Your Diagnosis

After completing a thorough lab analysis of your recent prostate biopsy, a specialized doctor called a pathologist reported a diagnosis of biopsy suspicious for prostate cancer. This means that the cells from your prostate gland do not fully look like cancer, but they also do not look like normal prostate cells.

About the Condition

Men diagnosed with suspicious prostate biopsies are at considerable risk of later being diagnosed with prostate cancer. In one study, some 38% of patients with suspicious biopsies were diagnosed with prostate cancer after follow-up biopsies were taken within 6 weeks of the original diagnosis.

Because cancer may be present elsewhere in the prostate gland for men with suspicious biopsies, the most recommended course of action is to schedule a repeat prostate biopsy soon after the initial diagnosis. You should talk with your doctor about this possibility.

The prostate gland is typically the size of a walnut, located below the bladder and in front of the rectum in men. It surrounds a portion of the urethra, or tube that carries urine from the bladder out of the body. Its main purpose is to produce fluid for semen, which transports sperm.

Cancer occurs when cells in the prostate do not develop and die in their normal manner. The extra cells that result form a growth, or tumor, which can be benign or malignant. Benign tumors are not cancer and do not spread throughout the body. Malignant tumors are cancer. Their cells may invade and damage surrounding areas or spread to other locations in the body (metastasize).

Men over the age of 45 are at the greatest risk for prostate cancer, which is the second most common cancer in men after skin cancer. A man’s chance of getting prostate cancer is increased when he has a family history of the condition, especially in his father or brother. However, no one truly knows why some men develop the condition and others do not.

What You Can Do

You can choose to take an active role in your health and well-being. Since it is possible that you may have prostate cancer, you should learn as much as you can about the condition. Have a list of questions ready each time you meet with your doctor, and be sure to report any new symptoms if they arise. Also, be sure to get enough sleep and eat healthy foods every day.
Additional Resources

American Cancer Society, 800.227.2345, www.cancer.org
American Foundation for Urologic Disease, 800.828.7866, www.afud.org
National Cancer Institute, 800.422.6237, www.cancer.gov
Us TOO International, 800.808.7866, www.ustoo.com