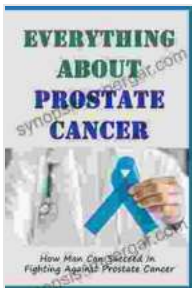


Everything You Need to Know About Prostate Cancer

Prostate cancer is a cancer that develops in the prostate gland, a small, walnut-sized gland located below the bladder in men. The prostate gland produces fluid that helps to nourish and protect sperm. Prostate cancer is the most common cancer among men in the United States, with about 1 in 8 men being diagnosed with the disease during their lifetime.



Everything About Prostate Cancer: How Man Can Succeed In Fighting Against Prostate Cancer

by Debra L. Klamen

★★★★☆ 4.5 out of 5

Language : English

File size : 380 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 54 pages

Lending : Enabled



Symptoms of Prostate Cancer

Prostate cancer often does not cause any symptoms in its early stages. As the cancer grows, it can cause the following symptoms:

- Difficulty urinating
- Frequent urination

- Painful urination
- Blood in the urine
- Blood in the semen
- Pain in the lower back, pelvis, or thighs
- Ejaculation problems
- Erectile dysfunction

Diagnosis of Prostate Cancer

Prostate cancer is typically diagnosed through a combination of tests, including:

- **Digital rectal exam (DRE):** A DRE is a physical exam in which the doctor inserts a finger into the rectum to feel the prostate gland for any lumps or abnormalities.
- **Prostate-specific antigen (PSA) test:** A PSA test is a blood test that measures the level of PSA in the blood. PSA is a protein that is produced by the prostate gland. An elevated PSA level can be a sign of prostate cancer, but it can also be caused by other conditions, such as prostatitis or benign prostatic hyperplasia (BPH).
- **Biopsy:** A biopsy is a procedure in which a small sample of tissue is removed from the prostate gland and examined under a microscope to look for cancer cells.

Treatment Options for Prostate Cancer

The treatment options for prostate cancer depend on the stage of the cancer, the patient's age and overall health, and the patient's preferences.

Treatment options for prostate cancer include:

- **Surgery:** Surgery to remove the prostate gland is called a radical prostatectomy. Radical prostatectomy is the most common treatment for localized prostate cancer.
- **Radiation therapy:** Radiation therapy uses high-energy beams to kill cancer cells. Radiation therapy can be used to treat localized prostate cancer or to relieve symptoms of advanced prostate cancer.
- **Hormone therapy:** Hormone therapy uses drugs to block the production of testosterone, a hormone that can help prostate cancer grow. Hormone therapy is often used to treat advanced prostate cancer.
- **Chemotherapy:** Chemotherapy uses drugs to kill cancer cells. Chemotherapy is often used to treat advanced prostate cancer that has spread to other parts of the body.
- **Immunotherapy:** Immunotherapy uses drugs to boost the body's own immune system to fight cancer. Immunotherapy is a newer treatment option for prostate cancer, and it is still being studied.

Prevention of Prostate Cancer

There is no sure way to prevent prostate cancer, but there are some things that you can do to reduce your risk of developing the disease, including:

- **Maintain a healthy weight:** Obesity is a risk factor for prostate cancer.
- **Eat a healthy diet:** A diet rich in fruits, vegetables, and whole grains may help to reduce your risk of prostate cancer.

- **Exercise regularly:** Regular exercise may help to reduce your risk of prostate cancer.
- **Limit alcohol intake:** Excessive alcohol intake can increase your risk of prostate cancer.
- **Quit smoking:** Smoking cigarettes can increase your risk of prostate cancer.

Prognosis for Prostate Cancer

The prognosis for prostate cancer depends on the stage of the cancer at the time of diagnosis. The 5-year survival rate for localized prostate cancer is about 98%. The 5-year survival rate for regional prostate cancer is about 83%. The 5-year survival rate for distant prostate cancer is about 28%.

Prostate cancer is a serious disease, but it is also one of the most treatable types of cancer. If you are concerned about your risk of prostate cancer, talk to your doctor. Early detection and treatment of prostate cancer can significantly improve the chances of a successful outcome.



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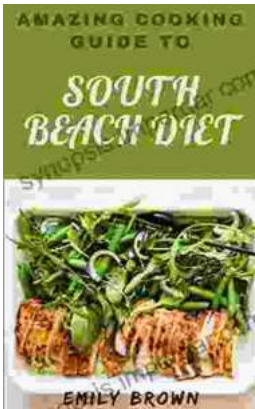
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