

neoplasia (PIN), you may be at an increased risk for this cancer.

4 Obesity

5 **Diet** – If you consume a diet rich in meat and animal fats, you have a risk of developing prostate cancer.

What tests will I have to take to detect prostate cancer?

Your doctor will go through your medical history and conduct a physical exam first. Then, your doctor will order a digital rectal exam and a Prostate-Specific Antigen or PSA blood test.

If your results indicate prostate cancer symptoms, you may need to have a trans-rectal ultrasound to get a tissue sample from the prostate gland for examination under a microscope by a pathologist, better known as a biopsy. In addition, you may need to have a cystoscopy, which allows your doctor to look inside the bladder and urethra using a thin instrument, which also aids in obtaining tissue samples from the affected area.

What is the treatment for this type of cancer?

There are many types of treatment options for men with prostate cancer:

Surgery is the most common option if it is found that the cancer is confined to the prostate area alone. In this option, the entire prostate gland is

removed and the bladder is connected to the urethra to allow free urination.

Both radiation therapy, which uses high-energy radiation rays to destroy cancer cells, and chemotherapy, which uses anti-cancer drugs to eliminate cancer cells are also used to treat prostate cancer.

Biological therapy is another option, where certain substances travel through the blood affecting cells all over the body. In this method, the immune system naturally fights the cancer.

What can I do to prevent for prostate cancer?

Make sure you get yearly examination from your physician. Get a prostate exam and PSA blood test every year after the age of 40. Implement a healthy diet and exercise regularly. Maintain a healthy married life. Again, do not forget to talk to your physician if you experience any of the risk factors associated with this type of cancer.

PGS/MD/01/0001/E

INFORMATION ON PROSTATE CANCER



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In Pakistan and most countries around the world, prostate cancer is the most common cancer amongst men over the age of 50.

What is prostate cancer?

The prostate is a part of the male reproductive system, located in front of the rectum under the bladder. About the size of a walnut, the prostate surrounds the urethra, the tube through which urine flows.

Prostate cancer starts in the prostate gland, when the prostate cells start to grow abnormally. The abnormal growth causes the prostate to grow larger and squeeze the urethra, preventing the normal flow of urine.

What are its symptoms?

The most common symptoms of prostate cancer include urinary problems such as the inability to urinate, having a hard time starting or stopping urine flow, the need to urinate often especially at night, weak flow of urine, pain or burning sensation during urination, or blood in the urine. Other symptoms include difficulty having an erection and frequent pain in the lower back, hips, or upper thighs.

Early prostate cancer usually does not cause any symptoms or pain. In fact, it is not unusual for some men to not experience any of the symptoms related to prostate cancer prior to diagnosis. You should consult a doctor if you are experiencing any of these symptoms to have the problem diagnosed and treated. Most often, these

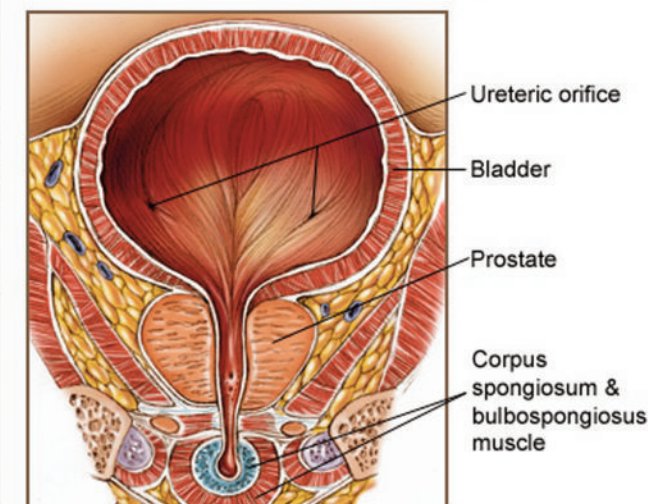
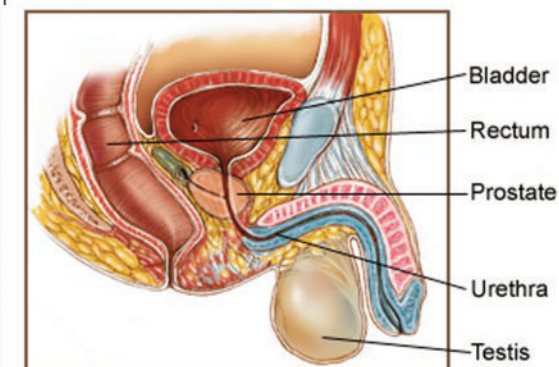
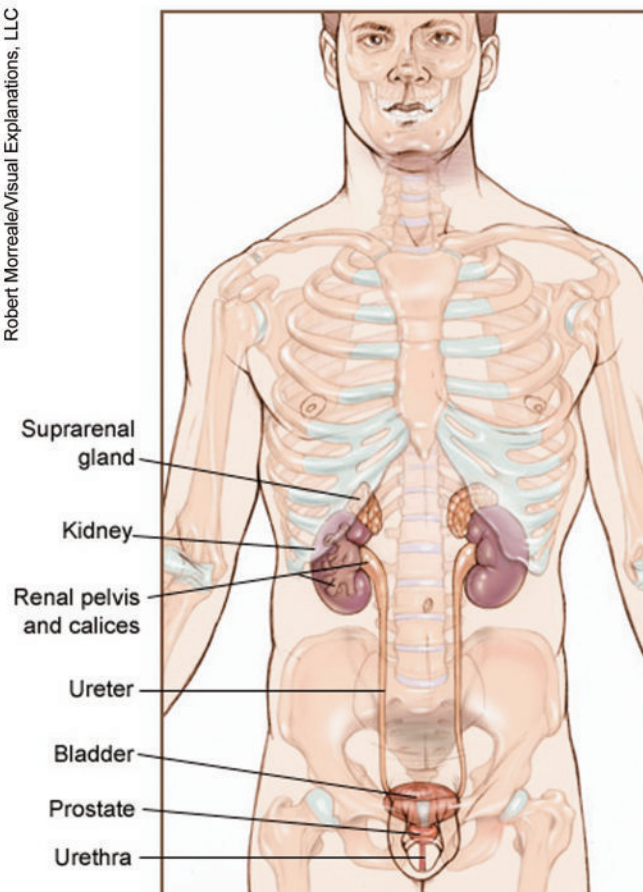
symptoms are not due to cancer and are a result of other problems.

What are the risk factors associated with prostate cancer?

No one knows the exact cause of prostate cancer but we do know that prostate cancer is not contagious. The risk factors of this cancer include:

1 Age – The incidence of prostate cancer

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increases as men get older. It rarely occurs in men under the age of 45. Over 50 per cent of prostate cancer patients are over the age of 50.

2 Family history – The risk of developing prostate cancer is higher if a close family member such as your father or brother had the disease.

3 Prostate changes – If you have a certain type of cells, high-grade prostatic intraepithelial