

## Proton Therapy is the Solution for Many Patients with Prostate Cancer

How do I know if proton therapy will work for me?

Many patients with prostate cancer are good candidates for proton therapy. If you would like to better understand the use of proton therapy in your treatment, call today to schedule a consultation with a radiation oncologist. During the consultation, the radiation oncologist will discuss different treatment options with you and determine if you will benefit from proton therapy. The radiation oncologists who practice at SCCA Proton Therapy Center and UW Medicine use many forms of radiation to treat prostate cancer. They will provide you with an expert treatment recommendation for your consideration.

Is proton therapy covered by my insurance?

Proton therapy is covered by many insurance providers, including Medicare. SCCA Proton Therapy Center can guide you through the insurance process. Please contact us at 206-306-2800 if you have questions about coverage.

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“My family physician steered me towards proton therapy. He advised me that if he had prostate cancer, he would want proton therapy. That was good enough for me!”

- Jon, Prostate Cancer Survivor

Proton therapy is a good choice for your prostate cancer if you have cancer that has not spread outside of the prostate and pelvis into other parts of the body such as the bones.



### Transforming Cancer Care with Proton Therapy

To learn more about proton therapy or to request a consultation, please call the SCCA Proton Therapy Center at 888-645-6934 or email [info@seattleprotons.org](mailto:info@seattleprotons.org).

[www.SCCAprotontherapy.com](http://www.SCCAprotontherapy.com).

SCCA Proton Therapy Center  
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References: 1. Acta Oncol. 2013 Apr;52(3):492-7. doi: 10.3109/0284186X.2013.767983. Hypofractionated passively scattered proton radiotherapy for low- and intermediate-risk prostate cancer is not associated with post-treatment testosterone suppression. Kil WJ, Nichols RC Jr, Hoppe BS, Morris CG, Marcus RB Jr, Mendenhall W, Mendenhall NP, Li Z, Costa JA, Williams CR, Henderson RH.  
2. Int J Radiat Oncol Biol Phys. 2014 Mar 1;88(3):596-602. doi: 10.1016/j.ijrobp.2013.11.007. Five-year outcomes from 3 prospective trials of image-guided proton therapy for prostate cancer. Mendenhall NP1, Hoppe BS2, Nichols RC2, Mendenhall WM2, Morris CG2, Li Z2, Su Z2, Williams CR3, Costa J3, Henderson RH2.

Transforming Cancer Care  
with Proton Therapy

A Guide to Proton Therapy  
for Patients with Prostate  
Cancer

Seattle Cancer Care Alliance  
Fred Hutch · Seattle Children's · UW Medicine

Proton Therapy Center



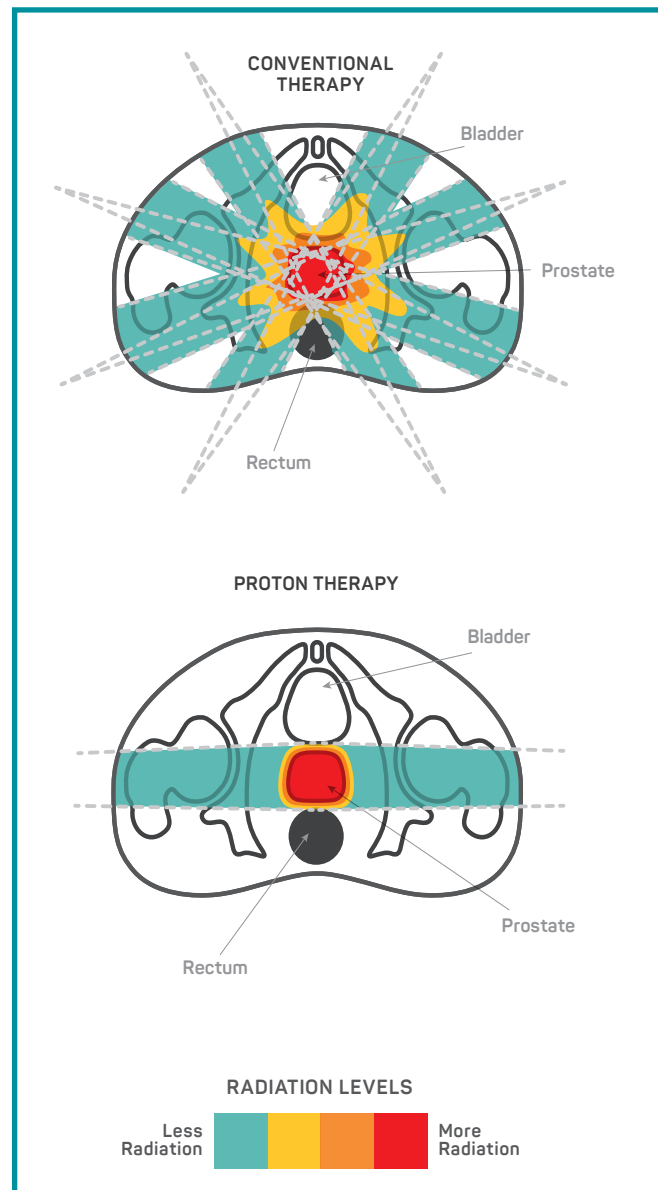
## Radiation Therapy for Prostate Cancer

More than 191,000 new cases of prostate cancer are diagnosed in men every year. For most patients with prostate cancer, radiation therapy is a treatment option.

Proton therapy is a next-generation, precisely targeted radiation technology developed to treat tumors with the goal of minimizing radiation to healthy tissue. The radiation dose deposited by protons increases gradually until it peaks suddenly, a phenomenon called the Bragg Peak, and then falls to zero. Radiation oncologists can control where the Bragg Peak occurs, pinpointing it to deposit most of its energy exactly within the prostate, which can decrease risk of damage to surrounding organs caused by excess radiation.

### At SCCA Proton Therapy Center:

- Proton therapy - including pencil beam scanning - is given in a state-of-the-art center with specialized medical equipment.
- Treatment and care are given by a team of specialized doctors, nurses and healthcare professionals.
- Most patients do not feel pain or discomfort during treatment. Side effects, if they occur, can be treated with medication prescribed by your radiation oncologist.
- The time spent delivering proton therapy to the prostate is only a few minutes, but the entire treatment session may take up to 30 minutes.
- Many of our patients are able to work full time.



Excess radiation from conventional therapy delivered with X-rays (see top above) can cause side effects years, even decades, after treatment is completed. These side effects include erectile and bladder dysfunction, and a small risk of secondary cancers. To avoid treating healthy tissue, optimal dose to the prostate is often reduced. Proton therapy (see bottom above) precisely treats the prostate, with the goal of avoiding nearby healthy tissue, such as the bladder and rectum, so that optimal dose can be achieved.

## What are the advantages of proton therapy vs conventional therapy for the treatment of prostate cancer?

While proton therapy and conventional therapy delivered by X-rays both treat prostate cancer by killing cancer cells when they attempt to divide and multiply, there is an important difference. Conventional therapy can deliver excess radiation that can cause side effects to the sexual organs, bladder and bowel. Protons can be more precisely controlled to release most of their energy within the prostate.

One study found that patients with prostate cancer treated with proton therapy do not experience testosterone suppression from the radiation treatment<sup>1</sup>. Testosterone is the major male hormone that controls sex drive and overall energy and stamina. Clinical trials have also shown that patients with lower risk prostate cancer can be treated with proton therapy with a cure rate of 90-99% at 5-years, with a 1-2% risk of serious side effects,<sup>2</sup> and great quality of life reported.

## Pencil Beam Scanning

For many patients, innovative pencil beam scanning is a great option. Pencil beam scanning “paints” the prostate with a very thin, very precise beam of protons that’s accurate within millimeters, reducing even further the amount of radiation to healthy tissue. Pencil beam scanning sends rapid pulses of protons to each planned spot within the prostate until the entire cancer is treated.

