

UNDERSTANDING PROSTATE CANCER

Prostate cancer is among the most frequently diagnosed cancers in men.

Prostate cancer is a common type of cancer that starts in the prostate gland, which is responsible for producing seminal fluid. While many cases progress slowly and stay confined to the prostate gland, some aggressive forms can spread quickly and require immediate treatment. Early detection of the cancer offers the highest likelihood of successful treatment.

01 | Signs and Symptoms

In the early stages, prostate cancer may cause no signs of symptoms. However, once it advances, it may cause symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Pain in the hips, back chest or other areas
- Weakness or numbness in the legs or feet
- Weight loss
- Blood in the urine
- Erectile disfunctions

02 | Diagnosis

It is advised that men in their fifties discuss prostate cancer screening with their healthcare provider. If there is an abnormality detected in a screening, doctors will recommend further tests such as an ultrasound, MRI or a collection of prostate tissue to determine if it is prostate cancer. When there's confirmation of the cancer's presence, the next step is to determine the level of aggressiveness.

03 | Treatments

The treatment for prostate cancer is determined by various factors, including:

- Rate of cancer growth
- Whether it has spread
- Overall health
- Potential advantages or drawbacks of the treatment

Depending on the situation, options for treatment include:

- Surgery
- Radiation therapy
- Chemotherapy or immunotherapy
- Cryotherapy
- Hormone therapy

For more information on prostate cancer and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org).

Did You Know?

About 1 in 8 men in the US will be diagnosed with prostate cancer at some point in their life.

References

<https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>

<https://www.cancer.org/cancer/types/prostate-cancer/detection-diagnosis-staging/signs-symptoms.html>

<https://www.pcf.org/c/top-10-things-you-should-know-about-prostate-cancer/>