Health Professionals Follow-Up Study

January 2016

Dear Colleague,

Thank you for your longstanding participation in the Health Professionals Follow-Up Study. As you know, we are studying the determinants of long-term survival from prostate cancer. Through this study, we are gaining valuable insight about how diet and other factors can improve prognosis. Please note that we have all of your original diagnosis information. The purpose of this mailing, as we do every couple of years, is to obtain new follow-up information regarding your prostate cancer. Even if nothing has changed, that information is still important to our study.

We would greatly appreciate it if you could complete the enclosed questionnaire regarding your prostate cancer and return it to us in the envelope provided. We realize this is a lengthy questionnaire; please fill out whatever you can. Your participation is completely voluntary, and if you do not wish to participate in this study on prostate cancer survival, you will still be a valuable member of the Health Professionals Follow-Up Study. By participating, you will be making a key contribution to our understanding of prostate cancer, which may ultimately lead to strategies geared at prevention or cure. Please do not hesitate to call me or Dr. Edward Giovannucci at 617-384-8663 if you have any questions about the study.

Sincerely Yours,

Walter Willett

Walter Willett, MD, DrPH Professor of Nutrition and Epidemiology Harvard School of Public Health

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PLEASE USE AN ORDINARY NO. 2 PENCIL TO ANSWER ALL QUESTIONS.

Fill in the appropriate response circles completely, or write the requested information in the boxes provided. The form is designed to be read by optical-scanning equipment, so it is important that you make <u>NO STRAY MARKS</u> and keep any write-in responses within the spaces provided. Should you need to change a response, erase the incorrect mark completely. If you have comments, please write them on a separate piece of paper.

Please fill in the circles completely; do not mark this way: 🗸 🔊 🝙

EXAMPLE

15. Please read the *entire* list below of medications and treatments for prostate cancer and prostate cancer symptoms. Mark all of the treatments you have had SINCE JANUARY 2014 and provide the dates as best you can (if you cannot remember the month, include just the year).

Treatment/medication since January 2014 only	Start date or procedure date	End date or	Currently doing/taking?
No new treatment since January 2014	N/A	N/A	N/A
2. No treatment ever / continued active surveillance	N/A	N/A	N/A
Procedures	month/year	month/year	
Radical prostatectomy	01/2014	N/A	
If radical prostatectomy, which type?	N/A	N/A	
laparoscopic	N/A	N/A	
robotic	N/A	N/A	
open / retropubic	N/A	N/A	
open / perineal	N/A	N/A	
odon't know type	N/A	N/A	
4. Radiation to the pelvis (external beam,	00/001//		
proton beam, cyberknife, etc.)	02/2014		
5. O Brachytherapy/seeds		N/A	
6. Orchiectomy		N/A	0
7. Cryosurgery/cryoablation		N/A	
8. High intensity focused ultrasound		N/A	0

The research team has great respect for your continued study participation, and therefore would like to remind you of several important points, as is standard practice in research. We do so in recognition of the fact that consent is an ongoing process rather than a one-time agreement. Please do not hesitate to contact us if you have any questions regarding this information.

- **a.** You are participating in a research study that focuses on how to decrease the risk of prostate cancer in men. Participation involves the completion of questionnaires.
- **b.** Your participation is voluntary. Refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled.
- c. There is a small risk of breach of confidentiality; however we have taken many steps to minimize this risk.
- **d.** Samples are sometimes shared with entities outside of Harvard as part of research collaborations; in such cases we use a separate ID number to ensure confidentiality.
- e. You will not receive monetary compensation for participating.
- **f.** There are no direct benefits to you from study participation.
- g. If you wish to speak with someone not directly involved in this research study about your rights as a research participant, please contact the Harvard School of Public Health's Office for Human Research Administration at 617-432-2143 (local calls) or 866-606-0573 (long distance calls), or at: ohra@hsph.harvard.edu.
- **h.** If you have any questions regarding the study itself, please call the study research coordinator at 617-384-8663.

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THANK YOU FOR PREVIOUSLY PROVIDING VALUABLE INFORMATION RELATED TO YOUR PROSTATE CANCER. PLEASE NOTE THAT WE HAVE ALL OF YOUR ORIGINAL DIAGNOSIS INFORMATION. WE NOW SEEK TO UPDATE YOUR INFORMATION.

URINARY AND BOWEL FUNCTION

	Over the PAST 4 WEEKS, how often have you leaked urine? (
	•	(Please select o	only one)			
	 Rarely or never About once a week About once a day More than once a week More than once a day 					
	Which of the following best describes your urinary control D	OURING THE LA	AST 4 WEEK	S? (Please :	select only	one)
	Total controlOccasional dribblingFrequent dribblingNo urinary control whatsoever					
	How many pads or adult diapers per day did you usually use	e to control lea	kage DURIN	IGTHE LAS	ST 4 WEEKS	?
	(Please select only one)					
	None 1 pad per day 2 pads per day 3 or more pads per day	or you DURING	THE LAST 4	WEEKS?		
	None 1 pad per day 2 pads per day	or you DURING No problem	THE LAST 4 Very small problem	WEEKS? Small problem	Moderate problem	Big problem
-	None 1 pad per day 2 pads per day 3 or more pads per day	No	Very small	Small		
	None 1 pad per day 2 pads per day 3 or more pads per day How big a problem, if any, has each of the following been fo	No problem	Very small	Small problem	problem	problem
	None 1 pad per day 2 pads per day 3 or more pads per day How big a problem, if any, has each of the following been form. Dripping or leaking urine	No problem	Very small problem	Small problem	problem	problem
	None 1 pad per day 2 pads per day 3 or more pads per day How big a problem, if any, has each of the following been for a. Dripping or leaking urine Description:	No problem	Very small problem	Small problem	problem	problem

PLEASE TURN PAGE OVER



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How big a problem, if any, has each of the following been for your store and the following been for your sto	No problem O	Very small problem	Small problem	Moderate problem	Big problem
o. Increased frequency of bowel movements c. Losing control of your stools d. Bloody stools e. Abdominal/pelvic/rectal pain Overall, how big a problem have your bowel habits been for yo No problem Very small problem Small problem Moderate problem Big problem	problem	problem	problem	problem	problem
o. Increased frequency of bowel movements c. Losing control of your stools d. Bloody stools e. Abdominal/pelvic/rectal pain Overall, how big a problem have your bowel habits been for yo No problem Very small problem Small problem Moderate problem Big problem	0 0	0	0	0	0 0
E. Losing control of your stools D. Bloody stools D. Abdominal/pelvic/rectal pain Overall, how big a problem have your bowel habits been for yo No problem Very small problem Small problem Moderate problem Big problem	0	0	0	0	0
Discrete Problem No problem Very small problem Small problem Moderate problem Big problem Big problem	0	0	0	0	0
e. Abdominal/pelvic/rectal pain Overall, how big a problem have your bowel habits been for yo No problem Very small problem Small problem Moderate problem Big problem	0	0	0	0	0
Overall, how big a problem have your bowel habits been for yo No problem Very small problem Small problem Moderate problem Big problem					
No problem Very small problem Small problem Moderate problem Big problem	u DURING 1	THE LAST 4	WEEKS? (P	lease select	only one)
SEXUAL FUN s section is about your sexual function and satisfaction. I help us understand the important issues that you face e estionnaire will be kept confidential and will be used only ase consider your function over THE LAST 4 WEEKS ONLY	Many of the every day. It for resear	Remember	, your ans es.	wers to th	
dications or devices, or are not currently sexually active. How would you rate each of the following DURING THE LAST 4	WEEKS?				
Very good	Good	Fair	Poor	Very poor to none	Not applicable
a. Your ability to have an erection?	0	0	0	0	0
o. Your ability to reach orgasm (climax)?	0	0	0	0	0
How would you describe the usual QUALITY of your erections I Firm enough for intercourse Firm enough for masturbation and foreplay only Not firm enough for any sexual activity None at all Not applicable How would you describe the FREQUENCY of your erections DU I had an erection WHENEVER I wanted one					

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Please read the entire list below of medications and treatments for prostate cancer and prostate cancer symptoms. Mark all of the treatments you have had SINCE JANUARY 2014 and provide the dates as best you can (if you cannot remember the month, include just the year). FOR OFFICE USE ONLY Treatment/medication since Start date or **End date** ...Currently January 2014 only procedure date or... doing/taking? **Treatment Code:** No new treatment since January 2014 1 (2) (3) (4) (5) (6) (7) (8) No treatment ever / continued active surveillance N/A 9 (10) (11) (12) (13) (14) (15) (16) 17) (18) (19) (20) (21) (22) (23) (24) **Procedures** month/year month/year 25) 26) (27) (28) (29) (30) (31) (32) Radical prostatectomy Start month/year: If radical prostatectomy, which type? N/A 1 (2) (3) (4) Before 2014 laparoscopic 5 (6) (7) (8) 2014 2015 robotic N/A 9 (10) (11) (12) 2016 2017 open / retropubic N/A End month/year: open / perineal 1 (2) (3) (4) 2014 2015 don't know type 5 (6) (7) (8) Radiation to the pelvis (external beam, 9 (10) (11) (12) proton beam, cyberknife, etc.) 5. Brachytherapy/seeds **Treatment Code:** 6. Orchiectomy N/A 1)(2)(3)(4)(5)(6)(7)(8) Cryosurgery/cryoablation 9 (10) (11) (12) (13) (14) (15) (16) 8. High intensity focused ultrasound N/A 17) (18) (19) (20) (21) (22) (23) (24) 25 (26) (27) (28) (29) (30) (31) (32) **Oral medications** month/year month/year Start month/year: Casodex (bicalutamide) 1 (2) (3) (4) Before 2014 Eulexin (flutamide) 2014 5 (6) (7) (8) 2015 Estrogens and DES 11. 9 (10) (11) (12) 2016 2017 12 Nilandron (nilutamide) End month/year: 13 Zytiga (abiraterone) 1 (2) (3) (4) 2014 14. Xtandi (enzalutamide) 5 (6) (7) (8) 2016 2017 9 (10) (11) (12) Injections/implants/infusions month/year month/year Lupron/Eligard/Viadur (leuprolide) **Treatment Code:** 16. Zoladex (goserelin) 1) (2) (3) (4) (5) (6) (7) (8) 17. Trelstar (triptorelin) 9 (10) (11) (12) (13) (14) (15) (16) 18. Abarelix (plenaxis) 17) (18) (19) (20) (21) (22) (23) (24) 19. Firmagon (degarelix) 25 (26) (27) (28) (29) (30) (31) (32) Vantas (histrelin) Start month/year: 21. Zometa (zoledronic acid) 1 (2) (3) (4) Before 2014 Xgeva (denosumab) 2014 Jevtana (cabazitaxel) 9 (10 (11) (12) 2016 2017 24. Taxotere (docetaxel) End month/year: 25. Provenge (sipuleucel-T) 1)(2)(3)(4) 2014 26. Xofigo (alpharadin) 5 (6) (7) (8) 2016 2017 9 (10) (11) (12) Other or prostate symptom controls month/year month/year 27. Finasteride/Proscar **Treatment Code:** 28. Dutasteride/Avodart 1) (2) (3) (4) (5) (6) (7) (8) Flomax/Tamulosin/Alfuzosin 9 (10 (11) (12) (13) (14) (15) (16) Vaccine/clinical trial drug 17) (18) (19) (20) (21) (22) (23) (24) OTHER, specify: 31. 25 (26) (27) (28) (29) (30) (31) (32) Start month/year: 1 (2) (3) (4) Before 2014 5 (6) (7) (8) 2014 2015 9 (10) (11) (12) 2016 OTHER, specify: End month/year: 1 (2) (3) (4) 2014 2015 5 (6) (7) (8) 2016 2017 9 (10) (11) (12)

16. Which erectile dysfunction medications have y	ou used since Januai	ry 2014?					(1
NAME OF MEDICATION/TREATMENT	STARTED COURSE BEFORE 2014	2014	2015	2016	2017	CURRENTLY TAKING	
None							
○ Viagra, Levitra, Cialis, other-related	0	0	0	0	0	0	C
Intraurethral/penile injectable medications	0	0	0	0	0	0	C
○ Vacuum devices	0	0	0	0	0	0	C
O Penile prosthesis	0	0	0	0	0	0	C
Testosterone replacement therapy	0	0	0	0	0	0	C
○ Yohimbine	0	0	0	0	0	0	C
17. Please list your PSA levels and dates of test (u		ary 2014	only:				(1
I have not had a PSA test since January 20'	14						
PSA level (ng/ml)	Test date					FICE USE ONLY	
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,	Month Yea	ir			9 10 11 1		
	_				1 2 3		(1
2.)	/				5 6 7		C
	Month Yea	ır			9 (10 (11) (1	12)	
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3)	,				1 2 3 ((1
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18. Have you ever had recurrence or progression of y No – continue to question 19 Yes – please complete the box below: 18a. When did your prostate cancer recur or prog AND DISEASE MANAGEMENT? Please mark has recurred more than once, please indicate has recurred more than once, please indicate (ng/ml) After I received initial treatment, my prof (ng/ml) Before I received any treatment, my prof have never received any treatment, and	Month Year your prostate cancer, in gress, relative to your a all that apply. If your e the earliest recurrence state cancer recurred level after your initial Month Year state cancer progress d my prostate cancer l recurrence or progress	INITIAL I prostate ce. (came b treatment test date ed (got v progress	DIAGNOS e cancer ack) nt? e) worse) sed		5 6 7 6 9 10 11 11 11 12 3 6 6 7 6 9 10 11 11 11 11 11 11 11 11 11 11 11 11	8 2016 2017 12 2016 2017 4 2016 2017 12 2016 2017 4 Before 2014 8 2014 2015 12 2016 2017 4 Before 2014 8 2014 2015	