



# What is Active Surveillance?

When you get diagnosed with prostate cancer, your first reaction might be to want to get the cancerous tissue out right away. However, not all cancers are alike and not all of them are equally aggressive or likely to spread. Sometimes, the best form of treatment is not to undergo treatment at all, but instead, to keep a watchful eye on the disease. This is also known as watchful waiting, or active surveillance.

## Recommended if:

- A small tumor that's localized within the prostate
- A slow-growing tumor
- A low-risk that the cancer will grow locally or spread, or that you'll die from the disease

## The Process:

Physicians team up to monitor your tumor for any signs that it may be changing, and reevaluate your treatment if the cancer becomes more active. If your Gleason score or PSA levels start to rise, stopping active surveillance and starting another type of treatment may be recommended.

## Making sure Active Surveillance is Best Approach:

Prostate MRI provides the best "look" at the entire prostate and can identify areas of concern within the gland that might not have been sampled during the initial biopsy procedure. Also, genetic studies are performed of your biopsy material to determine whether active surveillance is an appropriate management strategy.

## Advantages

- Many more men are aggressively treated than is necessary to save a life from prostate cancer
- A good choice for older men who are not good candidates for observation, but have a limited life expectancy
- Men with low-risk prostate cancer who actively survey have remarkably low rates of their disease spreading or dying from prostate cancer

Learn more at:

<https://www.mskcc.org/cancer-care/types/prostate/treatment/active-surveillance>