

Prostate Problems Diagnosis and Treatment

Who, where and what ?

What problems can arise ?

What is the cause of Prostate Cancer ?

How many people have Prostate Cancer ?

How do you know you've got Prostate Cancer ?

What are the tests for Prostate Cancer ?

What are the Stages of the spread of Prostate Cancer ?

What treatments are there for Prostate Cancer ?

What are the possible side-effects of treatment ?

My advice ...

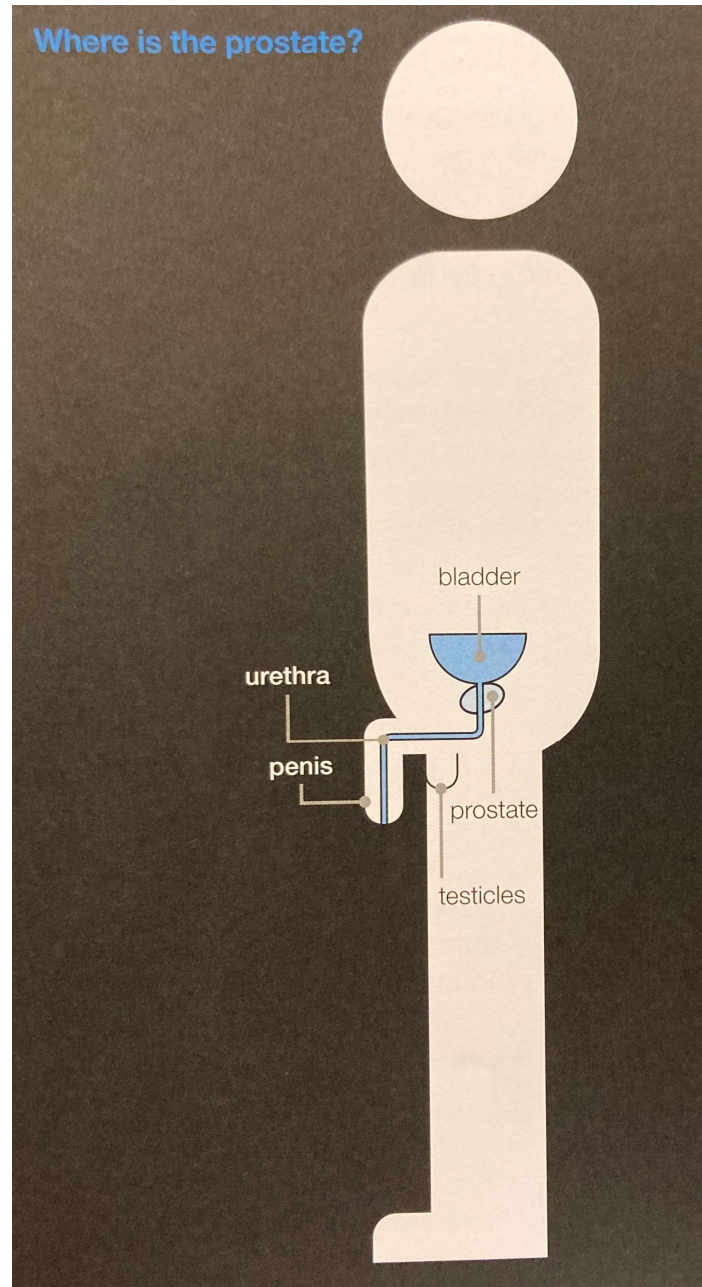
Who has a Prostate ?

The following people usually have a prostate:

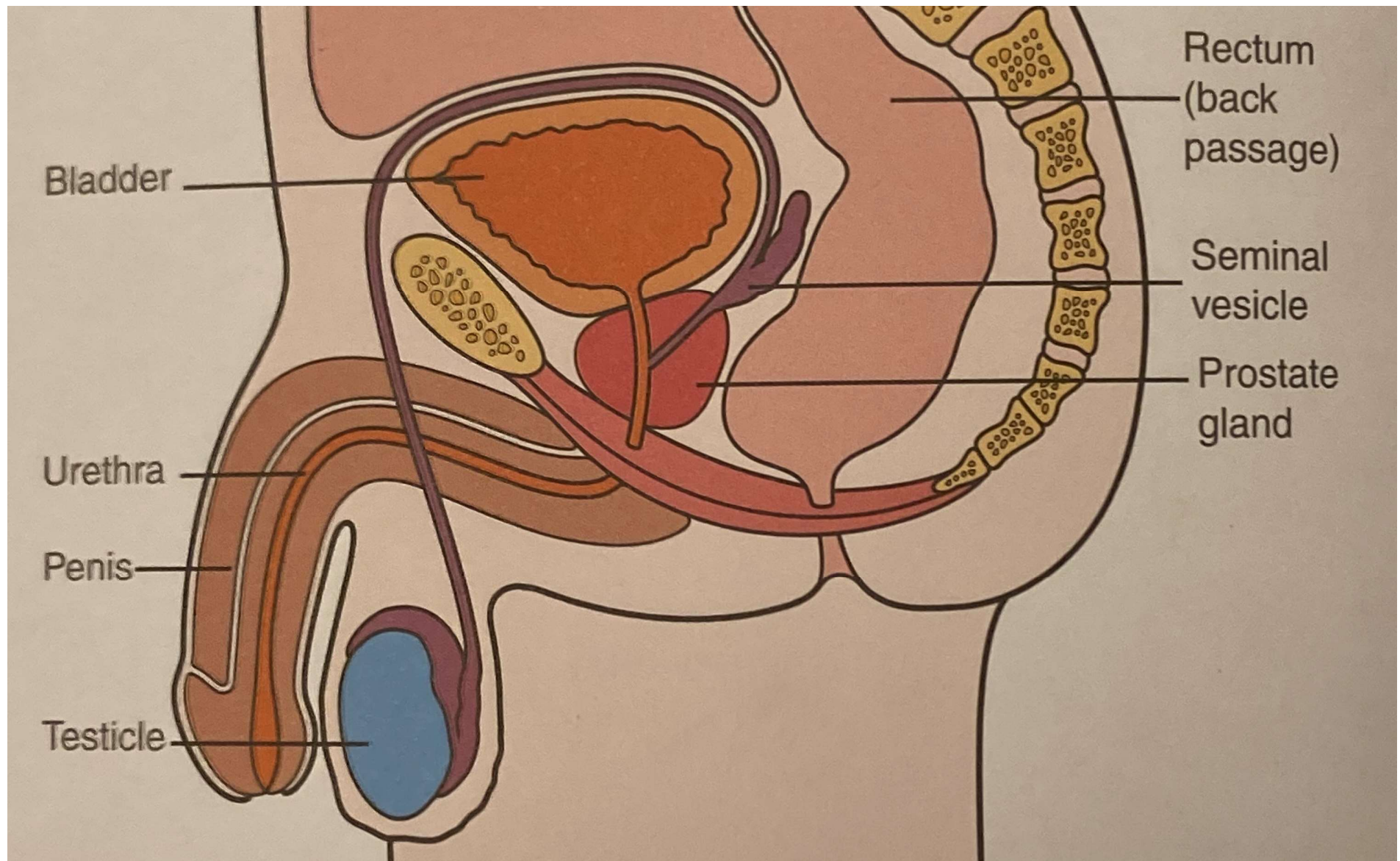
- men
- trans women
- non-binary people who were assigned male at birth
- some intersex people

(The prostate gland can of course be removed by surgery.)

Where exactly is the Prostate ?



Where and what exactly is the Prostate ?



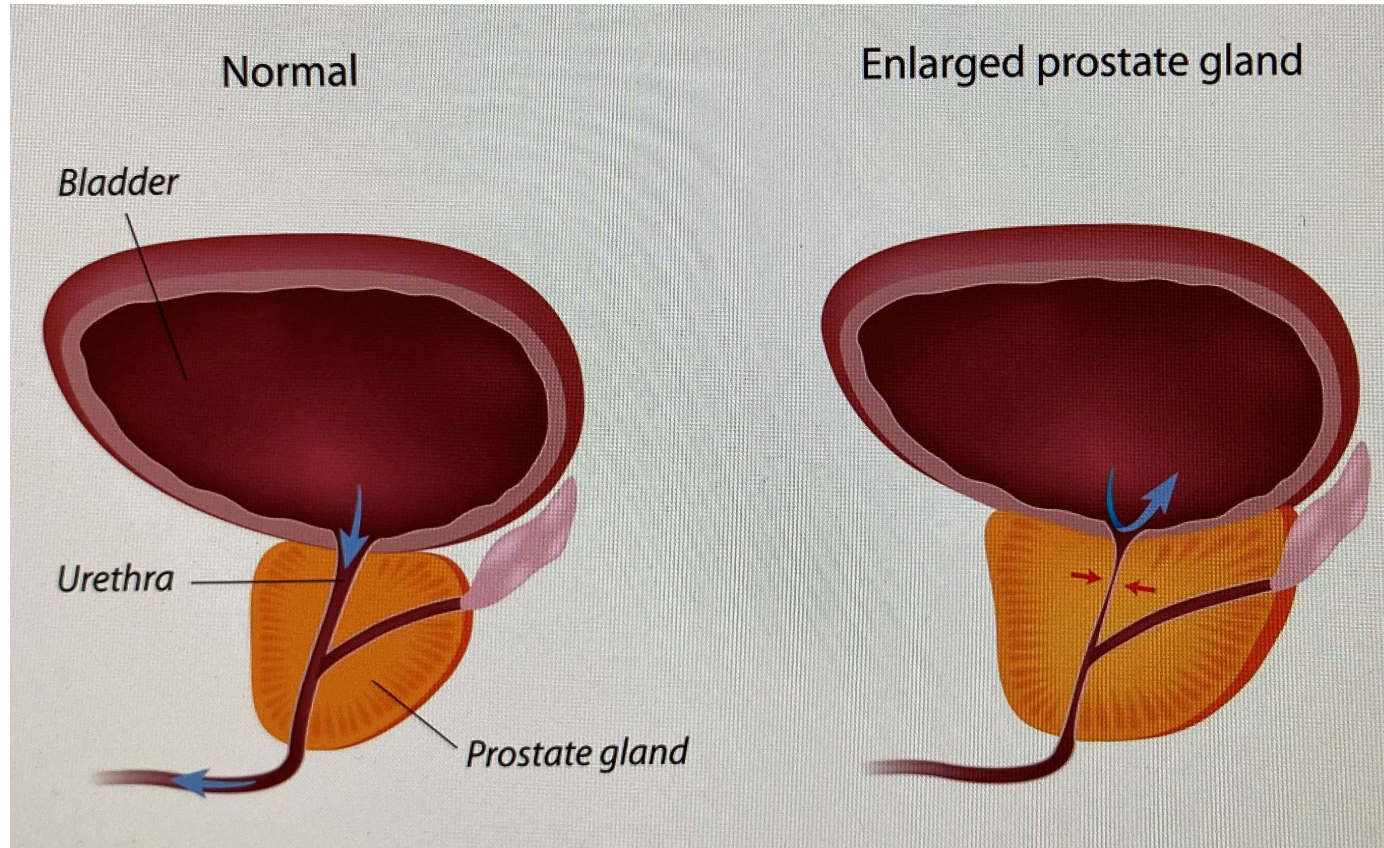
What problems can arise ?

Prostate Enlargement
can be eased by simple surgery

Prostate Cancer
is usually slow growing and
there are a range of treatment options

What problems can arise ?

1. Enlargement



**Prostate Enlargement
can be eased by simple surgery**

What problems can arise ?

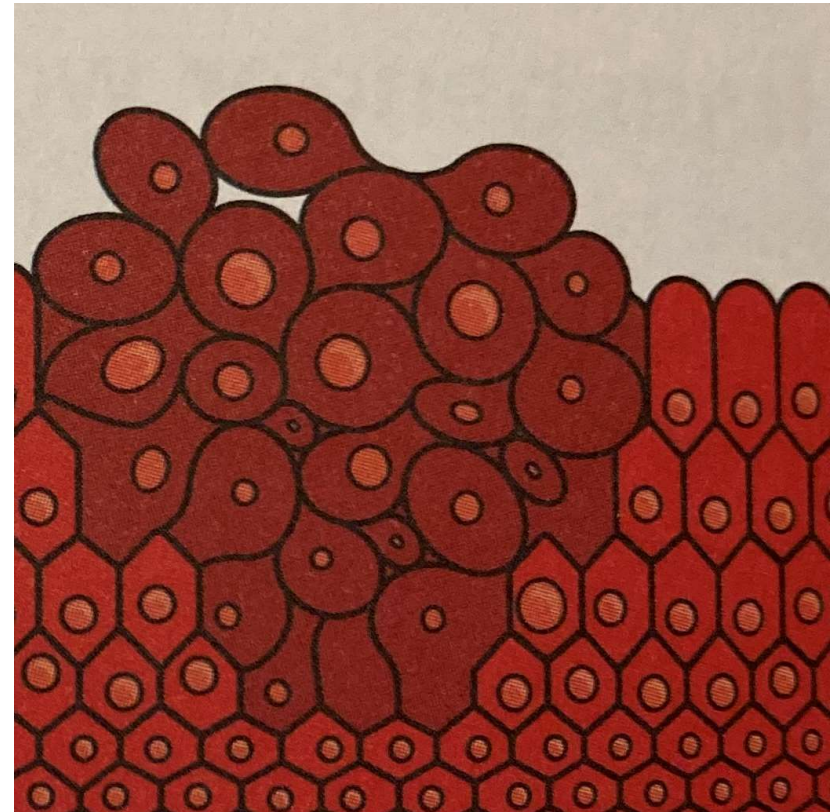
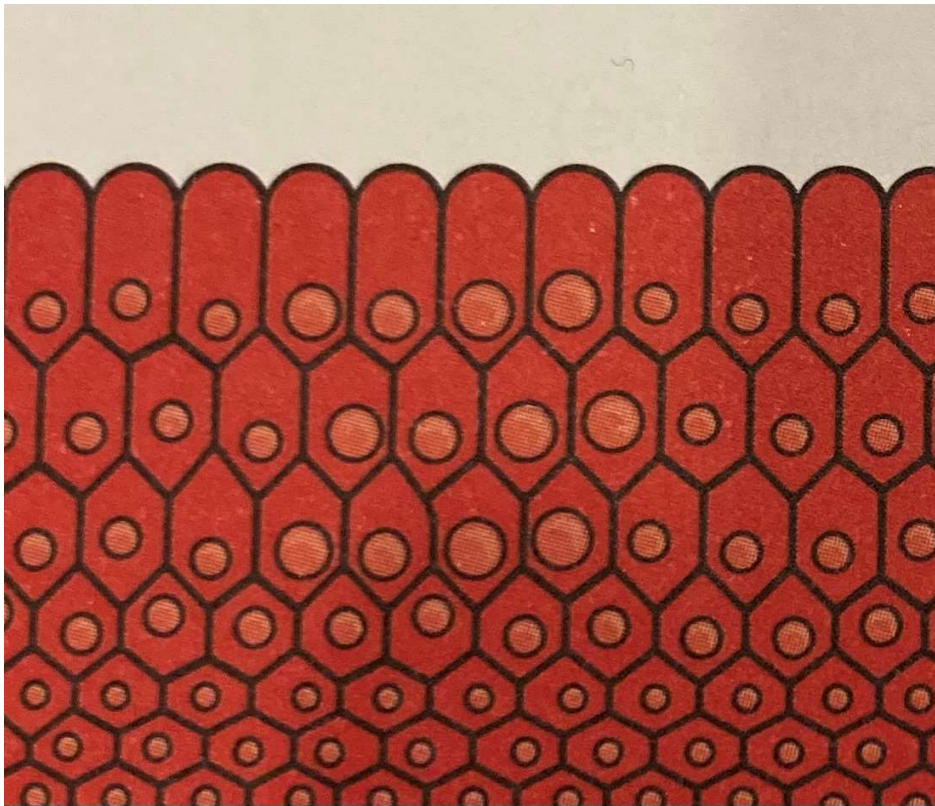
1. Enlargement

- difficulty starting to pee
- frequency of needing to pee
- difficulty emptying bladder

these symptoms sometimes occur and have nothing to do with the Prostate

What problems can arise ?

2. Cancer



What problems can arise ?

2. Cancer

- difficulty starting to pee
- frequency of needing to pee
- difficulty emptying bladder

- needing to pee more frequently
- needing to rush to the toilet
- blood in urine or semen

Later signs that the cancer has spread

- bone and back pain
- loss of appetite / unintentional weight loss
- pain in the testicles

****these symptoms do not necessarily mean you have prostate cancer****

What is the cause of Prostate Cancer ?

Causes are not yet understood, but

What are the risk factors for Prostate Cancer?

Age - uncommon under 50, much more common over 75

Ethnicity - higher risk in Black people aged over 45

- lower risk for Asian people

Family History - higher risk if father or brother had Prostate Cancer especially if they were under 60

- higher risk if mother had breast cancer

Body weight and diet - obesity increases risk and risk of faster progression

How many people have Prostate Cancer ?

Prostate Cancer is the most common cancer in men in the UK

12,000 men die each year of Prostate Cancer

1 in 8 men will be diagnosed at some point in their lives

500,000 men are living with Prostate Cancer

50,000 diagnoses each year and it's rising

However, it is often said by the medics that:

Most men have Prostate Cancer when they die,
but most men do not die of Prostate Cancer.

It's there, slowly growing, but something else gets you first !

How do you know you've got Prostate Cancer ?

The symptoms are rather non-specific

Most of the time you don't know

There are tests which are available initially at the GP surgery

What are the tests for Prostate Cancer ?

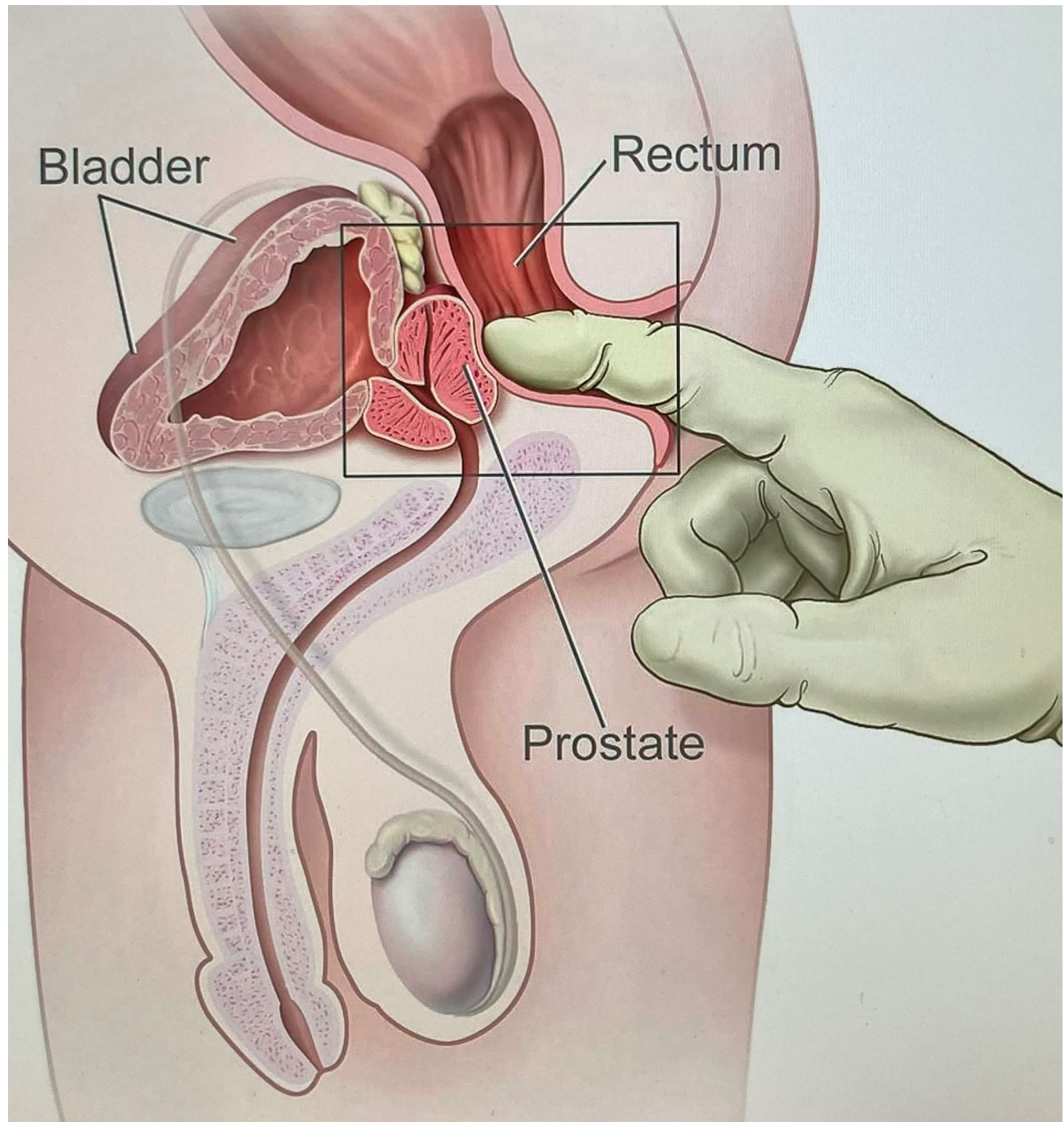
- **PSA - Prostate Sepecific Antigen**
- **DRE - Digital Rectal Examination**
- **MRI - Magnetic Resonance Imaging**
- **Biopsy**

for advanced cases:

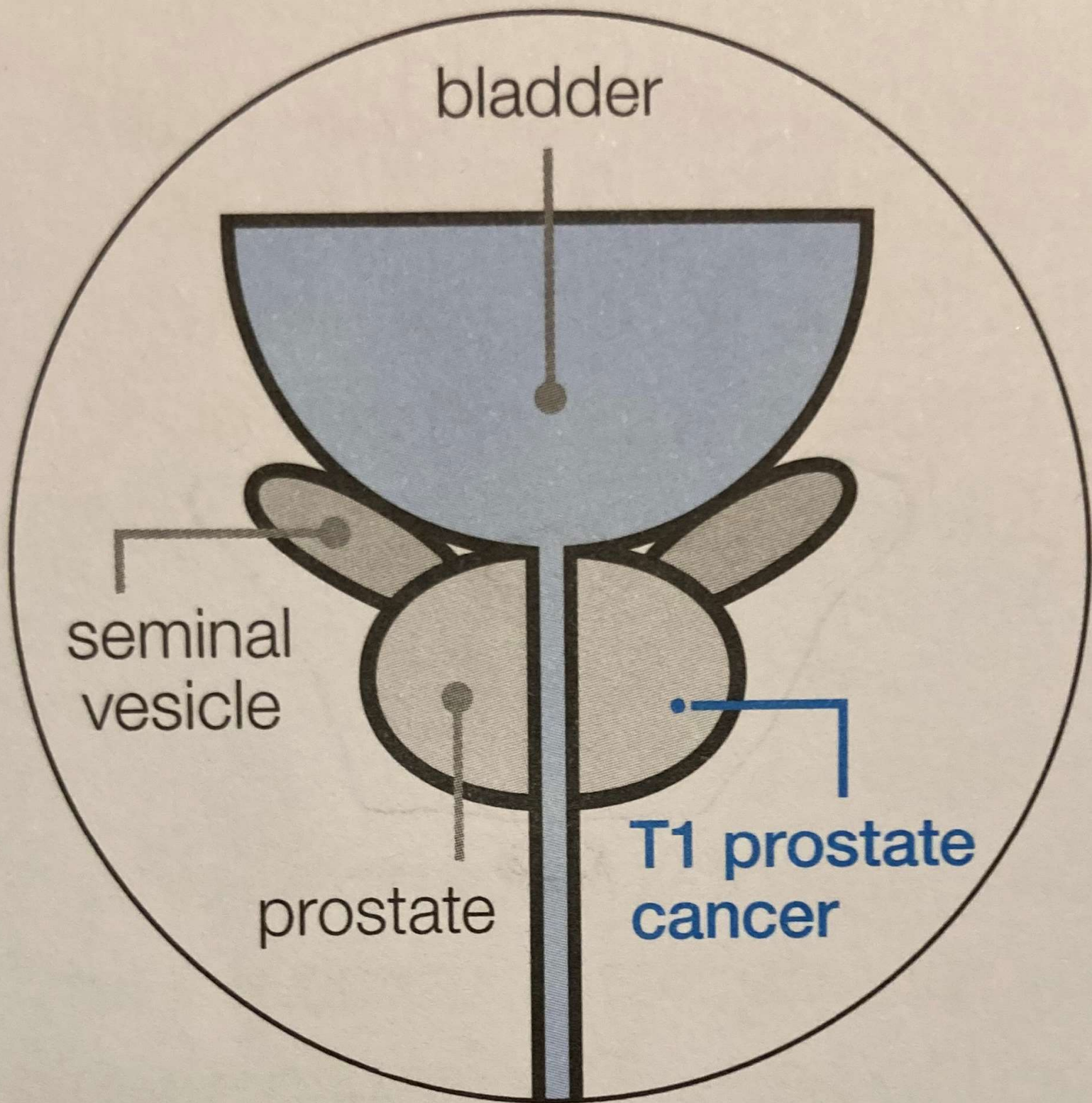
- **CT - Computerised Tomography Scan**
- **Bone Scan**
- **PET - Positron Emission Tomography Scan**

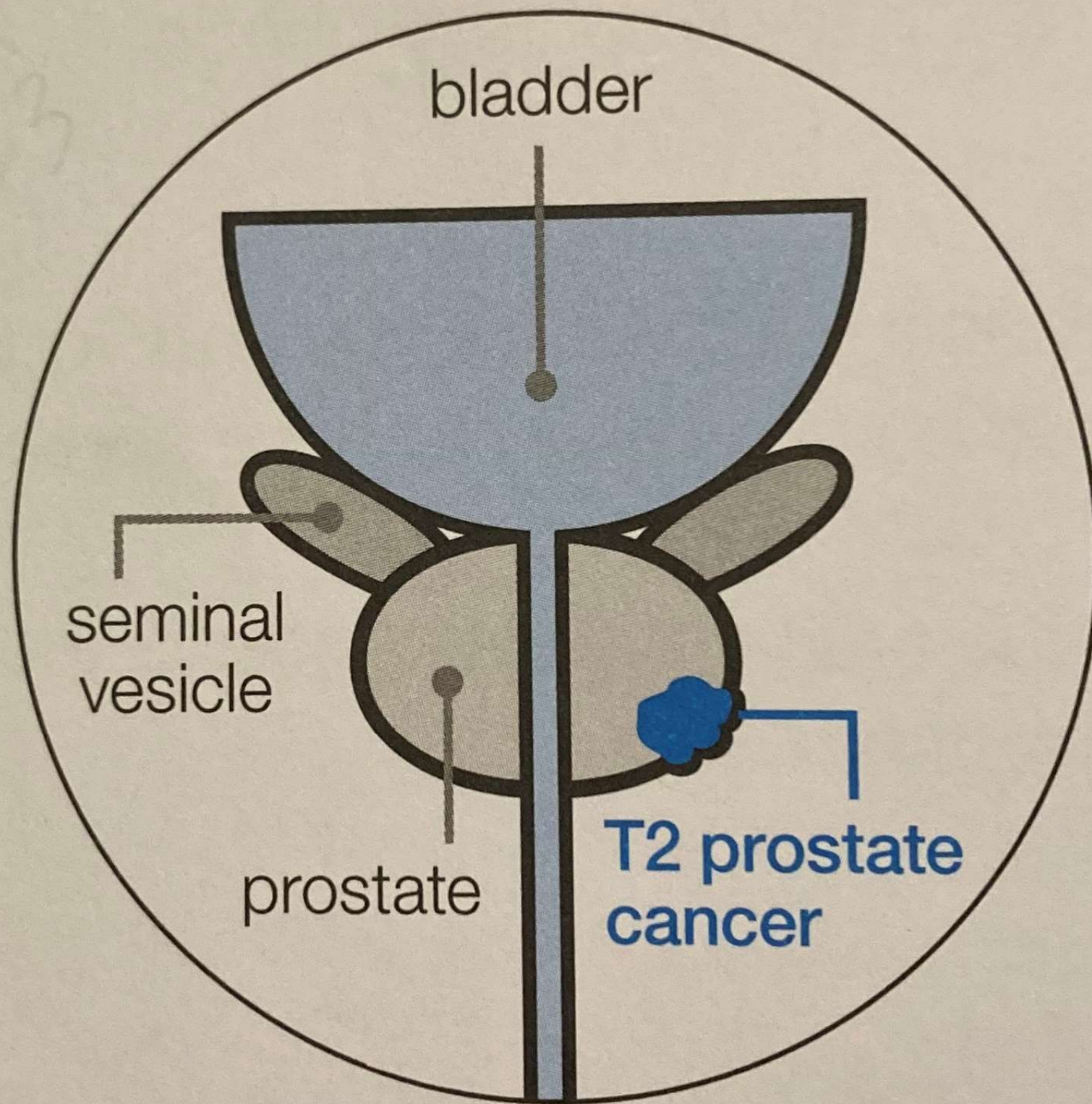
Digital Rectal Exam

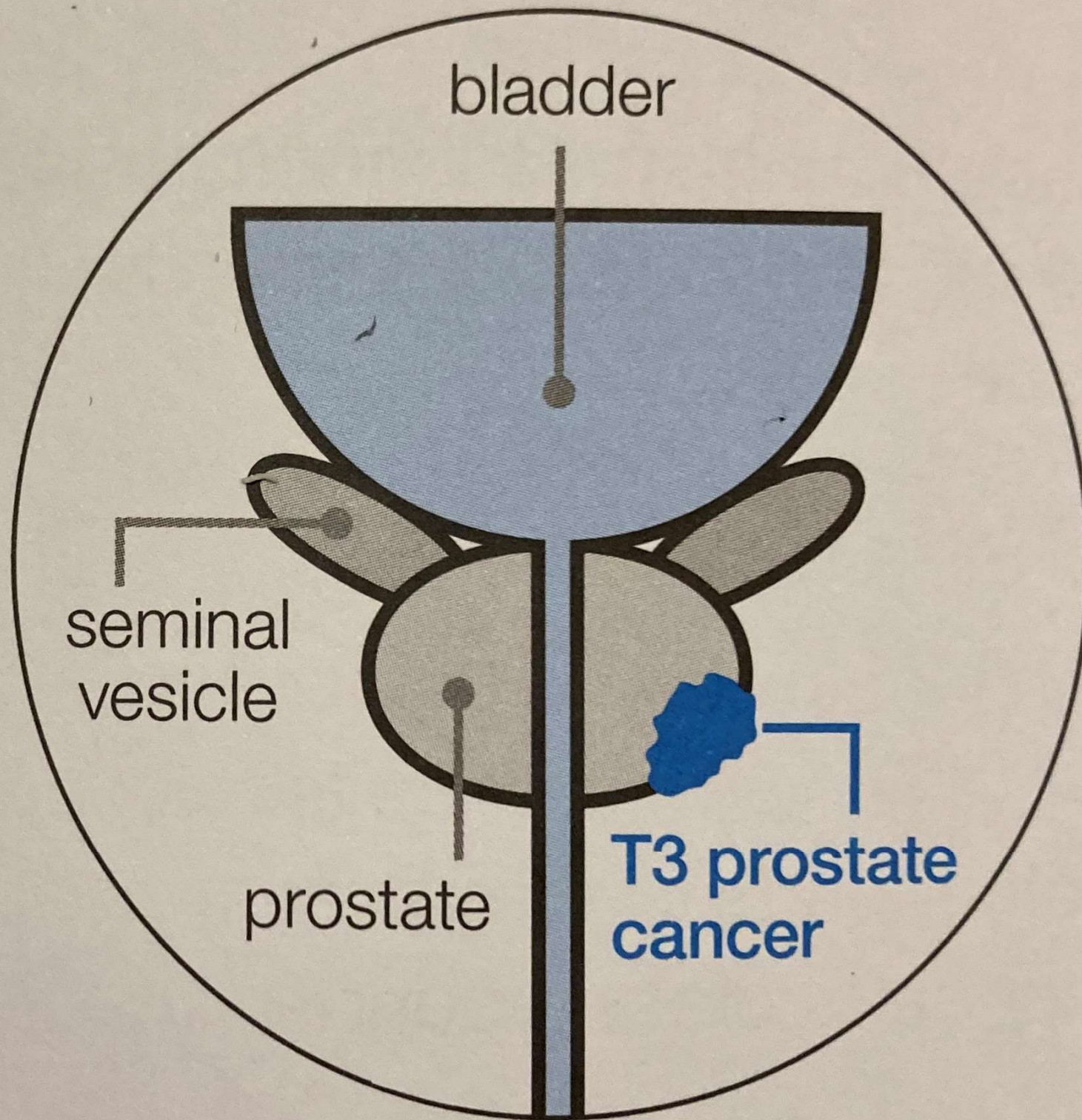
DRE

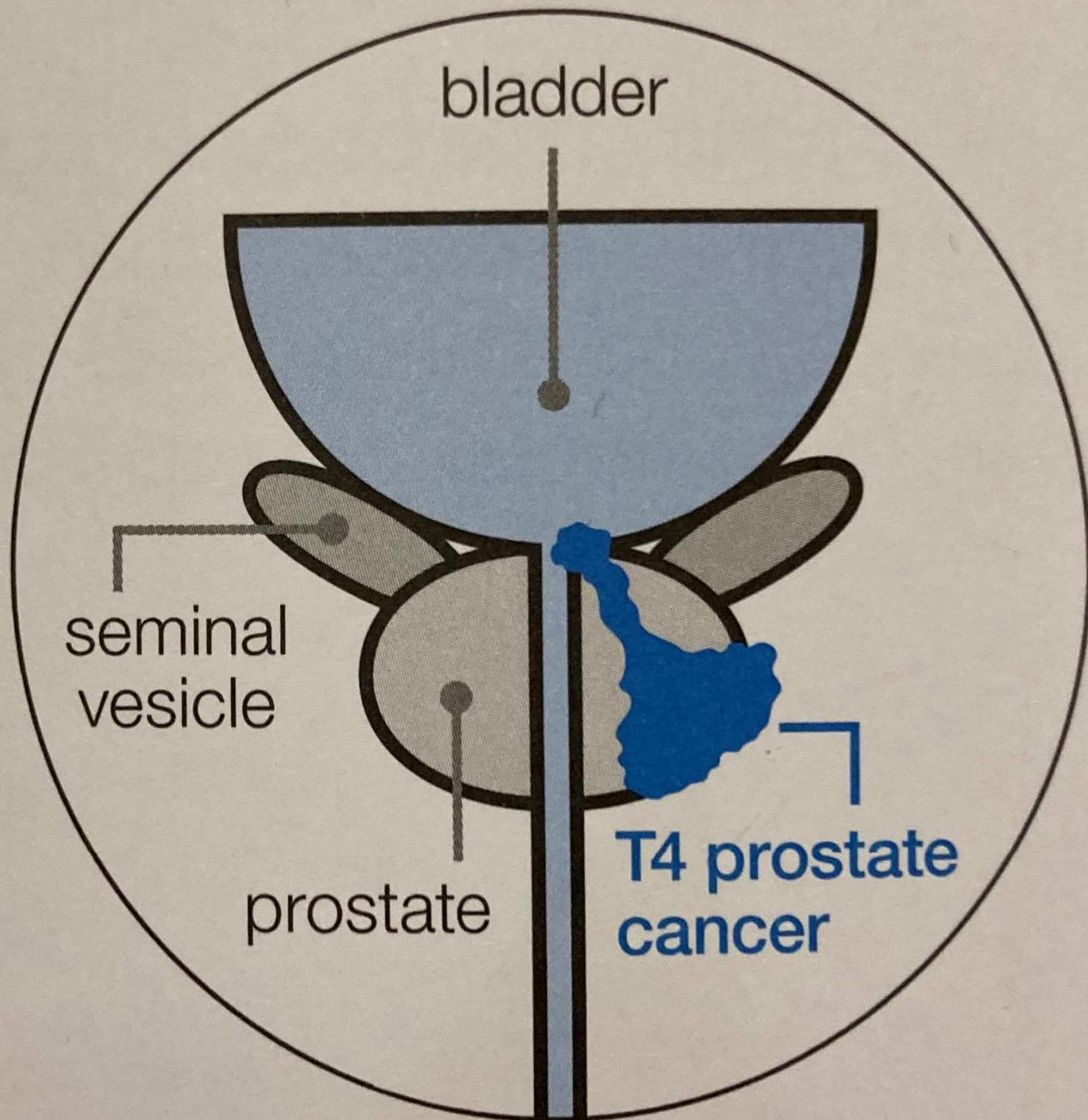


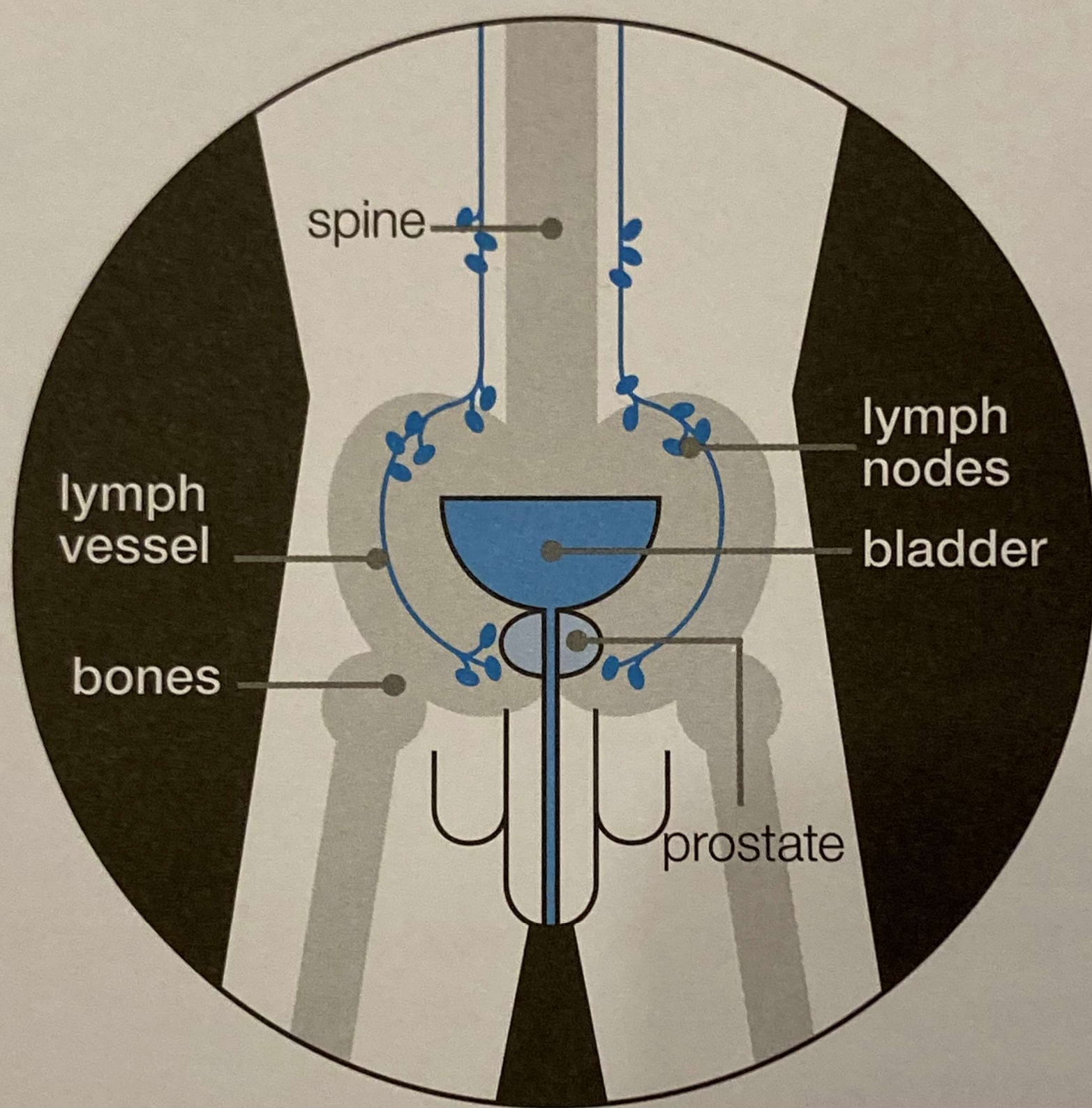
What are the Stages of the spread of Prostate Cancer ?











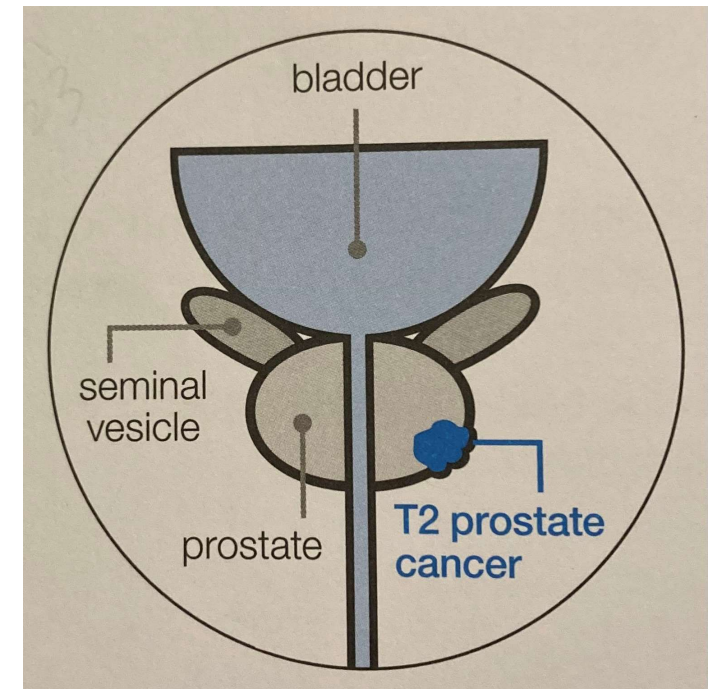
What treatments are there for Prostate Cancer ?

T1/T2

Active surveillance
Regular tests to monitor progress

Radical Prostatectomy Surgery

Radiotherapy



What treatments are there for Prostate Cancer ?

T3/T4

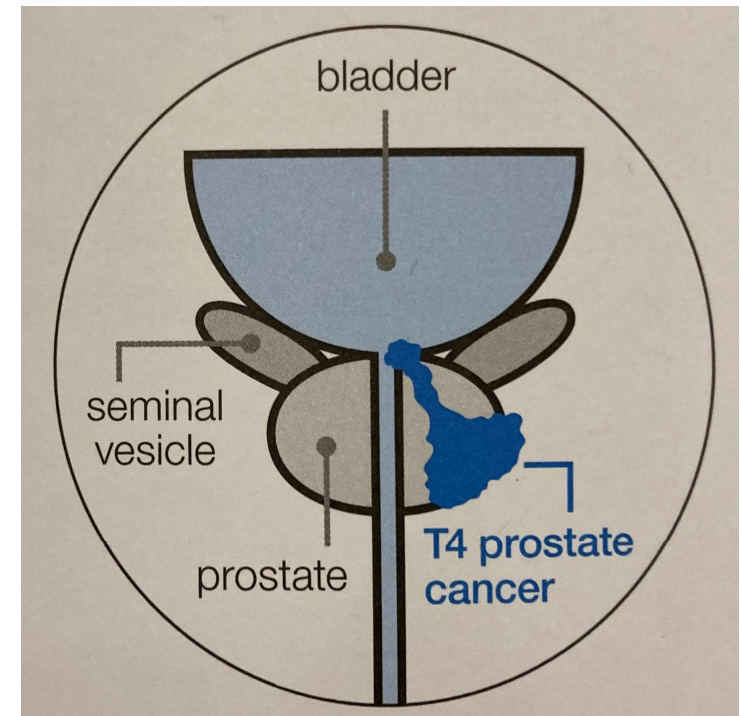
Radiotherapy

Hormone therapy

Radical Prostatectomy Surgery

usually with radiotherapy/hormone therapy

Watchful waiting

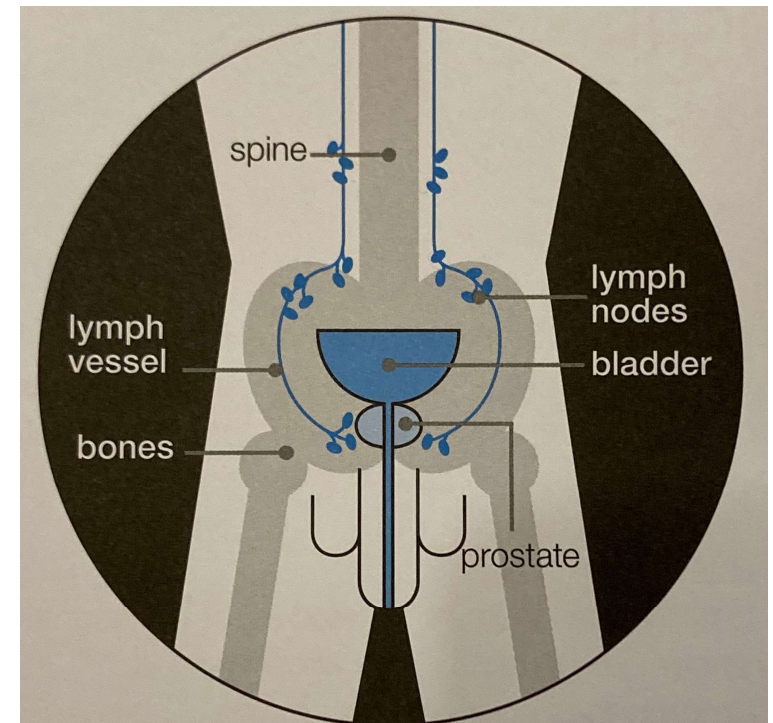


What treatments are there for Prostate Cancer ?

Advanced Cancer

Chemotherapy
Hormone therapy
Steroids
Radiotherapy

plus
Treatment to relieve symptoms and pain



What treatments are there for Prostate Cancer ?

Options depends on

Stage of spread of the Cancer

How likely it is to grow and spread

Patient's general health

other health conditions, smoking, diet, etc.

Patient's age

Therapies and possible side-effects

Active Surveillance

Regular (GP) PSA, DRE and other (Hospital) tests

Radiotherapy

Hospital treatment Monday to Friday for 4 weeks

Bowel, bladder tiredness, reddening of the skin, erection difficulties, infertility

Hormone Therapy (with radiotherapy)

Hospital treatment/injections/drugs for ~6 months

Erection difficulties, hot flushes, tiredness, mood changes, other physiological changes

Radical Prostatectomy Surgery

Regular pelvic floor muscle exercises advised immediately following diagnosis

Robotic Key-hole Surgery removes Prostate entirely under local or general anaesthetic (normally just 1 night in hospital)

Patient goes home with a catheter and urine bags and some self-administered drugs

Catheter removed at home or in hospital a week later

It's quite a trauma for a couple of weeks

What happens after Radical Prostatectomy

**Bladder weakness
for a few days or sometimes longer (Tena pads)**

**Erection problems
for a few months, sometimes 2 or 3 years, possibly
forever (2x weekly medicine)**

**Usually after a few months, penetrative sex and
orgasm are possible, but without ejaculation
(2x weekly medicine)**

There may also be tiredness and bowel effects

Patient will be Infertile

My advice if you have a Prostate:

Lead a healthy life to lower your risk factors as far as possible

Your risk factors are age, ethnicity, family history, body weight and general health

Request a PSA test at your GP Surgery

Request a DRE test at your GP Surgery

Repeat annually discuss results with GP