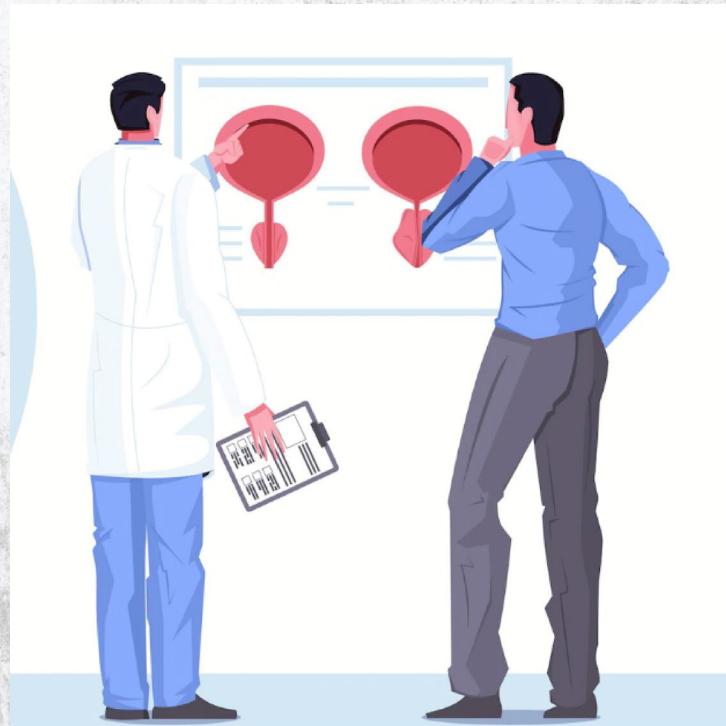


Prostate cancer:



Prostate cancer is the cancer that occurs in the prostate. The prostate is a small gland in males that produces the seminal fluid that nourishes and transports sperm. Prostate cancer is the most common cancer in men.

Symptoms:

Prostate cancer, by nature, is silent in its initial stages. Its symptoms don't appear until later:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying

- Erectile dysfunction

Causes:

Like many cancers, the cause of prostate cancer is unknown.

Risk factors:

- **Older age:** prostate cancer usually affects older age. It's most common after age 50.
- **Family history:** If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, the risk may be increased.

Prevention:

The following steps will help you reduce the risk of prostate cancer:

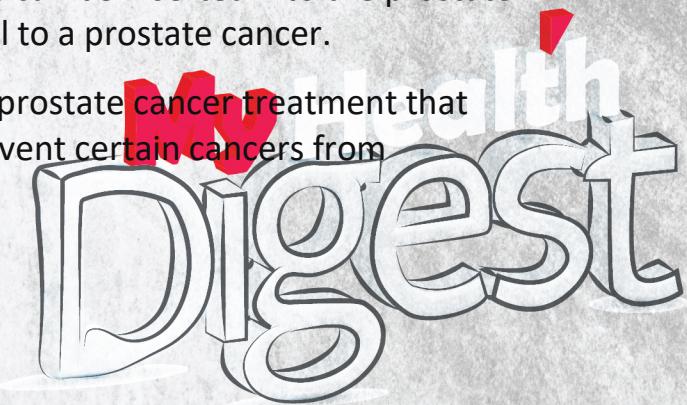
- Choose a diet that is healthy and full of fruits and vegetables. Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.
- Exercise is important. Exercise improves your overall health; helps you maintain your weight. Try to exercise most days of the week. If you're new to exercise, start slow and work your way up to more exercise time each day.
- Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day. Ask your doctor for help creating a plan for healthy weight loss.



Treatment:

Doctors usually tailor prostate cancer treatment plans according to the patient's needs, considering the type of cancer, the age of the patient, the stage of cancer and the general health of the patient.

- Observation or surveillance: For men with low-risk cancer, observation may be an initial step in the strategy.
- Laparoscopic radical prostatectomy: A minimally invasive procedure, that removes the prostate gland.
- Radiation therapy: Radiation therapy uses high energy x-rays to kill cancer cells and shrink tumors.
- Cryotherapy: Small needle-shaped probes can be inserted into the prostate to freeze the gland to temperatures lethal to a prostate cancer.
- Hormone therapy: Hormone therapy is a prostate cancer treatment that alters the body's hormone balance to prevent certain cancers from growing.



- Chemotherapy: Chemotherapy involves the use of drugs to kill cancer cells

