



Western
Health

Prostate Health

July 2012



Objectives:

- You will know more about the prostate.
- You will know the risk factors of prostate cancer.
- You will know how prostate cancer is diagnosed.
- You will know how prostate cancer is treated.



MEN!

- Have a lower life expectancy.
- Avail of medical services less.
- Delay getting help when sick.
- Not comfortable talking about their illness.
- Have a prostate.



Facts:

- Prostate cancer is the most frequently diagnosed cancer in Canadian men.
- 1 in 7 men will develop prostate cancer during their life.
- In 2012 it is estimated that 26,500 Canadian men will be diagnosed with prostate cancer and 4000 will die.
- In NL it is estimated that 490 new cases of prostate cancer will be diagnosed in 2012 and approximately 70 will die.

Cause of Prostate Cancer:

- Unknown.
- Cancer cells in the prostate are stimulated by the male hormone testosterone.
- Evidence suggests that diet may play an important role.
- In some men cancer grows slowly, in others more rapidly.
- Risk increases with age, with more than 80% of cases diagnosed over the age of 65.

Risk Factors:

- Increase with age.
- Greater risk for certain racial groups (African-Canadians).
- Family history: greater risk for a man whose father or brother had or has prostate cancer.
- High fat diet.



The Prostate Gland:

- Male sex gland - size of a walnut (1 inch in diameter).
- Helps make the semen that carries the sperm from the testicles.
- Located just below the bladder.
- Wrapped around the urethra (tube that carries urine from the bladder).



Symptoms:

- There may be no symptoms.
- Hematuria (blood in urine).
- Difficulty urinating, frequency, burning (may be other causes).

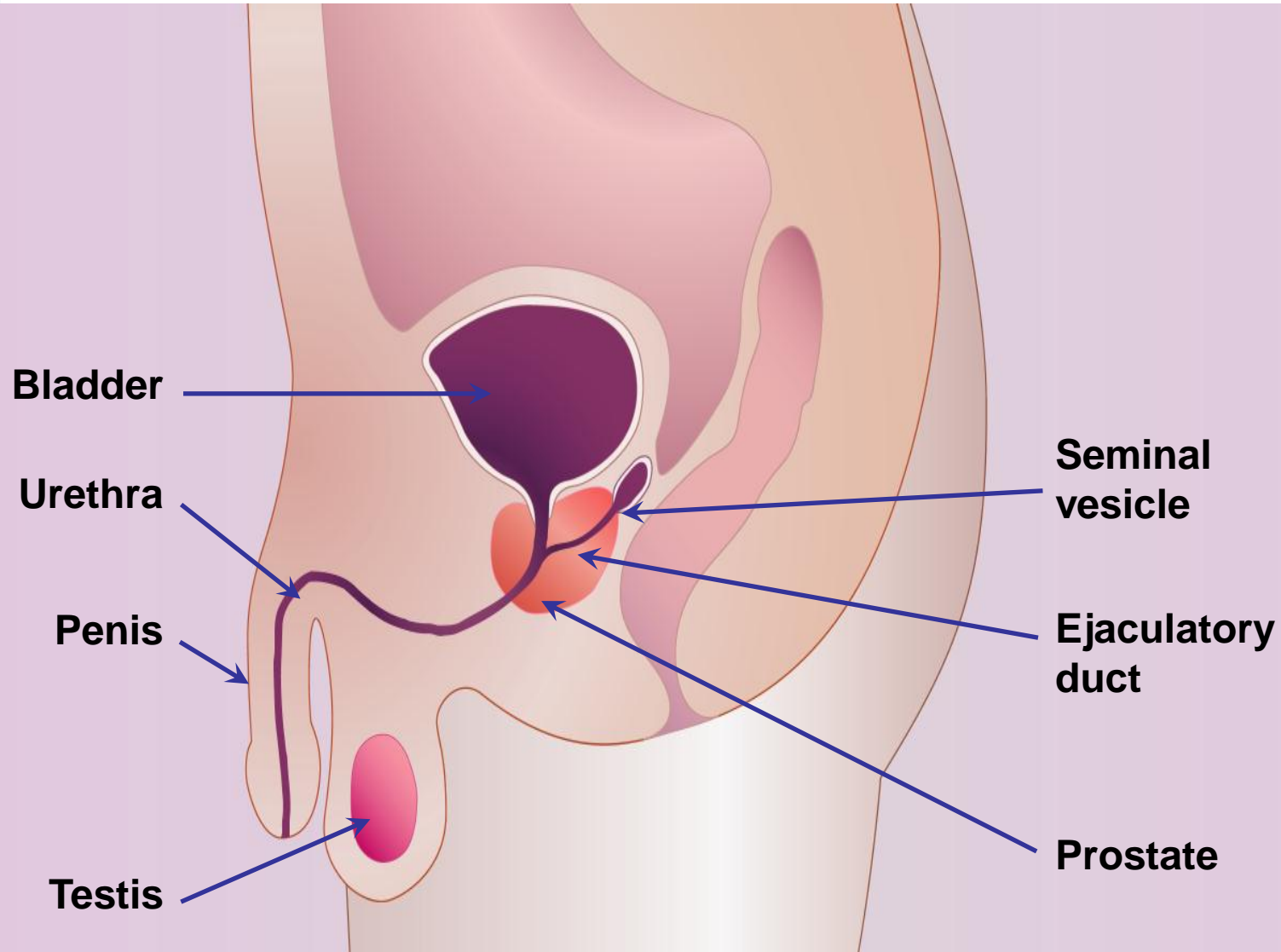


Normal Prostate



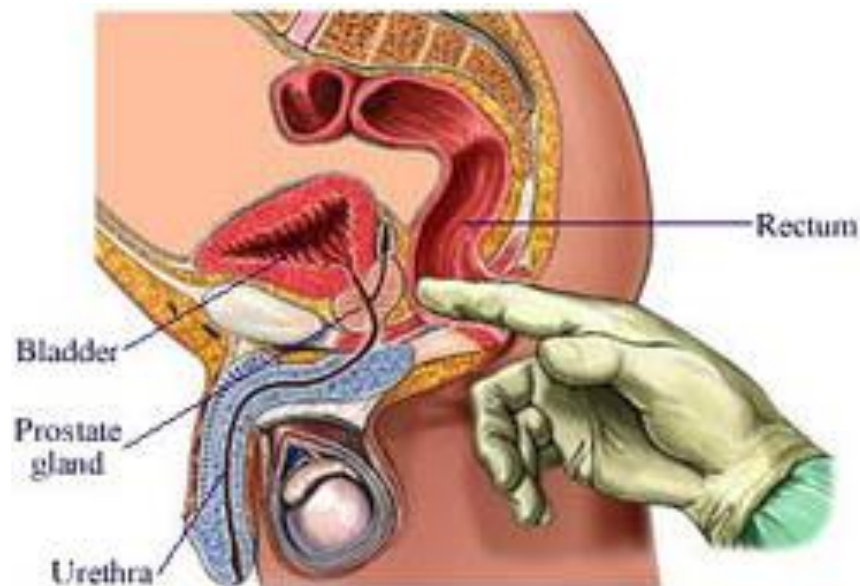
Enlarged Prostate

Male Reproductive System



Diagnosis:

- Doctor performs a Digital Rectal Examination (DRE).
- Blood test: Prostate-Specific Antigen (PSA).
- If DRE or PSA test is positive then a transrectal ultrasound (TRUS) to verify the results.
- Needle biopsy: tissue sample.



Additional Testing:

- Chest X-Ray
- Bone Scan
- CT Scan
- IVP (Intravenous Pyelogram)
- MRI

Treatment:

Depends on several factors:

- How fast the cancer is growing
- How much it has spread
- Overall health

Includes:

- No treatment: watchful waiting
- Surgery
- Radiation therapy
- Hormone therapy
- Chemotherapy

Summary:

- Prostate cancer is common among older men.
- If diagnosed early, prostate cancer can be treated effectively.
- Know the symptoms.
- Have routine digital rectal examinations as advised by your health care provider.
- If you have unusual symptoms, see your health care provider.





‘Health promotion is the process of enabling people to increase control over and to improve their health’

- www.westernhealth.nl.ca/getitchecked