

These are not symptoms of the cancer itself; instead, they are caused by the blockage from the cancer growth within the prostate and surrounding tissues.

Symptoms of advanced prostate cancer include:

- ❖ Dull, incessant deep pain or stiffness in the pelvis, lower back, ribs, or upper thighs; pain in the bones of those areas
- ❖ Loss of weight and appetite, fatigue, nausea, or vomiting
- ❖ Swelling of the lower extremities
- ❖ Weakness or paralysis in the lower limbs, often associated with constipation

TESTS YOU CAN TAKE FOR PREDICTING/
MONITORING PROSTATE CANCER:

WHAT IS SCREENING

Screening is looking for cancer before a person has any symptoms. This can help find cancer at an early stage. **Digital rectal examination- (DRE)** is a procedure where the examiner inserts a gloved, lubricated finger into the rectum to check the size, shape, and texture of the prostate. Areas that are irregular, hard, or lumpy need further evaluation, since they may contain cancer.

i. Prostate Specific Antigen (PSA) is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer or other prostate disorders.

(Although PSA has been widely used as a marker for detecting Prostate Ca, the specificity is controversial).

Men at the age of 40 should be offered a baseline PSA test and a prostate exam (digital rectal exam or DRE) to ascertain the risk of prostate cancer.

TREATMENT

Depending upon various factors like age, Gleason score (measure of aggressiveness), PSA, lifestyle and quality of life may contribute in choosing the optimal treatment.

Treatment options include: High Intensity Focused Ultrasound (HIFU), Radical prostatectomy, Radiation therapy, Hormone therapy, Cryotherapy.

Prostate Cancer Self Assessment Risk Test:

Check (✓) the circle with appropriate answers:

- A. You have chronic pain in your lower back, pelvis, upper thighbones, or other bones
YES NO
- B. You experience unexplained weight loss
YES NO
- C. YES NO
- D. You have swelling in your legs
YES NO
- F. You have weakness in your legs and/or difficulty walking, especially if accompanied by constipation.
YES NO
- G. You are 50 years or above in age
YES NO

Answer: If most of your answers are "YES" then you should see your doctor and ask about your Prostate Health today!

ROKO
CANCER



What
you
need

to know
about

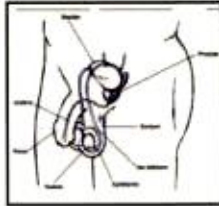
**PROSTATE
CANCER**

CANCER
detect
&
eliminate



WHAT IS PROSTATE GLAND

The prostate is a walnut-sized (3-5 cms) gland present in the males. It is located at the base or outlet (neck) of the bladder and surrounding the urethra. The prostate is just in front of the rectum.



The urethra runs through the center of the prostate, from the bladder to the penis, letting urine flow out of the body.

WHAT IS THE FUNCTION OF PROSTATE

- The prostate secretes fluid that nourishes and protects sperm.
- During ejaculation, the prostate squeezes this fluid into the urethra, and it's expelled with sperm as semen. Also the prostate contracts during ejaculation preventing the retrograde flow of the fluid back to the bladder.
- Prostate fluid is unusually rich in the minerals zinc and potassium, as well as citric acid and fructose.

Because of its close proximity to the bladder and urethra, how the prostate works also directly affects the function of the male urinary system. Consequently, there is often a direct relationship between prostate health and quality of life for older men.

PROSTATE CONDITIONS & SYMPTOMS

- **Prostatitis:** Inflammation of the prostate, sometimes caused by infection
- **Symptoms:**
 - Because of its location, the symptoms of any prostate problem tend to be associated with the bladder and can include
 - urgency to urinate,
 - frequency of urination,
 - burning with urination (dysuria), poor urine flow, or
 - inability to begin a urine stream.

-when it is of infective origin, there may be fever, chills & shakes (as in case of acute bacterial prostatitis)

- Chronic prostatitis without infection, also known as chronic pelvic pain syndrome, is a condition where there is recurrent pelvic, testicle, or rectal pain without evidence of bladder infection. There may be difficulties with painful urination or ejaculation, and erectile dysfunction.

- **Enlarged prostate:** Called benign prostatic hypertrophy or BPH, prostate growth affects virtually all men over 50yrs of age.

In a young man, the normal prostate gland is the size of a walnut (<30g). During normal aging, however, the gland usually grows larger. This hormone-related enlargement with aging is called benign prostatic hyperplasia (BPH)

This condition is not associated with prostate cancer.

SYMPTOMS

- an enlarged prostate gland can squeeze or impinge on the outlet of the bladder or the urethra, leading to difficulty with urination.
- resulting symptoms commonly include slowing of the urinary stream
- urinating more frequently, particularly at night.

However BPH & prostate cancer are two different conditions, but due to symptom similarity in older men patients should seek medical advice from their urologist or primary-care physician if these symptoms are present.

PROSTATE CANCER

- **Prostate cancer:** It's the most common form of cancer in men (besides skin cancer), but only one in 35 men die from prostate cancer. Surgery, radiation, hormone therapy, and chemotherapy can be used to treat prostate cancer.

UNDERSTANDING PROSTATE CANCER

CAUSES

Causes: The cause of prostate cancer is unknown, but the cancer is not thought to be related to benign prostatic hyperplasia (BPH).

The risk (predisposing) factors for prostate cancer include

- advancing age,
- genetics (heredity),
- hormonal influences, and
- such environmental factors as toxins, chemicals, and industrial products

The chances of developing prostate cancer increase with age. It is common in men older than 80 years of age. More than 80% of prostate cancers are diagnosed in men older than 65 year

SYMPTOMS

SYMPTOMS: There are no warning signs or symptoms of early prostate cancer. Once a malignant tumor causes the prostate gland to swell significantly, or once cancer spreads beyond the prostate, the following symptoms may be present:

- A frequent need to urinate, especially at night
- Difficulty starting or stopping a stream of urine
- A weak or interrupted urinary stream
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen