



# Prostate Cancer

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This presentation is for informational purposes only, if you or someone you know has symptoms of prostate cancer, please seek medical advice from your primary healthcare provider.



# What is Prostate Cancer?

Prostate cancer is a disease, which cells in the prostate grow out of control. Prostate cancer is the second most common cancer in American men.

# What Is the Prostate?

The prostate is a part of the male reproductive system. The prostate is located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder).

As a man ages, the prostate tends to increase in size. This can cause the urethra to narrow and decrease urine flow. This is called benign prostatic hyperplasia, and it is not the same as prostate cancer.

# RISK

All men are at risk for prostate cancer. 13 in every 100 American men, will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer.

The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer.



# Family History

You are at increased risk of prostate cancer, if it runs in your family.

Men with three or more first-degree relatives (father, son, or brother), or two close relatives(cousins) on the same side of the family, with a history of prostate cancer are at risk of prostate cancer caused by genetic changes that run in their family.

Men who are not African-American and do not have a family history of prostate cancer are at average risk.



# African-American Men

- Are more likely to get prostate cancer than other men.
- Are more than twice as likely to die from prostate cancer than white men.
- Get prostate cancer at a younger age, tend to have more advanced disease when it is found, and tend to have a more severe type of prostate cancer than other men.



# Symptoms:

Symptoms vary from person to person. Some men do not experience symptoms at all.

**If you have any symptoms, be sure to see your healthcare provider right away.**

Keep in mind that symptoms may be caused by conditions other than prostate cancer.

# Symptoms:

Some symptoms of prostate cancer are:

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.



# Screening:

Screening for prostate cancer begins with a blood test called a **prostate specific antigen (PSA) test**.

Because many factors can affect PSA levels, your healthcare provider is the best person to interpret your PSA test results. If the PSA test is abnormal, your healthcare provider may recommend further testing.

# Screening:

Factors, such as age and race, can affect PSA levels. Some prostate glands make more PSA than others.

PSA levels also can be affected by:

- Certain medical procedures.
- Certain medications.
- An enlarged prostate.
- A prostate infection.



# Treatments:

Different types of treatment are available for prostate cancer. You and your healthcare provider will decide which treatment is right for you, some common treatments are:

- Active surveillance: Closely monitoring the prostate.
- Hormone therapy: Blocks cancer cells from getting the hormones they need to grow.
- High-intensity focused ultrasound: This therapy directs high-energy sound waves (ultrasound) at the cancer to kill cancer cells.



# Treatments:

- Biological therapy: Works with your body's immune system to help it fight cancer or to control side effects from other cancer treatments.
- Cryotherapy: Placing a special probe inside or near the prostate cancer to freeze and kill the cancer cells.
- Radiation therapy: Using high-energy rays (like X-rays) to kill the cancer.
- Chemotherapy: Using special drugs to shrink or kill the cancer.
- Surgery: An operation where doctors remove the prostate.



If you have questions or concerns,  
PLEASE consult your healthcare provider.  
Prostate Cancer can be easily handled if  
caught early.



Resource:

Center for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)



Any questions?