

# CaPSURE™ Chronicles

Cancer of the Prostate Strategic Urologic Research Endeavor

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For study participants

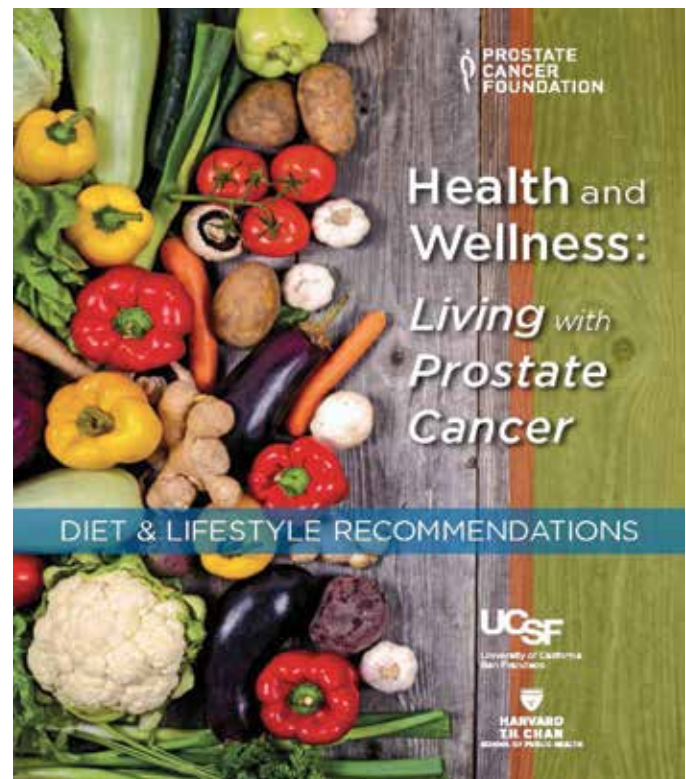
## CaPSURE™ Diet & Lifestyle Survey

**San Francisco, CA** – The CaPSURE™ research team recently conducted a sub-study within CaPSURE™ to learn more about modifiable risk factors for prostate cancer progression. The goal of this study is to improve recommendations for men, like you, regarding what they can do to reduce their risk of cancer recurrence and improve their quality of life and overall health after prostate cancer diagnosis. Over 1,100 men have participated in this study to date by completing a comprehensive diet and lifestyle questionnaire. We are very grateful for the time and effort that participants have dedicated to this important research project! If you have not completed the survey and would like to, please call us to request a survey at: 1-800-526-4433.

A healthy diet and regular exercise are important steps to prevent cancer recurrence or progression, control bothersome symptoms and side effects from cancer treatment, and reduce your risk of other common diseases, such as heart disease and diabetes. With all the information available, identifying concrete recommendations for nutrition, exercise, and other lifestyle factors can be confusing and overwhelming. In partnership with the Prostate Cancer Foundation and the Harvard School of Public Health, our team developed an evidence-based guide on diet and exercise for men with prostate cancer. This guide is intended to help

you maintain and improve your overall health, reduce your risk of prostate cancer progression, and improve your quality of life.

To thank you for your participation in the CaPSURE™ study, we would like to send you the **Health and Wellness: Living with Prostate Cancer Diet & Lifestyle Recommendations** booklet. Please indicate whether you would like to receive the booklet, and let us know whether you prefer a print or electronic copy on the enclosed request form.



CaPSURE™ is managed by: University of California, San Francisco Department of Urology  
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[www.urology.ucsf.edu/research/cancer/capsure](http://www.urology.ucsf.edu/research/cancer/capsure)



## New Publications in 2016

In the past year there have been three publications from CaPSURE™ and CEASAR. We are providing a brief synopsis of how information from these studies has helped to inform the diagnosis and management of prostate cancer care. These papers are read by both United States and international clinicians. To date, a total of 181 scientific studies have been published since 1996 from the CaPSURE™ registry and six from CEASAR.

### Validation of a New Application of Gleason

**Grading System:** In *European Urology*, Leapman and colleagues reported that they regrouped Gleason grades into I ( $\leq 3+3$ ), II ( $3+4$ ), III ( $4+3$ ), IV ( $4+4$ ), and V ( $\geq 4+5$ ) categories. They found that these groupings improved prediction of prostate cancer specific mortality (PCSM) and bone metastatic progression compared to traditional Gleason total scores, which are a combination of primary and secondary grade on a scale of 2-10. The CaPSURE™ registry requests official cause of death certificate on all men in the registry. The new grading system appears to be valid in predicting PCSM. However, given the small number of men with Gleason 4+5, 5+4, and 5+4, category V was not strongly predictive of disease progression to bone metastasis.

**Quality of Care:** In *Medical Care*, Sohn and colleagues evaluated how well six quality measures for prostate cancer care were used and if they predicted quality of life outcomes, satisfaction with care, and treatment related complications 1-year after diagnosis. Adoption of the six measures ranged from 64% to 88%. Compliance with the nationally endorsed quality indicators was not associated with clinically meaningful changes in quality of life, satisfaction with care, or complications within 1-year after diagnosis.

## Open versus Robotic Assisted Radical

**Prostatectomy:** In *The Journal of Urology*, O'Neil and colleagues evaluated urinary and sexual function in men who had these two surgical approaches. Their findings suggest fewer declines in urinary and sexual function in men who had a robotic approach to surgery.

## About UC San Francisco and CaPSURE™

The University of California, San Francisco or 'UC San Francisco' is driven by the idea that when the best research, the best education and the best patient care converge, great breakthroughs are achieved. We pursue this integrated excellence with singular focus, fueled by collaboration among our top-ranked professional and graduate schools, medical center, research programs and support teams.

You can read more about  
UC, San Francisco at  
<http://www.ucsf.edu>

Thank you all  
for your contributions to  
**CaPSURE™**  
Best wishes to you for a healthy  
and happy 2017!