

PROSTATE CANCER OVERVIEW

Approximately 11% of Men Will be Diagnosed with Prostate Cancer Sometime in Their Life

Prostate Cancer is the Second Most Common Cancer Among Men in the United States

While the survival rate after being diagnosed with prostate cancer is very high, it is extremely important to take any and all precautions necessary and to catch the cancer in the early stages.

The following summary provides a brief overview of prostate cancer symptoms, stages and treatment information.

01 | What Prostate Cancer Is

The prostate is a walnut-sized gland located between the bladder and the penis and just in front of the rectum. Urine passes through the prostate via the urethra. The main function of the prostate is to secrete fluid which nourishes and protects sperm.

Prostate cancer is the presence of cancerous cell growth (tumors) within the prostate that can spread throughout the body.

02 | Symptoms

Unfortunately there are no early warning signs of prostate cancer; it is only after the tumor has caused the prostate gland to swell or the cancer spreads beyond the prostate that symptoms arise. The following symptoms will occur when a tumor growth causes blockage in the prostate:

- Frequent urination, especially at night
- Difficulty starting or stopping the urination process
- Urination leaks while coughing or laughing
- Inability to urinate standing up
- A painful or burning sensation while urinating
- Blood in urine and semen

03 | Stages

- Stage I – The cancer is only found in the prostate. At this stage it is microscopic and cannot be found via most testing.
- Stage II – The tumor has grown inside the prostate and not beyond.
- Stage III – Cancer has spread beyond the prostate, but only minimally. There is no spread to lymph nodes or distant tissue.

- Stage IV – The cancer has spread to distant tissues (metastasized), beyond the lymph nodes.

04 | Treatment

Depending on the individual patient and course of action for treatment, several different medical providers may be involved in the patients overall care. Factors such as age, stage of cancer and overall health will be used to determine what treatment will be viable for the patient. Possible treatment options include:

- Surgery – Removal of prostate, predominantly early stages of tumors.
- Radiation Therapy – Either external beam radiation therapy, administered from outside of the body or brachytherapy, involving internal radioactive sources are commonly used.
- Hormone Therapy – Lowers or stops the levels of hormones that can trigger cancer cell growth.
- Chemotherapy - Commonly used in conjunction with radiation therapy (chemo-radiation) or before or after radiation treatment.

For additional resources on prostate cancer and your options please visit: <http://www.cancer.org>

Did You Know?

There are often no early prostate cancer symptoms

References

<http://www.webmd.com/prostate-cancer/default.htm>

<http://www.cancer.gov/types/prostate>