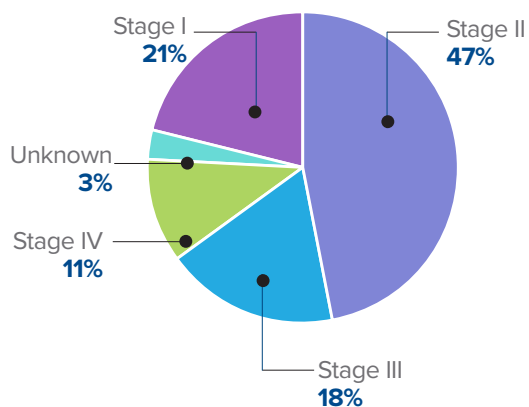
The HDR procedure consists of one to two fractions of internal beam radiation treatments, in which the radioactive material is temporally placed into the prostate gland.

HDR maximizes the dose directly to the tumor while sparing normal, healthy structures nearby, including the bladder and rectal tissue. HDR decreases the number of treatment visits from around 40 for conventional radiation therapy to two treatment visits.

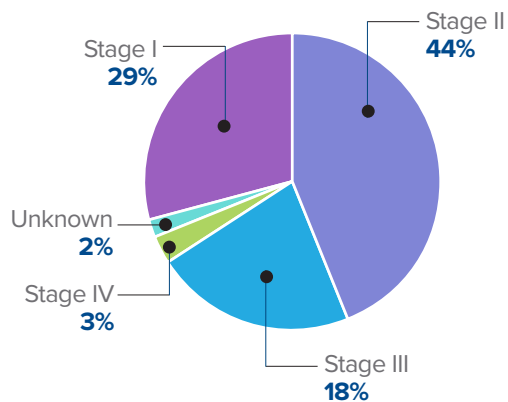
## Prostate Cancer by Hospital and Stage

In 2018, a majority of prostate cancers were diagnosed at an early stage (stages I or II) across all Inova locations. At Inova Alexandria Hospital, Inova Fairfax Medical Campus and Inova Loudoun Hospital, more than 10 percent of prostate cases were diagnosed at stage IV.

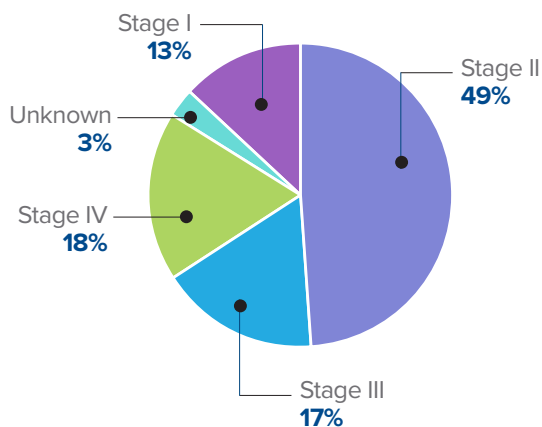
### Inova Alexandria Hospital



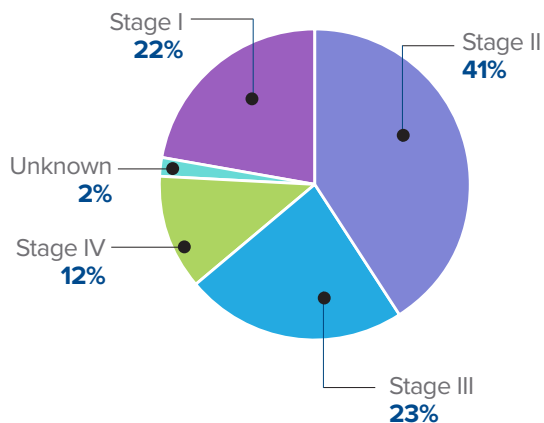
### Inova Fair Oaks Hospital



### Inova Fairfax Medical Campus



### Inova Loudoun Hospital



## Screening for Prostate Cancer

The National Comprehensive Cancer Network’s guidelines for early detection of prostate cancer recommend PSA testing and a digital rectal examination (DRE) for men who are healthy. For some men, testing can start at age 45 and continue until age 75.

The cancer committee at Inova Schar held a prostate screening and educational event at Inova Alexandria Hospital on September 25, 2019. Patients were preregistered for the screening, but walk-ins were also welcomed. Patients were seen by an urologist, internist or radiation oncologist. During their appointment, patients’ blood was drawn for the PSA, and a DRE was performed. Results of the DRE were given to the patient at the time of appointment. All PSA results were reviewed by a physician, and the patients received a letter explaining the results. Nurses called any patients with high normal or high PSA results. Of the 76 men who were screened, 27.6 percent of the screenings revealed high normal or high PSA results. All of these patients were contacted by a nurse and referred to a physician for a follow-up appointment.

## Support for Prostate Cancer Patients

Inova Life with Cancer is the educational and emotional support program of Inova Schar. Inova Alexandria Hospital, Inova Loudoun Hospital and the Inova Life with Cancer Family Center facilitate a monthly prostate support group for cancer survivors and their caregivers. The “Us Too, Prostate Cancer Group” is focused toward men with prostate cancer, whether they are recently diagnosed and considering treatment options, or whether they are navigating survivorship after treatment. In 2019, this support group recorded more than 300 visits throughout Inova Schar locations.





## Education and Prevention

### Patients

September 29, 2019 | **Ask the Expert Series**

**Speaker:**

Nilay Ghandi, MD, *Urologist, Potomac Urology*

### Physicians

May 22, 2019 | **Prostate Cancer: Screening, Genomic Tools  
and a Growing Horizon of Treatment Options**

**Speakers:**

Lonika Majithia, MD, *Radiation Oncologist*

Samir Kanani, MD, *Radiation Oncologist*

Nilay Gandhi, MD, *Urologist, Potomac Urology*



Inova Schar Cancer Institute is a state-of-the-art cancer care destination designed to meet the needs of our evolving region, and to bring healing and hope to our patients in the Metro DC area.

Our team – 1,000+ doctors, researchers, nurses, cancer specialists and emotional support experts at our Life with Cancer® program – deliver the highest standard of compassionate, collaborative and holistic cancer care, customized to the needs of each patient.

Life with Cancer® is the educational and emotional support program of Inova Schar Cancer Institute. Life with Cancer offers wellness and exercise programs, educational seminars, individual and family counseling, and nurse navigation to anyone impacted by cancer at no cost, regardless of where they are being treated or where they live.

***Together, Inova Schar Cancer Institute and Life with Cancer are dedicated to delivering the best quality care – from diagnosis through survivorship.***

*The 2019 outcomes presented are specific to Inova Schar Cancer Institute.*