

What is genomic testing?

Results from genomic testing can tell prostate cancer patients whether their disease is aggressive or slow-growing, helping them make informed treatment decisions. A genomic test looks at the biology, actions, and expressions of genes inside your tumor cells.



Am I eligible for genomic testing?

Patients diagnosed with early-stage prostate cancer are encouraged to consider genomic testing. Additionally, those who have had a recent prostate cancer biopsy, or have not received a definitive treatment plan for prostate cancer, such as surgery, radiation, or hormone blockers may be suited for genomic testing.

What questions should I ask my doctor about genomic testing?

Ask your doctor for a genomic test to gain a clearer view of your cancer and treatment options. Below are some questions you can ask your doctor. Be sure to add your own questions as you think of them.

- What is my Gleason score, PSA level, and tumor stage? Do I have low-risk, intermediate-risk or high-risk prostate cancer?
- Can I be sure that the biopsy reflects all of the cancer in my prostate?
- Is there a way to tell if my prostate cancer is slow-growing or fast-growing?
- Can a genomic prostate cancer test help determine whether I have slow-growing, low-risk cancer?
- Is my prostate cancer still localized, or has it spread to other parts of my body?
- What are my treatment options, given the stage of my disease?
- I have heard that very few men die of prostate cancer, is that true?
- What is active surveillance, and is it an option for me?
- What are the benefits of each treatment option? What are the drawbacks/side effects of each?
- How long do side effects last? Do they go away once treatment is complete?
- If I choose active surveillance and later find out that the disease is higher risk, can I still have treatment and possibly be cured?
- Can I take a few weeks to consider my treatment plan options before I make a decision about treatment?
- Can a genomic test help determine if active surveillance or immediate treatment is right for me?
- How can I get a copy of my pathology report and genomic test results?

What are the common myths and misunderstandings about genomic testing?

While genomics and genetics may sound similar, and are related, they focus on different information. Genetics is the study of how inherited traits are passed from one generation to the next through genes. Genomics is the study of sets of genes, their expression within tumor cells, and how they are expressed, to determine your individual GPS result.

What genomic tests are available on the market right now?

oncotype DX[®]
Genomic Prostate Score

The Oncotype DX Genomic[®] Prostate Score test is a biopsy-based genomic test that looks at certain genes in your tumor and how they are expressed to determine your individual GPS result. This GPS result, when used in conjunction with your Gleason Score and other considerations, can help to personalize your risk profile and aid in selecting the most appropriate treatment for you. Several other tests are available.

Learn more at myprostatecancertreatment.org.

What support and resources can I receive related to genomic testing?

ZERO has many resources that provide support and mentorship to men as they manage their prostate cancer journey.

ZERO360: ZERO's experienced case managers are ready to help men and their families through their personal prostate cancer journeys. ZERO360 is a free, comprehensive patient support service to help patients and their families navigate insurance and financial obstacles to cover treatment and other critical needs associated with cancer. Visit zerocancer.org/zero360 for more information.



ZEROConnect: ZERO Connect is a Facebook-based support group where those affected by prostate cancer can share their stories, ask questions, and connect with one another on their prostate cancer journey. Visit facebook.com/groups/zeroconnect to join.



MENtor: This support network for men represents many different prostate cancer journeys and pairs MENtors with mentees for community, connection, and shared experience. Apply today at zerocancer.org/mentor.



LEARN MORE

We encourage you to use this information in conversations with your health care team about prostate cancer and related topics. For more information about prostate cancer and ZERO – The End of Prostate Cancer, visit our website www.zerocancer.org/learn.

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