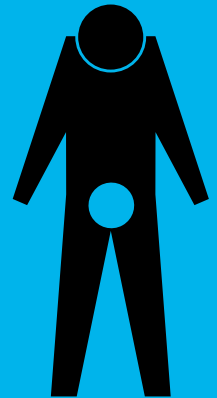


# What the medical words in the booklets mean



**What the medical words in the booklet mean.**

**A**

Abiraterone or Abiraterone acetate	A new type of hormone therapy. At the time of writing (December 2011) this was licensed for use in the UK but was still being considered by the SMC as to its inclusion on the NHS formulary
Adjuvant	An additional treatment used to increase the effectiveness of the main treatment
Active Surveillance	This means actively monitoring the cancer with regular check-ups, PSA tests, DRE and possible biopsies
Adrenal glands	There are two adrenal glands just above the kidneys; they produce a variety of different hormones
Advanced prostate cancer	When cancer cells have broken through the prostate capsule and have spread away from the prostate and start to grow at other sites
Aggressive	A greater chance of the cancer growing quickly and spreading out of the prostate
Anaesthetic	A general anaesthetic means being put to sleep during an operation
Anaemia	The haemoglobin level in the blood falls below the normal level. Symptoms may include fatigue, weakness and difficulty in breathing
Analgesic	A drug that helps with pain
Androgens	Male hormones responsible for male characteristics, e.g. testosterone
Androgen deprivation therapy	A prostate cancer treatment that stops or blocks androgens to the prostate cancer cells
Anti-androgens	Medications that block the testosterone receptor

Anti-emetics                      A medicine that prevents sickness or helps with being sick

**B**

Biopsy                              Taking tiny pieces of tissue from the prostate to look at them under a microscope

Bisphosphonates                Drugs that can help protect bones against some of the effects of prostate cancer. At the time of writing (Dec 2011) these were only available as part of a clinical trial

Bladder                             The organ sitting just above the prostate which holds urine

Bone scan                         A very small amount of radioactive material is injected, then a special scan is done to find out if the cancer has spread to the bones

Brachytherapy                    A type of radiotherapy where tiny metal seeds which emit radiation are placed in the prostate to kill cancer cells

**C**

Cancer                              Cells grow faster than normal and cause a growth called a tumour

Cancer cells                      Cells that grow and multiply abnormally and can spread to other parts of the body

Cancer journey                 The time from when your cancer is diagnosed through to treatment and check-ups

Cannula                            A small tube which has a needle on the end. The needle is inserted into a vein in your arm or the back of your hand, which can be connected up to a drip

Castrate resistant prostate cancer      The cancer starts to grow again despite very low levels of testosterone

Catheter	A thin flexible tube which drains urine from the bladder into a bag
Chemotherapy	Treatment with drugs intended to kill cancer cells
Clinical trials	Studies designed to test new ways to prevent or treat the disease or its symptoms.
Combination therapy	When a doctor suggests combining treatments for maximum effect, such as radiation therapy combined with hormonal therapy or an LHRH agonist combined with an antiandrogen
Complete androgen blockade	Therapy used to eliminate male sex hormones (androgens) in the body. This may be done with surgery, hormonal therapy, or a combination
Consent form	A form you will be asked to sign to confirm that you are willing to go ahead with treatment, tests or examinations
Constipation	Unable to open the bowels
Continuous hormone therapy	Hormone therapy which continues with no breaks
Control group	People taking part in a clinical trial who are receiving placebo or current standard of care for comparison to those receiving the new therapy being evaluated
CT simulator	A special type of x-ray machine
Cryotherapy	Freezing to kill the cancer cells
Cycles of treatment	The way treatments of chemotherapy are given e.g. possibly every 21 days
Cystogram	An x-ray of the bladder
Computerised Tomography (CT or CAT scan)	Special x-ray equipment combined with advanced computers to take many pictures of lots of different views inside the body

**D**

Dependency on a drug	The body adapts to having opiate drugs and withdrawal symptoms may occur if the drug is reduced or stopped suddenly (This is not the same as addiction).
Diagnose	Identify a disease by its signs and symptoms and then confirm with tests
Digital Rectal Examination (DRE)	The doctor inserts a gloved finger into the back passage to examine the prostate gland for signs of disease
Dry orgasm	During orgasm ejaculate does not come out of the penis

**E**

Early or localised prostate cancer	The cancer has stayed inside the prostate and has not spread to other parts of the body
Ejaculate	The fluid that is released at orgasm
Enema	A capsule or fluid that is put into the bowel to clear the bowel out before a procedure
Epidural anaesthetic	A local anaesthetic injected into the spine which causes numbness from the waist down
Erectile dysfunction (ED) or impotence	When a man has trouble getting or keeping an erection
Exclusion criteria	Guidelines that detail who cannot take part in a clinical trial
External Beam Radiotherapy (EBRT)	High energy x-ray beams from outside the body to kill cancer cells

**F**

Fatigue	Extreme tiredness
First (1st) line treatment	The treatment or drug given as the first or main treatment

Fistula	An abnormal opening or passageway between two organs in the body
Flare reaction	The short-lived increase in testosterone for the first few weeks after starting an LHRH agonist
Fraction	A small daily dose of radiation to kill the cancer cells
Frequency	Needing to pass urine often
<b>G</b>	
Gleason Score	This is a number between 6 and 10 and gives an idea of how quickly the cancer is likely to grow and spread
Gonadotrophin releasing hormone antagonists	Stop the testes making testosterone
Gynaecomastia	Swelling or enlargement of the breast tissue
<b>H</b>	
HDR brachytherapy	HDR (high dose radiation) given by a radioactive Iridium wire being placed into the prostate through flexible needles
High Intensity Focused Ultrasound (HIFU)	Highly focused ultrasound waves raise the focused temperature to about 100°C to kill the cancer cells
High-risk prostate cancer	There is a greater risk of the cancer growing quickly and spreading outside the prostate
Hormone therapy	The male hormone testosterone is switched off or stopped from going into the cancer cells
Hormone refractory prostate cancer	The cancer starts to grow again despite very low levels of testosterone
Hormone resistant prostate cancer	The cancer starts to grow again despite very low levels of testosterone

Hot flushes	A rush of warmth in the face, neck, upper chest, or back, lasting from a few seconds up to an hour. This may be accompanied by increased sweating
Hot spots	These may show up during a bone scan and are areas that take up a lot of radioactive material indicating that there may be a tumour
Hypercalcaemia	Abnormally high levels of calcium in the blood
Incision	Making a cut during surgery
Inclusion criteria	Guidelines that detail who can take part in a clinical trial
Incontinence	Unable to hold urine in the bladder
Infertility	Not being able to produce sperm
Informed consent	Signing a form agreeing to take part in a clinical trial after finding out more about the trial and then deciding if you want to take part
Infusion	Running a fluid containing medication into the body through a vein as treatment
Intermediate-risk prostate cancer	There is an increased chance of the prostate cancer breaking out of the prostate and spreading to other parts of the body
Intermittent hormone therapy	Hormone treatment that is given on a stop/start basis while checking on the PSA level
Intravenous line (IV)	A drip, normally in your arm, to put fluids or drugs into the body
Investigations	Tests and examinations done to find out what is wrong or to diagnose the disease

**L**

Laparoscopic radical prostatectomy	Keyhole surgery to take out the prostate
Laxative	A medicine given to help you open your bowels or make it easier to open your bowels
Libido	Desire to have sexual intercourse
Linear accelerator	A special machine that produces high-energy x-ray beams
Locally advanced prostate cancer	The cancer has spread just outside the prostate through the capsule or into the seminal vesicles
Low-risk prostate cancer	The cancer is likely to remain inside the prostate and grow slowly
Luteinising Hormone - Releasing Hormone Agonists (LHRH)	Drugs that stop the testes producing testosterone
Lymph nodes	Small glands that release cells to defend the body against harmful foreign particles

**M**

Maximum androgen blockade	Two types of hormone treatment are given together to prevent the effect of testosterone on the cancer cells
Metastases	The spread of cancer cells to other areas or sites in the body where the cancer cells begin to grow and cause another tumour
Metastatic prostate cancer	Prostate cancer cells have spread from the prostate to another area or site in the body and these cells have started to grow causing another growth or tumour
Monitor or monitored or monitoring	To watch carefully or keep a check on through regular tests, checks and appointments



Magnetic Resonance Imaging (MRI scan) A scan which uses magnets to produce detailed pictures of the prostate, bones and other organs

Multi-disciplinary team (MDT) This is the team of doctors and specialist nurses and other health care professionals who are involved in your care

**N**

Nausea Feeling sick

Nerve sparing If the surgeon was able to save the nerves which lie very close to the prostate during a radical prostatectomy. These are essential for a man to have an erection

Neutrophils A type of white blood cell important to protect the body against infection

Neutropenic sepsis A low number of neutrophils in the blood and so more prone to catch an infection

○

Oncology Specialising in the study and treatment of cancer

Opiate drug A drug to help with pain relief

Orchidectomy An operation to take away all or part of the testes

Osteoporosis The bones become brittle and fragile and can break more easily

Osteoclasts Cells in the bone that destroy old bone

Osteoblasts Cells in the bone that build new bone

Osteonecrosis of the jaw Healthy bone in the jaw dies and can lead to mouth problems

Outlook The prediction of how the disease may affect the life of the person

**P**

Phases of a clinical trial	Different stages of a trial, usually there are 4 phases
Prostate	A small gland just below the bladder and in front of the back passage. It wraps around the urethra (water pipe that allows urine to flow out of the body from the bladder)
Palliative care	This is treatment aimed at helping with symptoms and generally improving the quality of life for men (and their families) with advanced prostate cancer, or in fact any serious illness
Palliative care team	This is the team of doctors, specialist nurses and other health care professionals who are involved in providing support for the man and his family and helping improve the man's quality of life
Palliative radiotherapy	Very low doses of radiation given to help with pain from cancer in the bones
Pelvic floor exercises	Muscles in the pelvic floor are trained to contract, relax and strengthen to help with continence
Phases of a clinical trial	The different stages involved in a clinical trial
Prognosis	The prediction of how the disease may affect the life of the person
Prostate specific antigen (PSA)	A protein made in the prostate
PSA blood test level	Small amounts of PSA leak out of the prostate into the blood and the level can be measured
PSA doubling time	The amount of time it takes for the PSA level to double

**Q**

Qualifying for a trial	You fit the conditions that the researchers are looking for to take part in a trial
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## R

Radical prostatectomy	Surgery to remove the entire prostate gland along with the nearby tissue such as the seminal vesicles
Radiotherapy	The use of high energy x-ray beams to kill cancer cells
Rectum	The last section of the bowel often called the back passage
Retrograde ejaculation	During orgasm nothing comes out of the penis as the ejaculate travels back up into the bladder

## S

Secondary cancers (secondaries)	The cancer has spread from the original site to other areas in the body and has started to grow into another tumour
Second (2nd) line treatment	Treatment given after the first line treatment has not worked, or is no longer effective
Semen	The thick, whitish fluid released through the penis during orgasm. The prostate makes substances that are in semen
Seminal vesicles	A pair of glands, near the prostate, that add substances to semen
Side-effects	The unwanted effect when a disease is being treated
Spinal cord compression	There is swelling and pressure on the spinal cord
Staging	The size of the cancer and whether it has spread outside the prostate - the term is used when recommending treatment
Steroids	A group of drugs similar to hormones produced by the adrenal glands, which are used to relieve inflammation

Stress incontinence	Urine leaks out of the bladder when laughing, sneezing, coughing, walking or getting up from a sitting position
Strontium 89	A kind of internal radiotherapy that is given by an injection to help with bone pain
Systemic treatment	A treatment that works throughout the whole body and not limited to particular areas
<b>T</b>	
Testes	Male sex organs that produce sperm and androgen/testosterone
Testosterone	The male hormone which stimulates the man's sex drive
Tolerance of a drug	The decreased effect of a drug when given over a long period of time
Trans Rectal Ultrasound (TRUS)	The use of sound waves to give a clear picture of the shape and size of the prostate
Trapeze study	A trial being done in some hospitals comparing different combinations of docetaxel, zoledronic acid and strontium 89
Tumour	Abnormal cells that grow faster than normal and cause a growth
Trans Urethral Resection of the Prostate (TURP)	A fairly common operation for men to 'trim off' part of the prostate
<b>U</b>	
Urethra	The tube that carries urine from the bladder and for semen to pass out through the penis
Urgency	Needing to pass urine suddenly and without being able to control it
Urology	The study of disease affecting the waterworks
Urologist	A doctor who specialises in disease affecting the waterworks

**V**

Vomiting                      Being sick

**W**

White blood cell count                      The amount of white blood cells. White blood cells are important to fight infection

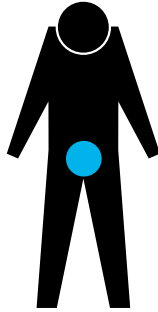
**Abbreviations you might hear**

ADT	Androgen Deprivation Therapy
CAB	Complete Androgen Blockade
CT or CAT scan	Computerised Tomography
DRE	Digital Rectal Examination
EBRT	External Beam Radiotherapy
ED	Erectile Dysfunction
GnRH antagonists	Gonadotrophin-releasing Hormone Antagonists
HRPC	Hormone resistant prostate cancer
LHRH agonists	Luteinising Hormone-Releasing Agonists
HIFU	High Intensity Focused Ultrasound
MDT	Multi-disciplinary team
MRI scan	Magnetic Resonance Imaging
MUSE	Medicated Urethral System for Erections
PSA	Prostate Specific Antigen
SCC	Spinal cord compression
TNM	Tumour Lymph Nodes Metastases
TRUS	Trans Rectal Ultrasound
TURP	Trans urethral resection of the prostate

### Who's Who on your cancer journey

Clinical Research Team	The team of doctors and other health care professionals who set up and run clinical trials
Dietitian	A person who specialises in the therapeutic use of diet in the treatment of disease
Multi-disciplinary team (MDT)	The team of specialist doctors and nurses and other health care professionals who are involved in your care
Occupational therapist (OT)	OTs work with people to help them develop, recover, or maintain activities necessary for daily living
Oncologist	A doctor who specialises in the treatment of various types of cancer
Oncology nurse	A nurse who specialises in the treatment of various types of cancer
Pathologist	A doctor who specialises in the examination of tissues and blood samples to help decide what diseases are present and therefore how they could be treated
Pharmacist	A health professional trained in preparing and dispensing drugs
Physiotherapist (physio)	A therapist who treats injury or dysfunction with exercises and other physical treatments. This can be both before and after treatment
Radiologist	A medical specialist who uses radioactive substances and x-rays in the treatment of disease
Radiographer	A technician trained to position patients and take x-rays or perform other radio-diagnostic procedures

Social Worker	A person who helps people or families deal with social, emotional, and environmental problems associated with an illness or disability
Support Group	A group made up of men and their families with a common problem, usually meeting to express feelings, share experiences and explore effective coping strategies
Urologist	A doctor in hospital who specialises in treating problems with the waterworks
Urology nurse	A nurse who specialises in treating problems with the waterworks



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The information contained in this booklet has been developed by Prostate Scotland and reviewed by its Advisory Group of doctors, nurses and patients. This leaflet is not intended to replace medical advice or seeing a doctor for specific illnesses or symptoms.

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