

Fast Facts

Prostate Cancer

- Prostate is a gland that sits at the base of the penis and produces the seminal fluid that nourishes and transports sperm
- One of the most common cancers in men and is typically slow growing
 - Exact cause unknown
- Formation of prostate cancer cells is similar to how cancer forms anywhere else in your body. Some trigger causes the DNA inside the cells to mutate and gives the signal for the cells to rapidly grow and divide. Also, these cells don't die like normal cells, so keep accruing causing a mass (tumor) to form. This can invade nearby tissue and, in some cases, some of the cancer cells break off and travel to other parts of your body (metastasize)
 - Chance of developing prostate cancer increases as you age
 - If obese or have a family history of prostate cancer, then your risk level is higher
- African American men have higher incidences of it and the type they are most affected by tend to be more aggressive

| <i>Symptoms</i> | <i>Treatment</i> | <i>Prevention</i> |
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| <p><u>Early Stages:</u> -None</p> <p><u>Advanced Stages:</u> -Trouble urinating -Decreased force in urine stream -Blood in your semen -Discomfort in your pelvis -Pain in your bones -Erectile dysfunction</p> | <p>-Depends on several factors (rate of growth, has it metastasized and your overall health)</p> <p><u>Low Risk</u> (no symptoms): -Monitor by doing regular follow-up blood work, rectal exams and biopsies as needed</p> <p><u>Higher Risk:</u> -Surgery to remove the prostate gland (radical prostatectomy) -Radiation therapy -Chemotherapy -Hormone therapy (focusing on inhibiting testosterone in your body either through medications to stop your body from producing it or block it from reaching the cancer cells). A non-medicinal option in lowering your testosterone level is to have your testicles surgically removed (orchiectomy) -Cryosurgery or cryoablation to kill cancer cells by freezing them using a very cold gas placed in the surrounding tissue followed by a second gas to reheat the tissue. This cycle kills the cancer cells -Biological therapy involves taking some of your immune cells, modifying them to fight the cancer cells in a laboratory and then injecting them back into your body</p> | <p>-Maintain a healthy lifestyle -Eat a low-calorie diet high in fruits, vegetables and whole grains and low in foods that are high-fat and high-sodium -Get plenty of exercise -Sustain a healthy weight -If you are at high risk for prostate cancer, your doctor may recommend taking medications to reduce this risk</p> |

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