



ACTIVE SURVEILLANCE PATIENTS INTERNATIONAL

OUR MISSION

Active Surveillance Patients International (ASPI) will support and empower men with rising PSA, newly diagnosed with prostate cancer (PCa) or on Active Surveillance (AS) and their partner to be proactive on their PCa journey.

JOIN US

Our network has formed an incredible bond and we support each other every step of the way. Our organization can provide you and your partner the opportunity to build long-lasting friendships and network with people on the same journey. You will also find information on diet/nutrition & supplements, exercise, a positive attitude, and support for you.

CONTACT US

www.aspatients.org
contactus@aspatients.org

We are a registered
non-profit 501(c)(3) 82-5386351



Active Surveillance Patients International



PROSTATE CANCER & ACTIVE SURVEILLANCE

PRE-DIAGNOSED: EARLY STAGES
NEWLY DIAGNOSED
ACTIVE SURVEILLANCE

www.aspatients.org

DO YOU FALL INTO ONE OF THE CATEGORIES:

- Pre-Diagnosed: Early Stages with Rising PSA
- Newly Diagnosed with Prostate Cancer
- Currently on Active Surveillance

WHY SHOULD YOU JOIN OUR NETWORK?

- Latest Information
- Support & Friendship
- Help Lower Anxiety

RESOURCES

To find a support group, email us at contactus@aspatients.org

Sign up for our e-newsletter at:
www.aspatients.org



WHAT COULD CAUSE YOUR PSA TO RISE?

- Benign Prostatic Hyperplasia (BPH)
- Prostatitis
- Aggressive exercise

These are treated as separate issues.

Cancer can also cause your PSA to rise. There are several tests that can be run to determine if you might have cancer prior to a biopsy, including multi-parametric MRI's. We also encourage 2nd opinions.

You will hear terms like low risk, intermediate risk, or high risk. It is very important to know your risk level. This is the gauge that can be used to determine the best course of action with the least intervention.

NEWLY DIAGNOSED

Prostate cancer can be very overwhelming but know that you have a network of fellow patients ready to provide information and support for you throughout your journey. Consider these first steps from a specialist before taking any radical or invasive action.

- Multi-Parametric MRI
- Micro-Ultrasound

These tools will help determine if you need a targeted biopsy to determine your Gleason Score. 60% of men with low risk and very low risk are choosing AS.

Many men will thrive, live with their cancer and preserve their quality of life without any treatments.

We encourage shared decision-making with your doctor.

ACTIVE SURVEILLANCE

You can choose the path of monitoring your prostate cancer while on active surveillance. You are not alone.

ASPI was created by men that found each other through their individual research and while attending prostate cancer and active surveillance education conferences. Each spent countless hours investigating the options and finding doctors from around the world that support AS patients. ASPI is on a mission to share the resources and information that will benefit men on active surveillance.

