

PROSTATE CANCER

WHAT IS PROSTATE CANCER?

Prostate Cancer is a cancer that occurs in the prostate gland; a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm.

CAUSES

Similar to any other cancerous disease, the cause is regarded to be;
Genetically influenced or,
Exposure to chemical toxins.

This factors causes mutation within the prostrate cells, forming a tumor at the end.

RISK FACTORS

- Family history
- Age
- Race
- Geographical location
- Diet

SYMPTOMS

Pain areas: in the bones

Urinary: difficulty starting and maintaining a steady stream of urine, dribbling of urine, excessive urination at night, frequent urination, urge to urinate and leaking, urinary retention, or weak urinary stream.

DIAGNOSIS

- Digital rectal exam (DRE).
- Prostate-specific antigen (PSA) test
- Bone scan
- Ultrasound
- Computerized tomography (CT) scan
- Magnetic resonance imaging (MRI)
- Positron emission tomography (PET) scan.

STAGES OF PROSTATE CANCER

Stage I: Cancer in this early stage is usually slow growing.

Stage II: The tumor is found only in the prostate.

Stage III: PSA levels are high, the tumor is growing, or the cancer is high grade.

Stage IV: The cancer has spread beyond the prostate.

TREATMENT

Surgery

Surgery for prostate cancer involves removing the prostate gland (radical prostatectomy), some surrounding tissue and a few lymph nodes. Radical prostatectomy can be performed by the use of robots or a direct incision through the abdomen.

Radiotherapy

Radiation therapy uses high-powered energy to kill cancer cells. Prostate cancer radiation therapy can be delivered in as brachytherapy or the normal external beam radiation.

Chemotherapy

Chemotherapy uses drugs to kill rapidly growing cells, including cancer cells. Chemotherapy can be administered through a vein in your arm, in pill form or both.

Hormone therapy

Hormone therapy is treatment to stop your body from producing the male hormone testosterone. Prostate cancer cells rely on testosterone to help them grow. Cutting off the supply of testosterone may cause cancer cells to die or to grow more slowly.

Immunotherapy

Biological therapy /immunotherapy uses your body's immune system to fight cancer cells. One type of biological therapy called sipuleucel-T (Provenge) has been developed to treat advanced, recurrent prostate cancer.

PROGNOSIS BY STAGE

Local stage

This means that there is no sign that the cancer has spread outside of the prostate. This includes AJCC stage I, II, and some stage III cancers. About 4 out of 5 prostate cancers are found in this early stage. The relative 5-year survival rate for local stage prostate cancer is nearly 100%.

Regional stage

This means the cancer has spread from the prostate to nearby areas. This includes mainly stage III and IV cancers. The relative 5-year survival rate for regional stage prostate cancer is nearly 100%.

Distant stage

The stage includes stage IV cancers – cancers that have spread to distant lymph nodes, bones, or other organs. The relative 5-year survival rate for distant stage prostate cancer is about 29%.

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