

MEN'S HEALTH SPOTLIGHT: UNDERSTANDING PROSTATE CANCER

The prostate is about the size of a walnut and is

What is the Prostate?

located beneath the bladder, in front of the rectum and is an important part of the male reproductive system, along with seminal vesicles. It wraps around the urethra, the tube that carries urine from the bladder to the penis. The seminal vesicles. which are two smaller glands, are positioned behind the prostate. The main function of the prostate and seminal

vesicles is to produce fluids that make up semen. During ejaculation, sperm travels into the urethra, where it combines with these fluids from the prostate and seminal vesicles to create semen.



Prostate cancer is the second most common cancer in men worldwide, particularly

Overview of Prostate Cancer

affecting those over 50. It can occur when abnormal cells grow uncontrollably and interfere with the body's regular functions. Prostate cancer develops when these abnormal cells form and multiply within the prostate gland. However, not all abnormal growths (commonly known as tumours) are considered cancerous (malignant); some are noncancerous (benign).

The Types

hyperplasia (BPH) are not life-threatening. They do not invade nearby tissues or spread to other parts of the body. These growths are usually easily removed and, if they return, tend to grow slowly.

Benign growths such as benign prostatic

Cancerous growths, such as prostate cancer, behave differently. They can invade

surrounding organs and tissues, like the bladder or rectum, and may spread (metastasize) to distant parts of the body. Even after removal, these abnormal cells can grow back. Therefore, when prostate cancer spreads beyond the prostate, it can become life-threatening.

Cause and Risk Factors



men over 50, with peak incidence around age 66

Most cases occur in



Higher risk in Black or African descent

men



prostate, breast, or ovarian cancer

increase risk



and obesity are

contributing factors

In its early stages, prostate cancer often causes no noticeable symptoms. When symptoms do occur, they may resemble those of an enlarged prostate (benign prostatic hyperplasia, or BPH). However,

Symptoms to Watch Out For

prostate cancer can sometimes present with symptoms distinct from BPH. If you experience any urinary or related concerns, it is important to consult your healthcare provider. Lower pelvic, back, hips or upper thighs area pain

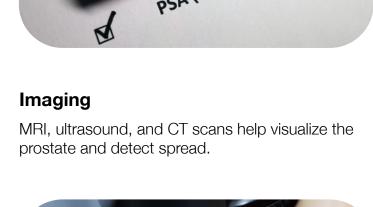
- Difficulty urinating, including pain, burning, or a weak urine stream
- Blood in the urine (haematuria) Loss of appetite

• Frequent need to urinate

- Unexplained weight loss Bone pain
- **Diagnosis Methods**



PSA (Prostate-Specific Antigen)

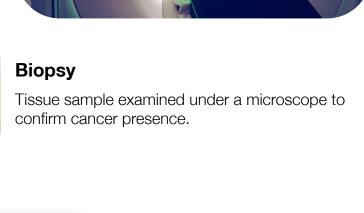


READ MORE

PSA Test

Measures prostate-specific antigen levels in blood.

Elevated PSA may indicate cancer.



Active Surveillance For slow-growing cancer; regular monitoring every 1-3 years

for localized cancer

Surgery

Lifestyle Changes

Treatment Options



Radiation Therapy Targets and destroys cancer cells; may be combined with other treatments

Removal of the prostate gland; effective



Chemotherapy

cells systemically

cancer growth

Hormone Therapy

Used if cancer spreads; kills cancer

Blocks testosterone, which fuels

FOR MORE INFORMATION

Maintaining a healthy diet can enhance your energy levels, strengthen your immune system, and promote overall well-being. Being mindful of your food choices and striving

not only supports your general health but also helps

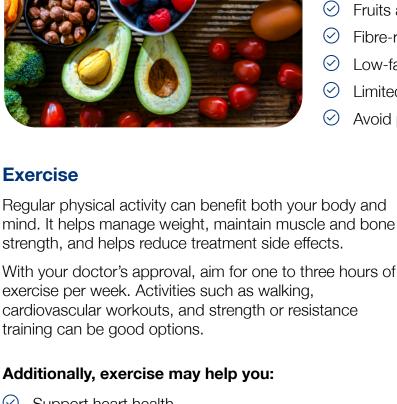
reduce the risk of various conditions.

Healthy food choices may include:

Fruits and vegetables

Low-fat food variety

to maintain a healthy weight are essential. Proper nutrition



Limited intake of simple sugars Avoid processed foods, especially processed meats

Diet

Pelvic floor exercises can be especially

bowel, and sexual organs. Like any other muscle group, these muscles contract and relax, and strengthening them can help manage side effects such as urinary incontinence and erectile dysfunction.

beneficial for men undergoing prostate

cancer treatment. The pelvic floor is a

group of muscles and tissues located between the legs that support the bladder,

With your doctor's approval, aim for one to three hours of cardiovascular workouts, and strength or resistance

Support heart health

Achieve and maintain a healthy weight Strengthening muscles

Maintain bone health

Achieve and maintain a healthy weight

- Maintain bone health
- Take charge of your health.

Strengthening muscles

Early screening and informed choices can make all the difference.

> Learn more https://flexicare.com/en-us/prostate-cancer/

https://www.nhs.uk/conditions/prostate-cancer/ https://www.nccn.org/guidelines/guidelines-detail?category=1&id=1459

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