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Prostate Cancer

What is the prostate?

The prostate is a small gland that is part of the male's reproductive system.

The cause of prostate cancer is unknown.

Prostate cancer affects 1 in 6 men



For more information please visit:

<http://www.cancer.gov/cancertopics/wyntk/prostate>

<http://www.pcf.org>

<http://www.cancer.org/cancer/prostatecancer/index>

Prostate Cancer Symptoms

Not everyone experiences symptoms and prostate cancer may be found during a routine check-up by your physician.

Symptoms include:

- Frequent urination at night
- Difficulty starting or stopping urination
- Weak stream of urine
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine
- Frequent pain or stiffness in lower back or hips.

However these symptoms can indicate other diseases such as benign prostate hyperplasia (BPH) or prostatitis so a thorough evaluation is needed.

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Wein, Alan ED. Campbell-Walsh Urology 9th Ed. Philadelphia: Saunders Elsevier, 2007.

What are my treatment options?

Watchful Waiting

is deferring treatment until symptom develop. This option is reserved for men with a life expectancy of less than 10 years. However there is a risk of disease progression.

Choosing a therapy can be a difficult and daunting decision. However you are not alone. Working with your healthcare providers can tailor treatment to you and your desired lifestyle.

Cryoablation

Destroys prostate through freezing. Complications include urinary retention, incontinence, and loss of erections.

External Beam Radiation Therapy

uses beams of gamma radiate directed at the prostate and local tissues. The main adverse effects are related to injury of the bladder, rectum, and urethra.

Brachytherapy

is when radioactive seeds are implanted into the prostate to provide localized treatment to the prostate and spare the bladder and rectum. Most common side effect is urinary retention.

Radical Prostatectomy

Is surgical removal of the prostate. This option is best suited for men under 75 years. In some instances the nerves for erectile function can be preserved. The most common complications are erectile dysfunction, urinary incontinence, and narrowing of the urethra.