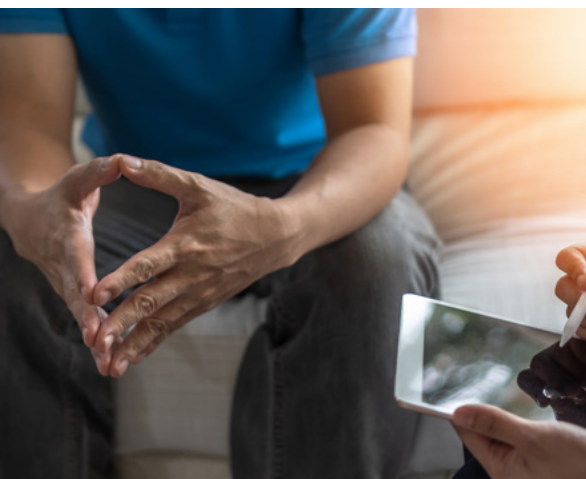


Prostate Cancer

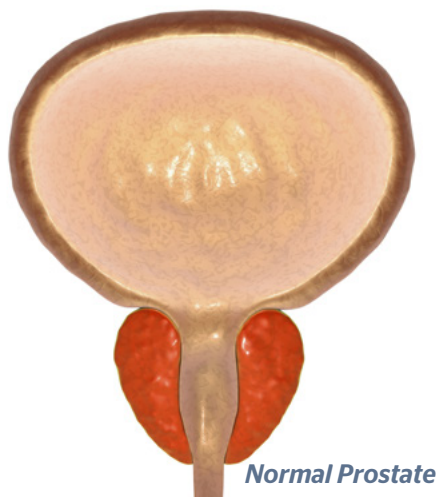
Prostate cancer is the most commonly diagnosed cancer among New Zealand men, with around 1 in 9 Kiwi men developing it at some stage in their lifetime.



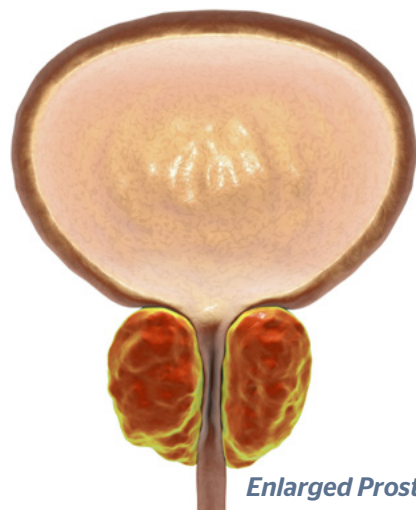
Here's what you need to know

Your prostate is a walnut-sized gland located behind the base of the penis that surrounds the urethra, the tube-like channel that carries urine and semen through the penis. The prostate makes seminal fluid to allow sperm to move.

As men age, the prostate enlarges and can restrict urine flow, meaning more frequent or urgent trips to the toilet.



Normal Prostate



Enlarged Prostate

Prostate cancer happens when normal prostate cells go rogue and form a tumor. The real danger to men with prostate cancer is if the cancerous cells travel to other parts of the body and set up shop. This is called metastasis.

Risk factors:

- 1. Age - rare under 50, 80% of diagnoses are for men over 60**
- 2. Family history - brother or father has it? Your risk doubles.**
- 3. Being overweight or obese increases the risk of advanced prostate cancer.**

Signs and symptoms

There may be no warning signs that you have prostate cancer. Most signs and symptoms relate to issues with passing urine (weak flow, stop/start flow, greater frequency, trouble starting etc). Many of these are due

only to prostate enlargement with age, not cancer.

Tests

- 1. PSA (prostate specific antigen) - simple blood test with numbers to monitor**
- 2. DRE - doctor feels for lumps in your prostate; painless and accurate**

If found early, men with prostate cancer have a better chance of successful treatment. Depending on your age and the stage of the cancer, treatment can range from doing little or nothing through to surgery and other cancer treatments such as radiotherapy or chemotherapy.

Men over 50 should get regular prostate health checks. Annual doctor visits allow your PSA to be easily monitored, and changes will start the process of helping you get it under control.