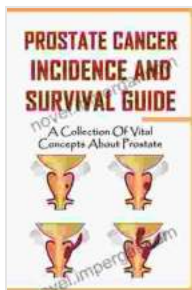


# Prostate Cancer: Everything You Need to Know

## What is Prostate Cancer?

Prostate cancer is a cancer that develops in the prostate gland, a small gland located below the bladder in men. The prostate gland produces fluid that helps to make semen. Prostate cancer is the most common cancer among men in the United States, with over 190,000 new cases diagnosed each year.



## Prostate Cancer Incidence And Survival Guide: A Collection Of Vital Concepts About Prostate

by Shlomo Breznitz

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 97 pages  
Lending : Enabled



## Risk Factors for Prostate Cancer

The risk factors for prostate cancer include:

- Age: The risk of prostate cancer increases with age, with most cases diagnosed in men over 65.

- Race: African American men have a higher risk of prostate cancer than men of other races.
- Family history: Men with a family history of prostate cancer are at higher risk of developing the disease.
- Lifestyle factors: Obesity, smoking, and a diet high in saturated fat and processed meat may increase the risk of prostate cancer.

## **Symptoms of Prostate Cancer**

The symptoms of prostate cancer can include:

- Difficulty urinating
- Pain or burning during urination
- Blood in the urine or semen
- Ejaculation pain
- Pain in the lower back, pelvis, or thighs
- Erectile dysfunction

## **Diagnosis of Prostate Cancer**

Prostate cancer is diagnosed through a variety 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 lumps or other abnormalities.
- Prostate-specific antigen (PSA) test: A PSA test measures the level of PSA in the blood. PSA is a protein produced by the prostate gland. Elevated PSA levels may be a sign of prostate cancer.

- **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 of Prostate Cancer**

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

Treatment options include:

- **Surgery:** Surgery to remove the prostate gland is the most common treatment for prostate cancer. Surgery is typically recommended for men with early-stage prostate cancer.
- **Radiation therapy:** Radiation therapy uses high-energy beams to kill cancer cells. Radiation therapy is typically recommended for men with early-stage prostate cancer or men who are not candidates for surgery.
- **Hormonal therapy:** Hormonal therapy uses drugs to reduce the levels of testosterone in the body. Testosterone is a hormone that can promote the growth of prostate cancer cells. Hormonal therapy is typically recommended for men with advanced prostate cancer.
- **Chemotherapy:** Chemotherapy uses drugs to kill cancer cells. Chemotherapy is typically recommended for men with advanced prostate cancer that has spread to other parts of the body.

## **Prognosis for Prostate Cancer**

The prognosis for prostate cancer depends on the stage of the cancer at diagnosis. The five-year survival rate for men with early-stage prostate cancer is over 90%. The five-year survival rate for men with advanced prostate cancer is about 30%.

## **Prevention of Prostate Cancer**

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

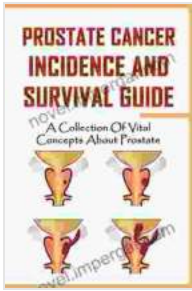
- Maintain a healthy weight
- Eat a healthy diet
- Get regular exercise
- Avoid smoking
- Talk to your doctor about prostate cancer screening

## **Support for Prostate Cancer Patients**

If you have been diagnosed with prostate cancer, there are a number of resources available to you. These resources can provide you with information about prostate cancer, support groups, and financial assistance.

- American Cancer Society
- Prostate Cancer Foundation
- ZERO - The End of Prostate Cancer

Prostate cancer is a serious disease, but it is one that can be treated successfully. If you are concerned about your risk of prostate cancer, talk to your doctor. Early diagnosis and treatment can improve your chances of a successful outcome.

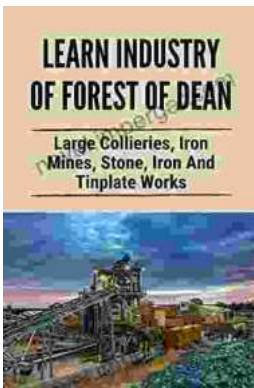


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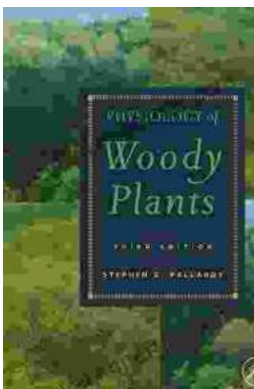
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