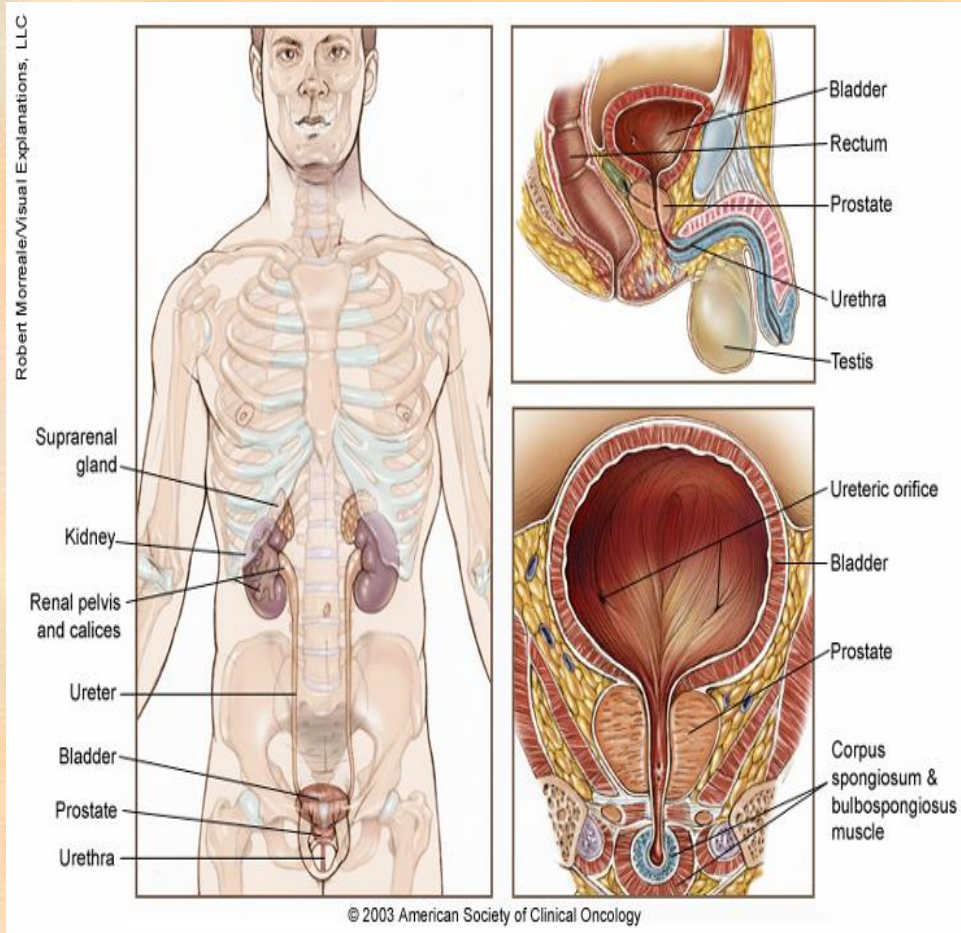




Understanding Prostate Cancer

**Angelie Brook U. Cejudo, RN
Senior Health Program Officer
Non-Communicable Diseases Section
Department of Health Central Visayas
Center for Health Development**

Function of Prostate



- The prostate is a walnut-sized gland located behind the base of the penis, in front of the rectum and below the bladder

It surrounds the urethra, the tube-like channel that carries urine and semen through the penis

The primary function of the prostate is to produce seminal fluid, the liquid in semen that protects, supports, and helps transport sperm



What is Cancer?

- A group of 100 different diseases
- The uncontrolled, abnormal growth of cells
- Cancer may spread to other parts of the body
- There were an estimated 14.1 million cancer cases around the world in 2012, of these 7.4 million cases were in men and 6.7 million in women. This number is expected to increase to 24 million by 2035.



What is Prostate Cancer?

- The 2nd most common type of cancer in men and most frequent cause of cancer-related death in men
- A malignant (cancerous) tumor that begins in the prostate gland
- Some prostate cancers grow very slowly and may not cause problems for years
- Prostate cancer is somewhat unusual in that many men with advanced cancer respond to treatment



Both sexes

cancer
1. Lung
2. Breast
3. Colorectal
4. Prostate
5. Stomach
6. Liver
7. Cervix uteri
8. Esophagus
9. Bladder
10. NHL

male

cancer
1. Lung
2. Prostate
3. Colorectal
4. Stomach
5. Liver
6. Bladder
7. Esophagus
8. NHL
9. Kidney
10. Leukemia



Risk Factors

- Age
- Race/ethnicity
- Family history
- Diet
- Hormones



Common symptoms

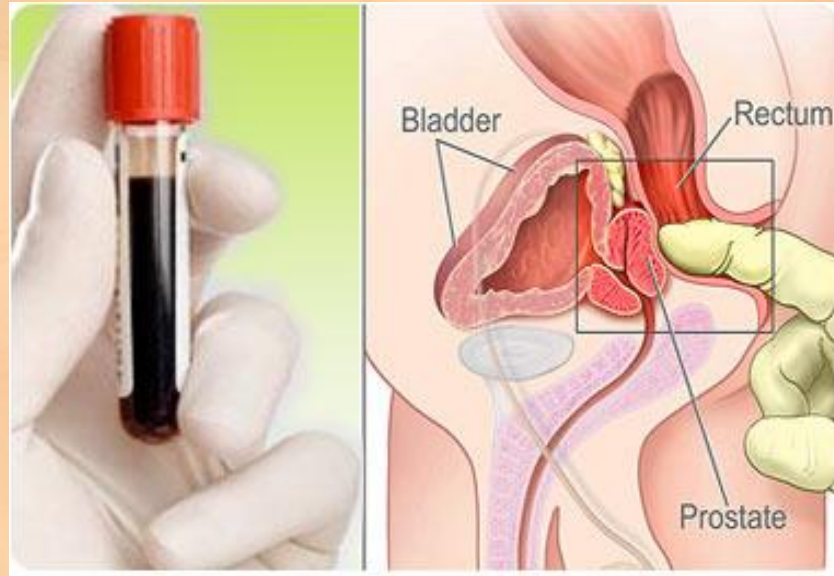
- Frequent urination, or weak or interrupted urine flow
- Pain or burning during urination or blood in the urine
- The urge to urinate frequently during the night
- Different symptoms if the cancer has spread: pain in the back, weight loss, fatigue



Early Detection



- Prostate-specific antigen (PSA) test
- Digital rectal examination (DRE)

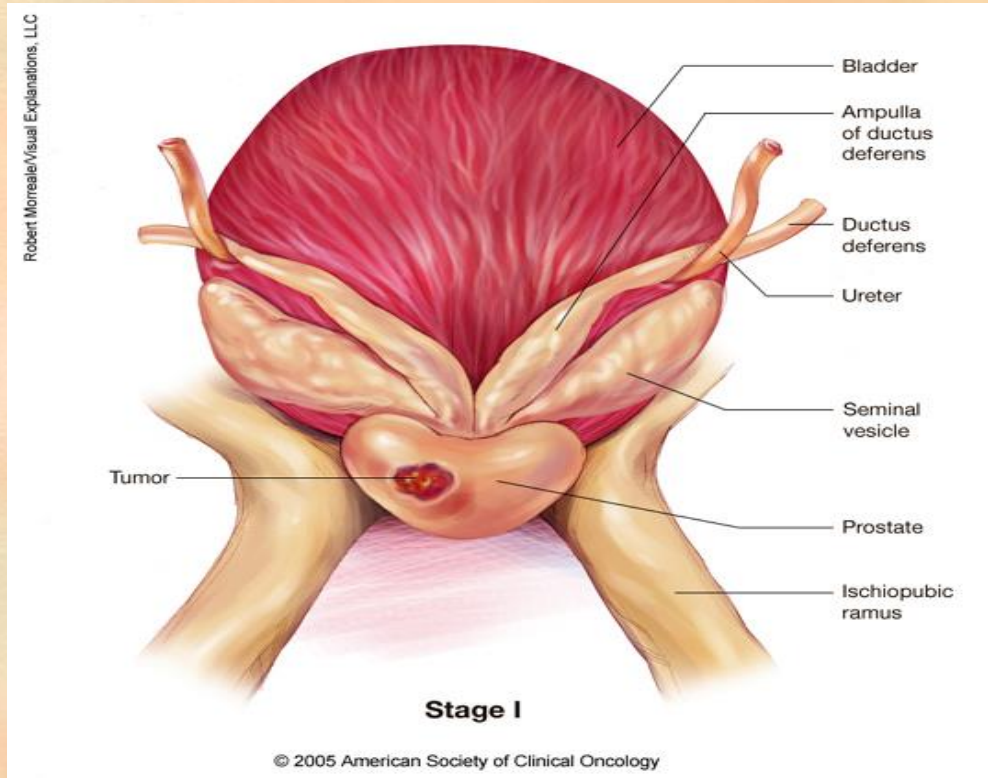


Diagnostic Tools

- Ultrasound
- Bone scan
- Prostate biopsy
- CT scan
- MRI
- PET



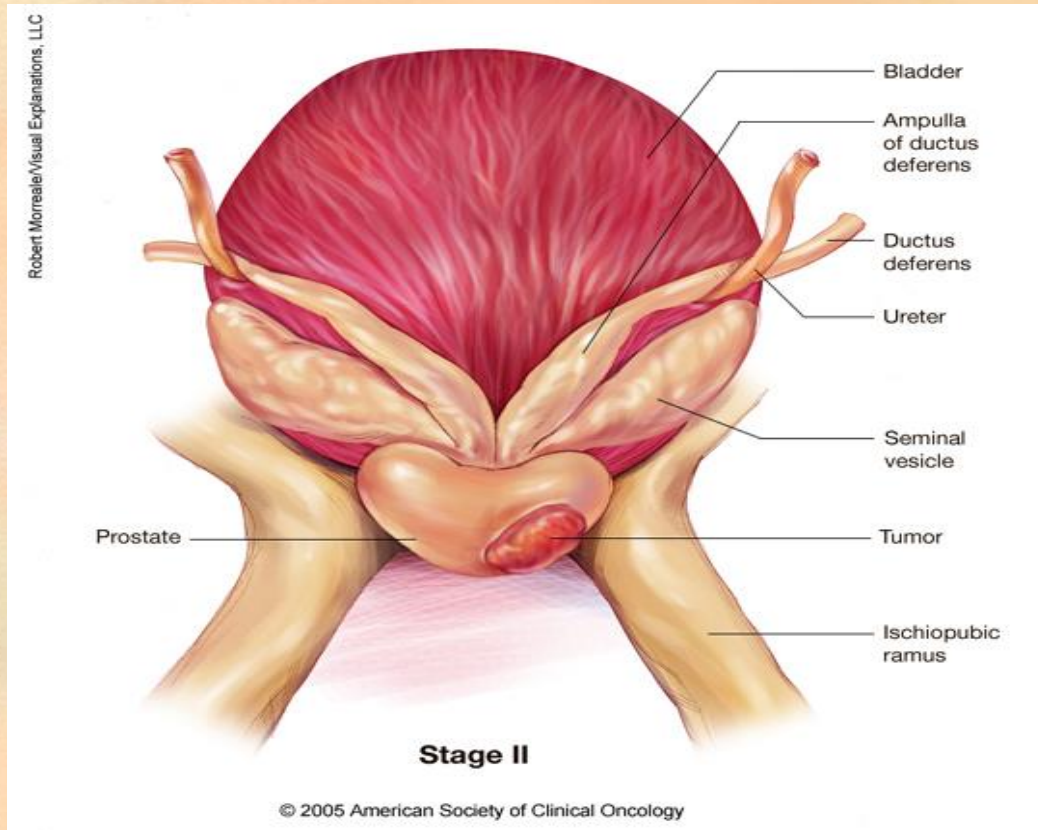
Prostate Cancer Grading



- Stage I cancer is found only in the prostate and usually grows slowly



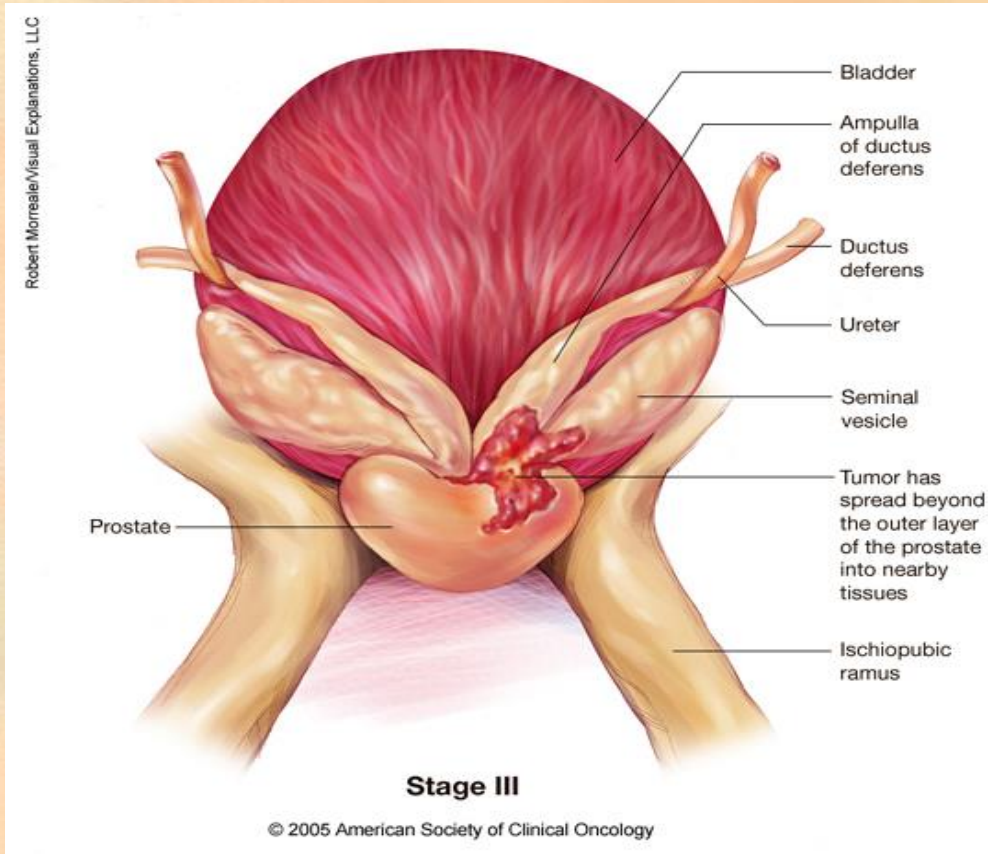
Prostate Cancer Grading



- Stage II cancer has not spread beyond the prostate gland, but involves more than one part of the prostate, and may tend to grow more quickly



Prostate Cancer Grading

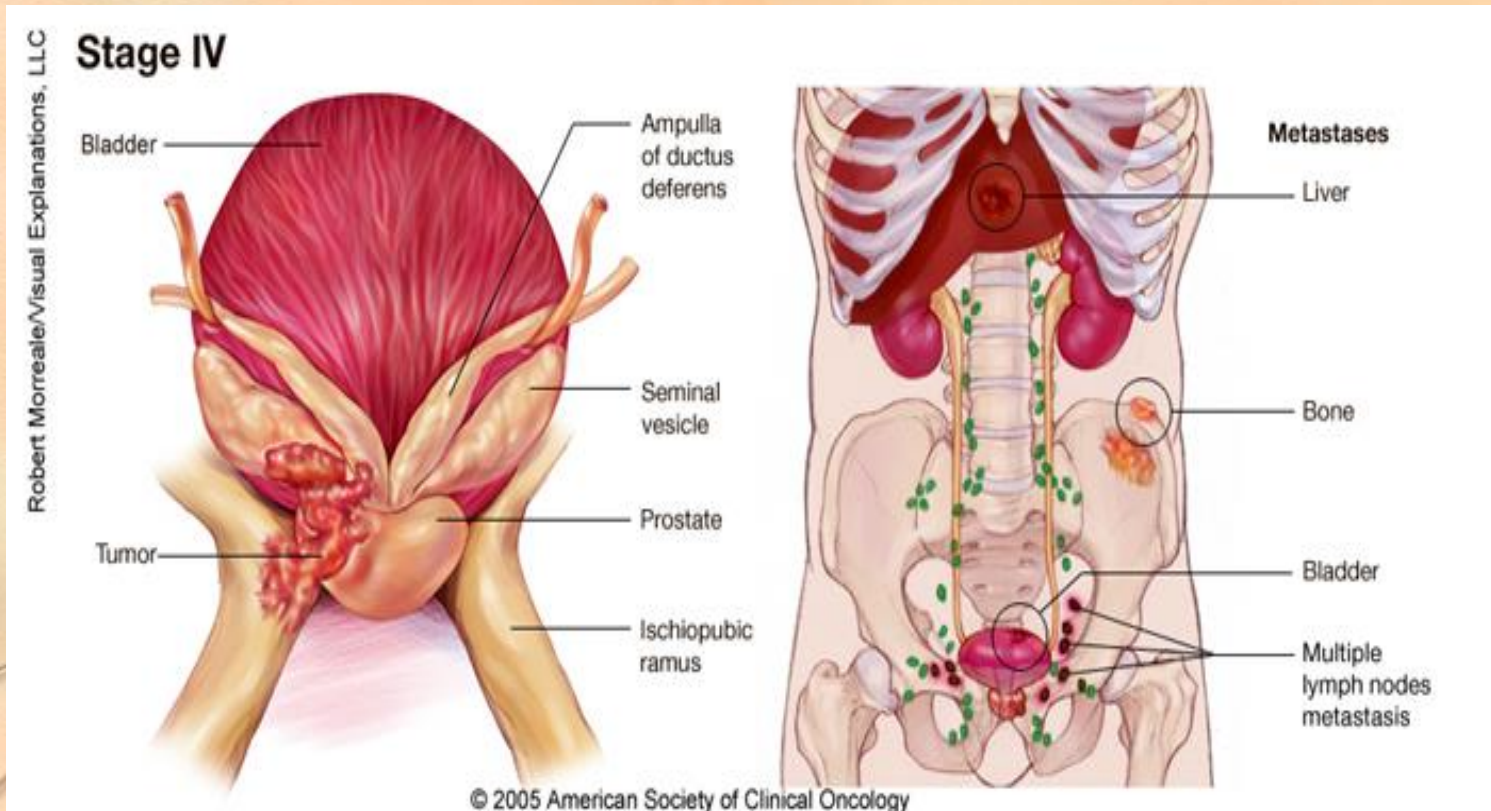


- Stage III cancer has spread beyond the outer layer of the prostate into nearby tissues or to the seminal vesicles, the glands that help produce semen



Prostate Cancer Grading

- Stage IV cancer has spread to other areas of the body such as the bladder, rectum, bone, liver, lungs, or lymph nodes



Complications

- Metastases
- Incontinence
- Erectile dysfunction



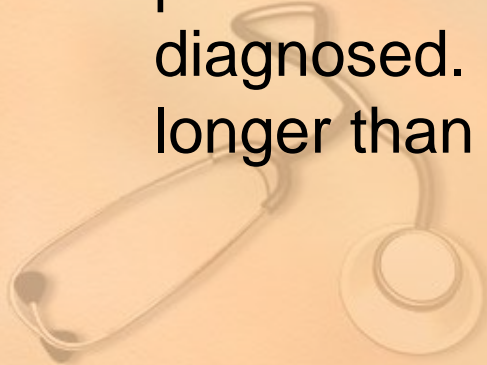
treatment

- Surgery
- Radiation therapy
- Hormone therapy
- Chemotherapy



Survival rates

- Survival rates are often based on previous outcomes of large numbers of people who had the disease, but they cannot predict what will happen in any particular person's case. Many other factors may affect a person's outlook, such as the patient's age and health, the treatment received, and how well the cancer responds to treatment.
- The 5-year survival rate refers to the percentage of patients who live *at least 5 years* after their cancer is diagnosed. Of course, many of these people live much longer than 5 years (and many are cured).



CAUTION - 7 Danger Signals of Cancer



1. **C**hange in usual bowel or bladder habits.



2. **A** sore that does not heal.



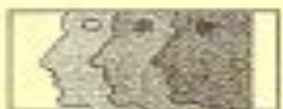
3. **U**nusual bleeding or discharge.



4. **T**hickening or lump in breast or elsewhere.



5. **I**ndigestion (Persistent) or difficulty in swallowing.



6. **O**bvious change in wart or mole.



7. **N**agging cough or hoarseness of voice.

Universally accepted

If these symptoms continue for 3 weeks and are not cured by ordinary treatment, one should consult a specialist.

FATHER...
BROTHER...
HUSBAND...
SON...

EVERY MAN IS AT RISK
WITH

P R O S T A T E
C A N C E R



THANK YOU FOR LISTENING!

