

November 2018

PROSTATE CANCER

1 of the BIG 5 cancers affecting men in South Africa

The lifetime risk for Prostate Cancer in men in South Africa is 1 in 18.

What is Prostate Cancer?

Prostate cancer is a malignant tumour that begins in the prostate gland. Some grow very slowly and may not cause symptoms for years. Most prostate cancer cells make excessive amounts of a protein called prostate specific antigen (PSA). PSA is also found in higher-than-normal levels in men with various other prostate conditions. Prostate cancer is unusual in that many tumours do not spread from the prostate.

Risk Factors

- Age is the strongest risk for prostate cancer. Rare before age 40, risks rise after age 50
- Family history. Seems to run in some families
- Diet in that men who eat a lot of red meat, or high fat dairy products appear to have a slightly higher chance of getting prostate cancer
- Obesity as obese men diagnosed with prostate cancer may be more likely to have an advanced disease that is more difficult to treat
- Use of anabolic steroids
- High alcohol intake

Some symptoms and signs of prostate cancer

- Trouble starting and stopping whilst urinating
- Frequent urges to urinate at night

- Loss of bladder control
- Erectile dysfunction
- Numbness or pain in legs, hips or feet

Diagnosis

- Testing is done through a Prostate Specific Antigen (PSA) test, and a Digital Rectal examination & a subsequent prostate biopsy. Note that a PSA test is only an indicator for prostate cancer. PSA testing should be done every 2 years for men from age 50, and every year for men from age 40 who have had a family history of prostate cancer.
- Early detection is **key** to enabling better outcomes and a potential cure of prostate cancer

Treatment of Prostate Cancer

- Main treatments include surgery, chemotherapy, and hormone therapy
- Treatment is considered individually for each case
- Active surveillance is a strategy that monitors the cancer closely choosing treatment if it advances

GET HEALTHY, GET MOVING & GET TESTED