

A Brief Note on Prostate Cancer

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Editorial Note

Prostate cancer is a type of cancer which effects the prostate gland. The prostate is a male reproductive organ that surrounds the urethra slightly below the bladder. The majority of prostate cancers grow slowly. Cancerous cells have the capacity to spread to other parts of the body, especially the bones and lymph nodes. It may not produce any symptoms initially. Symptoms in the later stages include pain or difficult urinating, blood in the urine as well as pain in the pelvic or back. Symptoms for benign prostatic hyperplasia may be similar. Fatigue because low red blood cell count is also another late symptom.

Older age, family history, and race all seem to be risk factors for prostate cancer. Approximately 99% of cases occur after the age of 50. The first relative with the illness increases the risk two-to three-fold. Other risk factors include a high consumption of processed foods, meat and red meat, whereas a high intake of milk products is uncertain. An association with gonorrhea has been detected, although no cause for this correlation has been established. BRCA mutations are connected with an elevated risk. Biopsy is used to make a diagnosis. Medical imaging may be used to determine the presence of metastasis.

Prostate cancer screening, including Prostate-Specific Antigen (PSA) testing, enhances cancer diagnosis, although it is debatable if it improves outcomes. For people aged 55 to 69, making informed decisions is advised. If testing is done, it is more suitable for people who have a longer life expectancy. Although 5-reductase inhibitors appear to reduce the incidence of low-grade cancer, they have no effect on the risk of high-grade cancer and are not indicated for prevention. Supplementation with vitamins or minerals does not show to reduce risk.

Signs and symptoms

Symptoms of early prostate cancer are typically non-specific. When they do occur, they frequently resemble benign prostatic hyperplasia. Frequent urination, nocturia (increased urination at night), trouble

initiating and keeping a constant stream of urine, hematuria (blood in the urine), dysuria (painful urination), tiredness owing to anemia, and bone discomfort are some of the symptoms. According to one research, one-third of diagnosed individuals experienced one or more of these symptoms.

Because the prostate gland surrounds the prostatic urethra, prostate cancer is related with urinary impairment. Changes inside the gland have a direct impact on urine function. Prostate cancer may affect sexual function and performance because the vas deferens deposits seminal fluid into the prostatic urethra and prostate secretions are included in semen composition, such as trouble establishing erection or painful ejaculation.

Clinical signs of metastatic prostate cancer might occur. The most common symptom is bone pain, which usually occurs in the vertebrae (spinal bones), pelvis, or ribs. Cancer spreads to other bones, such as the femur, generally to the portion of the bone closest to the prostate. Prostate cancer in the spine can cause spinal cord compression, resulting in tingling, limb weakness, and urine and bowel problems.

Risk factors

Obesity, age, and family history are the major risk factors. Obese men were more likely to have a 34% higher mortality risk from prostate cancer than normal-weight males. Prostate cancer is uncommon in males under the age of 45, but it gets more prevalent as they become older. At the time of diagnosis, the typical age is 70. Men who already have high blood pressure are at a higher risk of developing prostate cancer. Lack of exercise is connected with a slight increase in risk. Blood testosterone levels that are high may put you at danger. Although some evidence from prospective cohort studies suggests that frequent ejaculation may lower the risk of prostate cancer; no clinical studies have found this advantage. Although a link between vasectomy and prostate cancer has been discovered, causation has yet to be proved.