

ACTIVE SURVEILLANCE OR  
IMMEDIATE TREATMENT?



The Oncotype DX<sup>®</sup>  
Prostate Cancer  
Assay helps  
you and your  
doctor choose  
with confidence.

For more information,  
visit [OncotypeDX.com](https://www.OncotypeDX.com).

AN EDUCATIONAL GUIDE FROM GENOMIC HEALTH

This guide educates men newly diagnosed with early-stage prostate cancer about the Oncotype DX Prostate Cancer Assay. This biopsy-based genomic test can help you and your doctor make a better informed treatment decision based on the unique biology of your tumor.

*oncotype* DX<sup>®</sup>  
Prostate Cancer Assay

**Take the time to learn the facts about prostate cancer. Not all prostate cancers are the same.**

**SOME** are aggressive and higher risk, but **MOST** are not aggressive and are lower risk.

**Take the time to learn about all of your treatment options, considering your quality-of-life and the risk and benefits of your options.**

The Oncotype DX<sup>®</sup> Prostate Cancer Assay provides more precise information about your cancer, so you and your doctor can confidently choose an individualized treatment that's best for you.



**ASK YOUR DOCTOR**  
ABOUT THE *Oncotype DX*  
PROSTATE CANCER ASSAY



oncotype DX<sup>®</sup>  
Prostate Cancer Assay



# You have time. Consider your options.

While prostate cancer is common in the United States, less than 3% of men actually die from it.<sup>1</sup>

## HERE'S WHY:

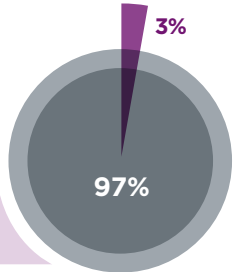
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Over half of new cases are low risk (slow growing).

They are unlikely to spread or become life threatening.



Most men with low-risk disease do not die from prostate cancer.



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TAKE THE TIME TO LEARN ABOUT YOUR PROSTATE CANCER, UNDERSTAND YOUR OPTIONS, AND WEIGH THEM CAREFULLY.

# The Oncotype DX<sup>®</sup> Prostate Cancer Assay: For a better understanding of your prostate cancer.

Based on your biopsy, your physician determines your clinical risk—an assessment of your cancer’s aggressiveness.

The Oncotype DX Prostate Cancer Assay provides additional information and:

- Predicts the **UNIQUE BIOLOGY** of your tumor based on biopsy tissue
- Examines interactions among **GENES** inside your prostate, a science known as “genomics”
- **PREDICTS** how your tumor will behave
- Provides a more specific and **PRECISE** risk assessment than clinical risk alone

## Your Oncotype DX Prostate Cancer Assay results provide important personalized information.

By providing additional information about the aggressiveness of your tumor, this information helps you and your doctor choose a personalized treatment plan that’s right for you based on your overall health, lifestyle, and doctor’s assessment.



LEARN MORE AND DECIDE FOR YOURSELF IF ACTIVE SURVEILLANCE IS RIGHT FOR YOU. TALK TO YOUR DOCTOR ABOUT **YOUR RISK PROFILE** AND WHAT TREATMENT IS RIGHT FOR YOU.

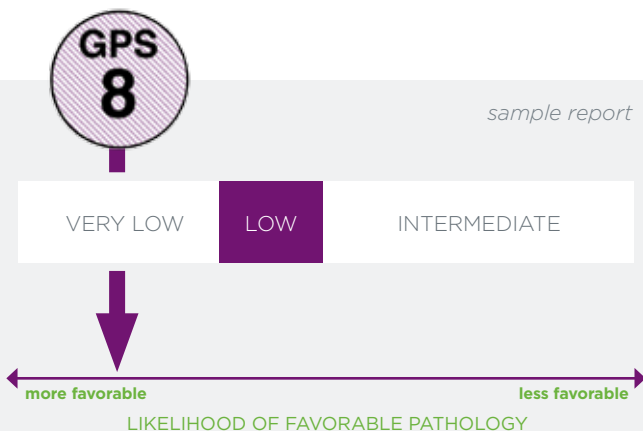
# Know your score. Know your risk.

Your Oncotype DX results are reported as a Genomic Prostate Score (GPS) that, when combined with other clinical factors, can further clarify your risk.

## Across all risk groups:

The **HIGHER YOUR GPS**, the less favorable your tumor biology, and the more likely it is that your doctor will recommend immediate treatment.

The **LOWER YOUR GPS**, the more favorable your tumor biology, and the more likely it is that you may be a candidate for Active Surveillance, a long-term plan for monitoring your prostate cancer to check for any changes.



Favorable pathology refers to cancer that is not likely to grow and spread. The choice between Active Surveillance and immediate treatment is a highly personal decision that every patient—in close consultation with his physician and loved ones—must make for himself.

# Understand your options.

	POTENTIAL BENEFITS
ACTIVE SURVEILLANCE	<p>Men with low-risk cancer can closely monitor their cancer and may live out their entire lives without ever needing surgery or radiation</p> <p>Avoid the side effects of immediate treatment, including long-term urinary, bowel, and sexual problems</p>
SURGERY	<p>Men may be free of prostate cancer for the rest of their lives if their tumor has not spread and the surgeon is able to remove all the cancer</p>
RADIATION	<p>Men may be free of prostate cancer for the rest of their lives if their tumor has not spread and the radiation kills all the cancer</p> <p>An advantage of radiation therapy is that it is less invasive than surgery</p>

*In addition to these treatments, there are other options your doctor may discuss with you including cryosurgery, hormonal therapy, or possible new treatments that are under investigation.*





ACTIVE SURVEILLANCE IS ONE OF SEVERAL TREATMENT OPTIONS FOR LOW-RISK, EARLY-STAGE PROSTATE CANCER. EACH HAS BENEFITS AND RISKS.

## POTENTIAL RISKS

Despite close monitoring, the cancer may grow and spread, but remains curable in most cases

Regularly scheduled doctor visits and tests to monitor the cancer can minimize this risk

Long-term problems with urinary incontinence and erectile dysfunction

Chance of recurrence if the tumor is more aggressive than at biopsy

Hospital stay, loss of days or weeks from work and normal activities, and use of a catheter for 1 to 2 weeks

Long-term

Urinary incontinence

Erectile dysfunction

Rectal bleeding and irritation

Radiation leaves the prostate in the body and it is possible for some cancer to remain and worsen in the future

*Each form of therapy has its own set of complications. None of the choices for therapy has shown a better or worse chance of complications.*

# What is Active Surveillance?

Active Surveillance is a treatment plan for carefully monitoring the cancer in your prostate without removing it.

**Under Active Surveillance, you will have regular check-ups and ongoing testing, typically including:**

- A PSA level every 3 to 6 months
- A repeat biopsy within 18 months and then as your physician recommends
- Digital rectal exams (DREs) every 3 to 6 months



**ACTIVE SURVEILLANCE IS NOT IGNORING YOUR CANCER.**

IF YOUR DOCTOR OBSERVES ANY CHANGES IN YOUR TUMOR, YOU MAY BE RECOMMENDED ADDITIONAL TREATMENT OPTIONS.

# Personalize your Active Surveillance plan with your doctor.

I should have a **PSA**  
EVERY \_\_\_\_\_ MONTHS

I should have a **REPEAT BIOPSY**  
WITHIN \_\_\_\_\_ MONTHS,  
THEN EVERY \_\_\_\_\_ MONTHS

I should have a **DIGITAL RECTAL EXAM**  
EVERY \_\_\_\_\_ MONTHS



Additional monitoring methods:

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I should make the following lifestyle changes:

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# Get help with the payment process.

Genomic Health created the Genomic Access Program (GAP) to make sure that eligible patients can obtain the Oncotype DX® test, as well as manage the payment and reimbursement process.



FOR INFORMATION ON INSURANCE COVERAGE OR FOR OTHER QUESTIONS ABOUT THE Oncotype DX PROSTATE CANCER ASSAY, VISIT **OncotypeDX.COM**.

YOU CAN ALSO REACH US BY TELEPHONE IN THE UNITED STATES.

CALL **888-ONCOTYPE** (888-662-6897) FOR ASSISTANCE IN ENGLISH, 877-444-9876 FOR SPANISH.

## Reference:

1. Cooperberg MR, Broering JM, Kantoff PW, et al. Contemporary trends in low risk prostate cancer: risk assessment and treatment. *J Urol*. 2007;178:S14-S19.

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