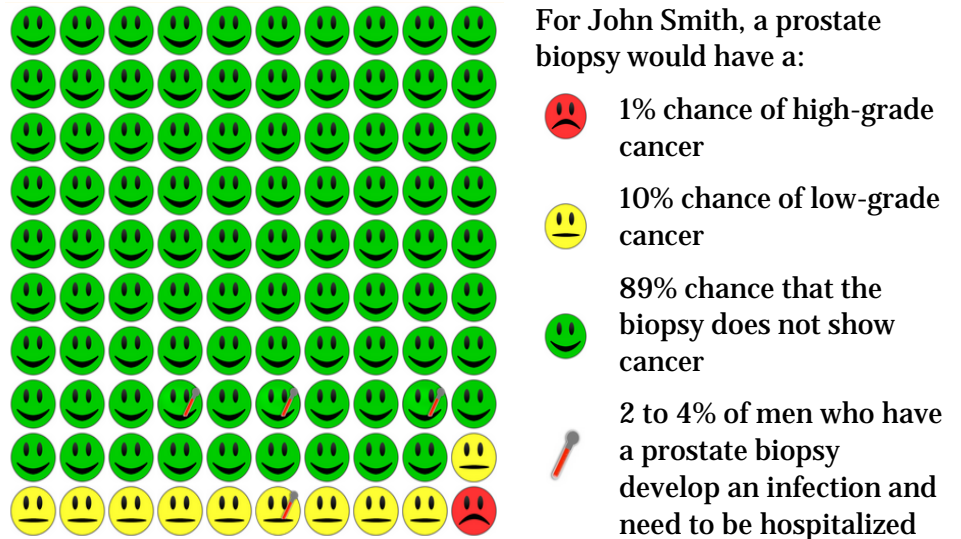**UW Medicine**
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Sample Prostate Cancer Road Map
For patient "John Smith"

This handout shows how the prostate cancer road map can be used. For this sample, we are using an imaginary patient called "John Smith."

Prostate Cancer Risk Estimate

This chart shows the expected results of a prostate biopsy for John Smith, based on his risk factors:

For John Smith, a prostate biopsy would have a:

- 1% chance of high-grade cancer
- 10% chance of low-grade cancer
- 89% chance that the biopsy does not show cancer
- 2 to 4% of men who have a prostate biopsy develop an infection and need to be hospitalized

What you can do: To calculate your risk factors for prostate cancer, visit *http://deb.uthscsa.edu/URORiskCalc/Pages/calcs.jsp.*
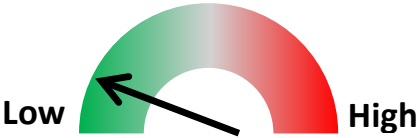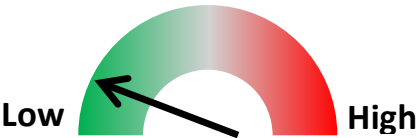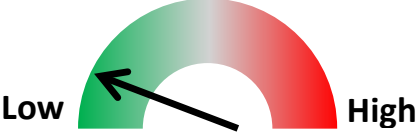
Ways to Lower Your Risk for Cancer

- Maintain a healthy weight.
- Keep active! Exercise at least 30 minutes a day.
- Do not smoke.
- Avoid sugary drinks.
- Limit the amount of red meat you eat.
- Drink no more than 2 alcoholic drinks per day.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Prostate Cancer Prevention Clinic/Men's Health Center: 206.598.6358

Our sample patient, John Smith, has a low level of risk for cancer, based on the 3 areas of Nutrition, Weight Control, and Genetic Risk:

Nutrition	Weight Control	Genetic Risk
John Smith eats: • A healthy diet • At least 2½ cups of vegetables and fruits every day	John Smith: • Watches his weight and avoids weight gain • Gets regular physical activity • Has a low body mass index (BMI)	John Smith has: • An aunt with breast cancer • A first cousin with prostate cancer
Moderate Low High	**Moderate** Low High	**Moderate** Low High

What you can do: Ask your healthcare provider how to:

• Calculate your own BMI

• Set up a visit with a UWMC Genetic Counselor

Sample Recommendations

Our sample patient, John Smith, received these recommendations from his healthcare provider:

Daily Diet	Weight Control Plan

• 3 cups of vegetables
• 1 cup fruit
• ½ cup beans
• Handful of nuts
• Proteins:
  – Eggs, chicken (no skin), or fish
  – Eat less red meat
• Limit highly processed foods
• 3 servings of dairy products (may include low-fat or nonfat yogurt, dairy drinks)
• Limit sugary drinks
	• Practice mindful eating:
	  – Know your physical and emotional hunger cues
	  – Know your non-hunger eating triggers
	  – Meet non-hunger needs in other ways besides eating
	  – Choose food for both enjoyment and nutrition
	  – Eat for greatest satisfaction and satiety
	  – Use the fuel you've eaten to live an active life
	• Eat from a smaller plate
	• Monitor daily weight
	• Keep fresh fruits and vegetables in view
	• Do not buy junk food; if there is any in the house, keep it out of sight

What you can do: Talk with your healthcare provider or a dietitian about your diet and healthy weight.

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