

Your VA Prostate Cancer Journey

From screening through recovery –
here's who you are likely to see and where.

	What Happens	Who You'll See	Where You'll Go
Prostate Cancer Screening  <i>Know your risk. Get screened. Early detection saves lives.</i>	Starts with a simple PSA blood test. Know your risk and get screened. Begin by age: • 40 if you are a Black man or have a family history of cancer • 45 otherwise Talk to your doctor about exposure to toxins during your service.	A Primary Care Provider or Urologist	Your Local VA
If Your PSA is High  <i>A high PSA doesn't always mean cancer.</i>	Your doctor will recheck your PSA and then refer you for more tests, such as prostate MRI.	Urologist A urologist orders additional tests and shares the results	Your Local VA In some cases, another VA center or Community Care
Prostate Cancer Diagnosis  <i>Your biopsy results shape every decision that follows — so your care team gets it right.</i>	If cancer is suspected, a prostate biopsy is needed to confirm the diagnosis.	Urologist A urologist does the biopsy and tells you what was found	Your Local VA
After Diagnosis  <i>Understanding your cancer helps you make informed treatment decisions.</i>	You may need imaging to see if your cancer has spread to your lymph nodes, bones, or organs. This may be done with a PSMA PET scan, or a CT and bone scan.	Urologist A urologist orders the scans and shares the results	Your Local VA In some cases, another VA center or Community Care
If You Have Localized Prostate Cancer  <i>Your cancer has not spread outside the prostate area. You have effective treatment options, and time to choose.</i>	You have 3 main treatment options, based on your risk of aggressive cancer and other factors. • Active surveillance (for lower-risk cancers. Get regular checks; treat if the cancer grows) • Surgery to remove the prostate • Radiation therapy	Urologist Manages active surveillance; performs surgery Radiation Oncologist Delivers radiation therapy Consult both first to discuss your options	Your Local VA Active surveillance Your local VA, another VA center, or Community Care Surgery or radiation
Monitoring After Localized Treatment  <i>Many Veterans live long, full lives after prostate cancer treatment.</i>	Regular PSA blood tests are done to catch cancer early if it comes back.	A Primary Care Provider or Urologist	Your Local VA

Can't get care locally?

If a service isn't available at your local VA, ask about a referral to another VA, a telehealth option, or care from a provider outside the VA (Community Care).

What Happens

Who You'll See

Where You'll Go

If Your PSA Rises



If cancer recurs, you have more testing and treatment options.

- Bloodwork and imaging** will be done to check:
- How fast PSA is rising
 - Location of any new prostate cancer in your body
- This helps guide next steps.

- Urologist**
Directs testing, delivers certain treatments
- Radiation oncologist**
Delivers radiation therapy if recommended
- Medical oncologist**
Prescribes medicines if cancer is spreading

- Your Local VA**
In some cases, another VA center or Community Care

If You Have Advanced Prostate Cancer



Cancer that has spread outside the prostate is treatable.

- Ask your team about **2 types of tests** in the VA that help show how your cancer may change and which treatments might work best:
- Germline genetic testing
 - Somatic testing
- Getting both tests gives you the most information.

- Medical Oncologist**
Your medical oncologist may consult with a urologist, radiation oncologist, and genetic counselor or genetic specialist

- Your Local VA**
In some cases, another VA center or Community Care

CLINICAL TRIALS & PROSTATE CANCER CENTERS OF EXCELLENCE

How can you access the latest research and treatment?

Ask your doctor about clinical trials, genetic testing, and new therapies available:

- At **PCF-VA Centers of Excellence** in large cities across the US. [Find a Center](#)
- At **VA Clinical Research Centers** in other areas
- Through video visits

Find a Center Contact

Laura Onstad, RN
(503) 721-1060
PATCH@va.gov

Staying Healthy During and After Treatment



VA services help you live well as a survivor.

- Comprehensive services** help you manage your physical and mental health:
- **Regular checks** of blood pressure, blood glucose or HbA1c, cholesterol, bone density, and mental health screenings
 - **Healthy lifestyle support** such as nutritionists, wellness programs like MOVE!, help stopping smoking
 - **Support for side effects** such as urinary incontinence and erectile dysfunction

- Urologist**
Primary Care Provider
Cardiologist
Nutritionist
Pelvic Floor Physical Therapy
Sexual Medicine Specialist
Health Psychologist
Social Work
Support Groups

- Your Local VA**
In some cases, another VA center or Community Care

MOVE!

Weight Management Program for Veterans

Visit move.va.gov for more information

Get Help to Quit Smoking

Free, confidential support for Veterans is available at 1-855-QUIT-VET