



# Prostate Cancer

Kundaria Cancer Prevention Foundation

Division of Rajkot Cancer Society

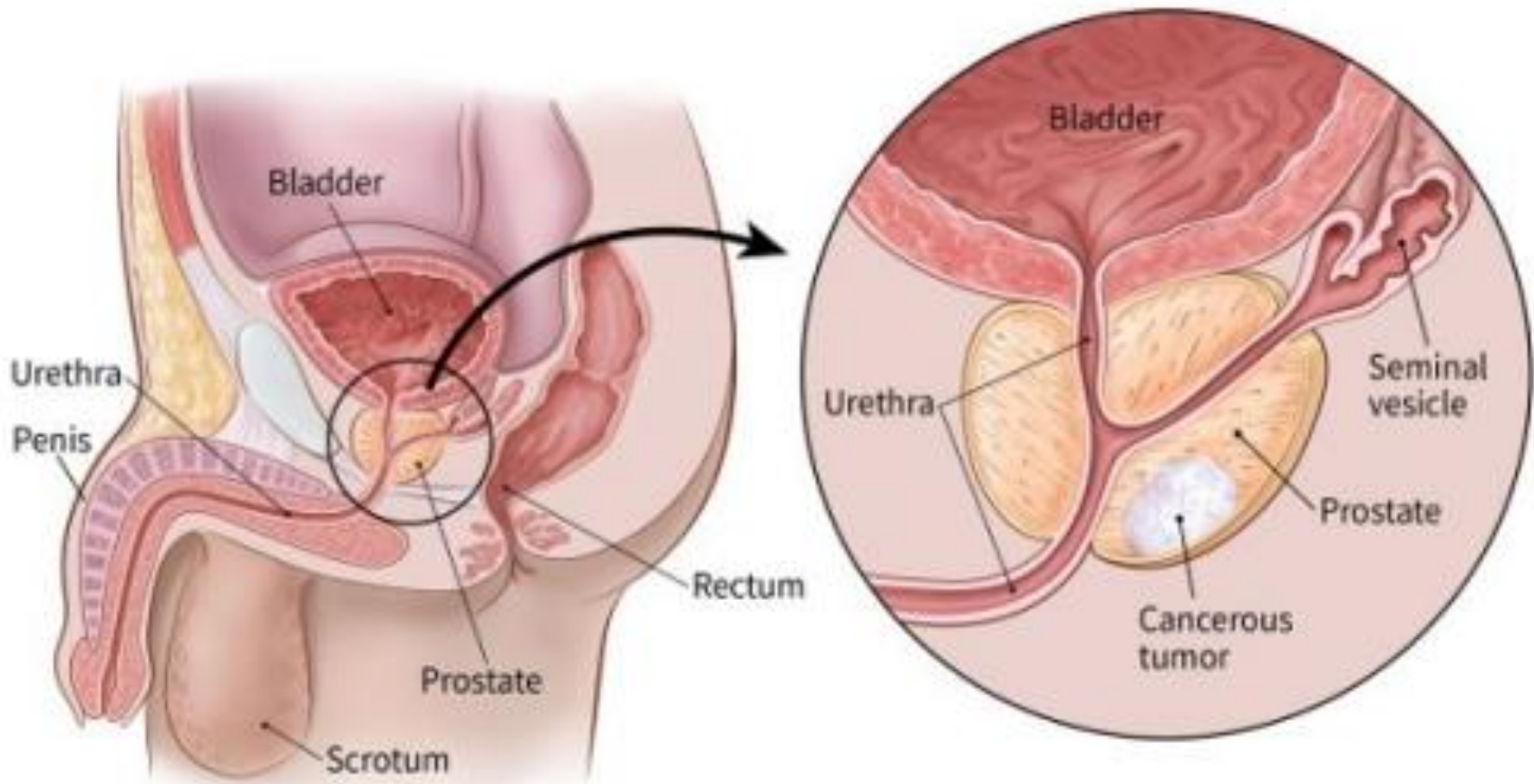
Since January 2019



# Prostate Cancer

- Prostate cancer is one of the most common types of cancer in men.
- Indian Data : Globocan, 2018.  
**New cases: 25,696**  
**Deaths: 17,184**
- The incidence rates of this cancer are constantly and rapidly increasing in India. The cancer projection data shows that the number of cases will become doubled by 2020.
- **Prostate cancer that is detected early — when it's still confined to the prostate gland — has a better chance of successful treatment.**

# Anatomy of Prostate Gland





- The prostate is a small walnut shaped gland, found only in males. It makes some of the fluid that is part of semen.
- The size of the prostate can change as a man ages. In younger men, it is about the size of a walnut, but it can be much larger in older men.
- Prostate cancer begins when cells in the prostate gland start to grow out of control.
- Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, other types are aggressive and can spread quickly.



# Symptoms

Prostate cancer may cause no signs or symptoms in its early stages.

Prostate cancer that's more advanced may cause signs and symptoms such as:



- Frequent urinating
- Trouble urinating, pain, burning, or weak urine flow
- Blood in the urine (Hematuria)
- Painful ejaculation



- Pain in the lower back, hips or upper thighs
- Dull pain in the lower pelvic area
- Bone pain



**BEFORE**



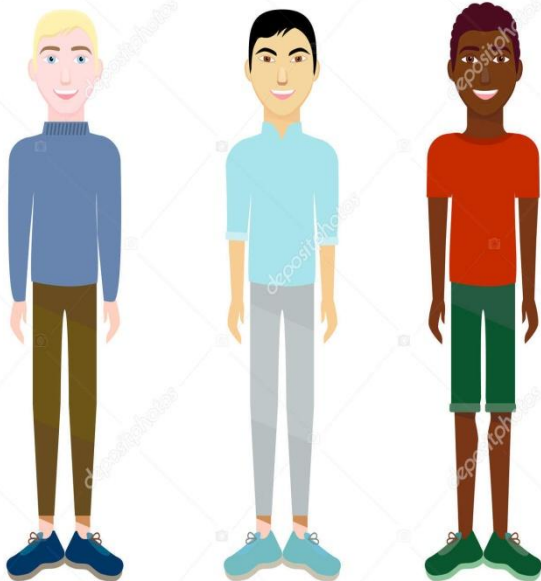
**AFTER**

- Loss of appetite
- Loss of weight

# Risk Factors

## Age

- Increases after the age of 50,
- Rare before the age of 45



## Race or Ethnicity:

- More common in black males than white,
- Asian males have a lower risk than black males or white males



## **Family History:**

- History of prostate cancer, increases the chance of developing cancer

## **Genetic Factors:**

- Inherited features, including changes to the *BRCA1* and *BRCA2* genes, may increase the risk.
- Men born with Lynch syndrome also have a higher risk of prostate and other cancers



# Other Possible Risk Factors



- Diet
- Obesity

- Smoking



- Exposure to chemicals
- Inflammation of the prostate
- Sexually transmitted infection
- Vasectomy

# How can it be prevented?



- Maintain healthy body weight and avoid obesity
- Indulge in regular physical activity



- Eat vegetables and fruits everyday
- Choose whole grains instead of refined grain products



- Limit the intake of dairy foods and diets rich in calcium



- Limited intake of high-calorie foods and drinks
- Avoid alcohol



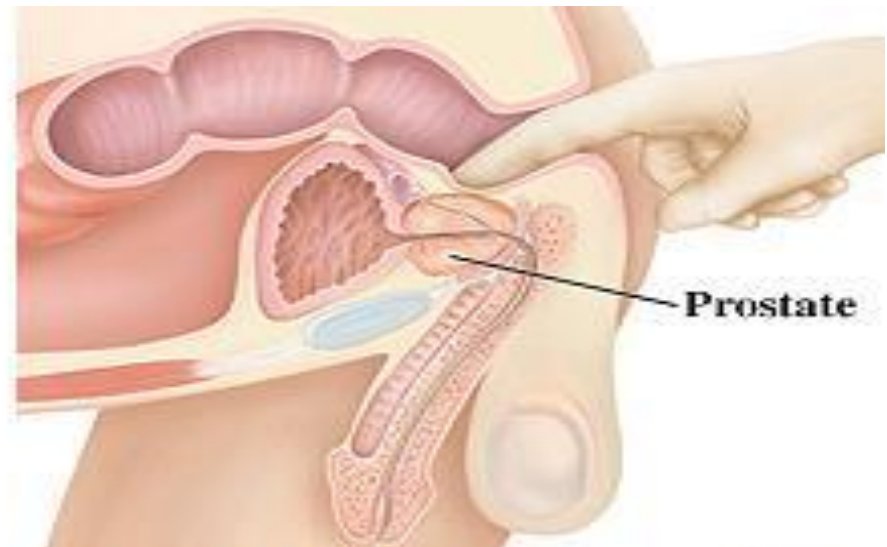
# Early detection/Screening

1. DRE (Digital rectal examination)
2. PSA (Prostate-specific antigen )



# Digital Rectal Exam (DRE)

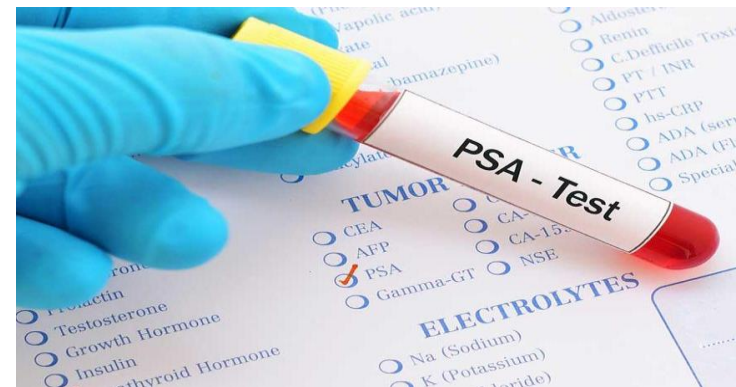
- DRE is less effective than the PSA blood test in finding prostate cancer, but it can sometimes find cancers in men with normal PSA levels.
- For this reason, it might be included as a part of prostate cancer screening.





# Prostate-Specific Antigen (PSA) blood test

- Prostate-specific antigen (PSA) is a protein made by cells in the prostate gland (both normal cells and cancer cells).
- The chance of having prostate cancer goes up as the PSA level goes up
- If your PSA level is high, you might need further tests to look for prostate cancer
- The [American Urology Association](#) recommend screening at 40 years for African American males and those with family history of cancers, and at 55 years for others.





# Outlook

- Males with early stage prostate cancer have a good chance of effective treatment and survival.
- **Localized or regional cancer:** Nearly 100% will survive at least another 5 years.
- **Distant:** Around 30% will survive at least 5 more years if the cancer has affected other parts of the body.
- With treatment, the overall 5 year survival rate for prostate cancer is 98%. Many people live longer than this, however.
- **The best way to detect prostate cancer in the early stages is to attend regular screening.**