

## What is the prostate?

The prostate is a part of the male reproductive system, which includes the penis, prostate, and testicles.

The prostate is located just below the bladder and in front of the rectum.

It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder). It produces fluid that makes up a part of semen.

## What are the risk factors?

Research has found risk factors that increase your chances of getting prostate cancer.

These risk factors include:

### Age

The older a man is, the greater his risk for getting prostate cancer.

### Family History

Certain genes (the functional and physical units of heredity passed from parent to offspring) that you inherited from your parents may affect your prostate cancer risk.

No single gene is sure to raise or lower your risk of getting prostate cancer. However, a man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.

### Race

Prostate cancer is more common in some racial and ethnic groups than in others.

## What are the symptoms?

Different people have different symptoms for prostate cancer. Some men do not have symptoms at all.

Some symptoms of prostate cancer are:

- ◆ Difficulty starting urination
- ◆ Weak or interrupted flow of urine
- ◆ Frequent urination, especially at night
- ◆ Difficulty emptying the bladder completely
- ◆ Pain or burning during urination
- ◆ Blood in the urine or semen
- ◆ Pain in the back, hips, or pelvis that doesn't go away
- ◆ Painful ejaculation

## What screening tests are there?

Routinely screening all men to check their prostate-specific antigen (PSA) levels is a controversial subject in the international medical community.

There is currently no screening program for prostate cancer on Saba because it has not been proven that the benefits would outweigh the risks.

Two tests are commonly used to screen for prostate cancer.

### Digital Rectal Exam (DRE)

A doctor inserts a gloved, lubricated finger into the rectum to estimate the size of the prostate and feel for lumps or other abnormalities.

### Prostate Specific Antigen (PSA) test

Measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate.

## How is Prostate Cancer diagnosed?

If your prostate specific antigen (PSA) test or digital rectal exam (DRE) is abnormal, doctors may do more tests to find or diagnose prostate cancer.

### Transrectal ultrasound

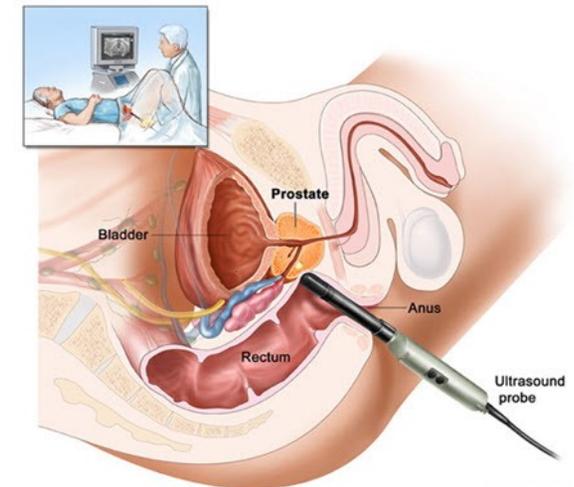
A probe the size of a finger is inserted into the rectum, and high-energy sound waves (ultrasound) are bounced off the prostate to create a picture of the prostate called a sonogram. This test may be used during a biopsy.

### Biopsy

A small piece of tissue is removed from the prostate and looked at under a microscope to see if there are cancer cells.

### Gleason score

This score is determined when the biopsy is looked at under the microscope. If there is a cancer, the score indicates how likely it is to spread. The score ranges from 2–10. The lower the score, the less likely it is that the cancer will spread.



## How Is Prostate Cancer Treated?

Different types of treatment are available for prostate cancer. You and your doctor will decide which treatment is right for you. Some common treatments are:

### Active surveillance

Closely monitoring the prostate cancer by performing PSA and DRE tests regularly, and treating the cancer only if it grows or causes symptoms.

### Surgery

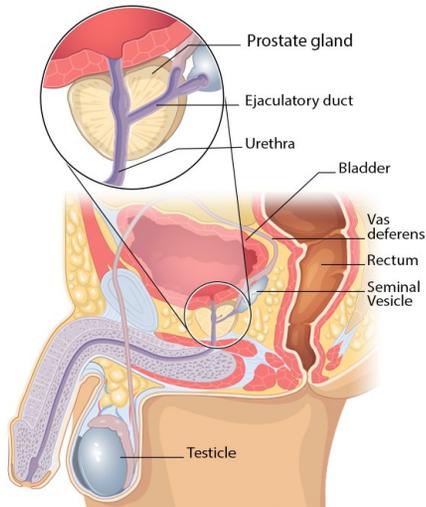
A prostatectomy is an operation where doctors remove the prostate. Radical prostatectomy removes the prostate as well as the surrounding tissue.

### Radiation therapy

Using high-energy rays to kill the cancer.

### Hormone therapy

Blocks cancer cells from getting the hormones they need to grow.



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# Prostate Cancer



**What every man should know about prostate cancer**

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