



Patient Diagnosis Resource for PROSTATIC INTRAEPITHELIAL NEOPLASIA (PIN)

Your Diagnosis

After completing a thorough lab analysis of your recent prostate biopsy, a specialized doctor called a pathologist reported a diagnosis of prostatic intraepithelial neoplasia (PIN). This means that cells from your prostate gland showed abnormal development when compared to normal prostate cells.

PIN is not cancer and may not produce any noticeable symptoms. As such, it generally does not require any treatment.

About the Condition

Prostatic intraepithelial neoplasia is classified as either low-grade or high-grade.

In low-grade PIN, abnormal cellular changes, or dysplasia, are slight and considered to be medically insignificant. Low-grade PIN is very common, with nearly half of all men having it by the age of 50.

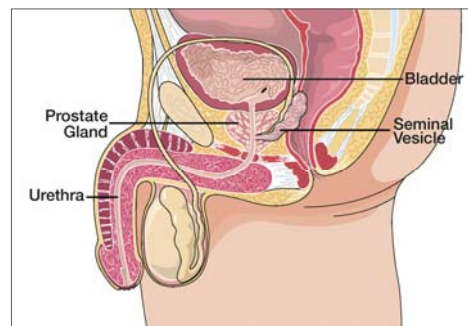
In high-grade PIN, dysplasia is moderate to severe, increasing the likelihood of developing prostate cancer.

High-grade PIN may precede the development of cancer by 5 to 10 years in some men, and the incidence of the condition rises with age. Current literature has questioned whether patients with high-grade PIN are at greater risk for developing cancer over the men without high-grade PIN.

Monitoring and Treatment

Men with low-grade PIN have no greater risk of finding prostate cancer with repeat biopsies, so there is no need for additional testing other than annual prostate cancer screening checks. There is also no need for treatment.

For patients with high-grade PIN, repeat prostate biopsies are generally recommended. If no cancer is found in the repeat biopsies, men with high-grade PIN should continue to have cancer screenings (manual prostate checks and blood tests) and prostate biopsies on a regular basis.



Many doctors believe that high-grade PIN does not require any particular treatment other than monitoring. Others believe that treatment with certain drugs should be considered to possibly decrease the risk of cancer.

What You Can Do

Because dietary factors have been associated with the development of prostate cancer, you should keep your diet high in fruits, vegetables and fiber, and low in fat, especially animal fat. You may also want to boost your consumption of tomato products such as salsa, ketchup and tomato paste or sauce. They contain lycopene, a powerful antioxidant that helps prevent cell damage and the development of prostate cancer.

Soybeans and soy products are also good additions to your diet because they contain isoflavones, which act as antioxidants and may block the uncontrolled cell growth associated with cancer.

Further steps to help prevent prostate and other types of cancer include:

- ◆ Burning up all of the calories you take in each day through healthy eating and regular exercise
- ◆ Minimizing stress by getting enough sleep every night and using relaxation techniques
- ◆ Cutting out the use of tobacco and limiting your alcohol consumption
- ◆ Visiting your doctor regularly and promptly reporting any new symptoms that develop

Additional Resources

American Cancer Society, 800.227.2345, www.cancer.org

American Foundation for Urologic Disease, 800.828.7866, www.afud.org

Urology Channel, www.urologychannel.com

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