

WHAT IS THE PROSTATE?



The prostate is a small gland deep in the pelvis, found only in males

It is situated below the bladder and the urethra (urine tube) passes through it and as a result some prostate conditions may result in urinary symptoms
It produces the semen fluid which is necessary for healthy sperm

WHAT CAUSES PROSTATE CANCER?



There is ongoing research into the exact causes of prostate cancer

Many dietary and environmental factors have been investigated however as yet none have been shown to either prevent or cause [prostate cancer](#), however;

A healthy balanced diet high in fresh vegetables, fruit, nuts, minimal red meat and refined sugars, along with daily exercise, moderate alcohol intake and quitting smoking has been shown to reduce the risk of cancer in general

Prostate cancer is common and increases with age – the lifetime risk for an Australian man is up to one in 7

Whilst most men don't die from prostate cancer, it remains the second most common cause of cancer death in Australian men

If you have one or more first-degree relative (father, brother, uncle) with prostate cancer you are have a 2-3 times risk

WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?



In the early stages, prostate cancer generally causes no symptoms at all; it is for this reason the Urological Society of Australia and New Zealand recommend that men interested in assessing their prostate cancer risk should see their family doctor at age 50 (or 45 if there is a family history) for a PSA blood test*

Some of the symptoms of advanced prostate cancer may include:

- Difficulty or pain with urination

- Blood in the urine*

- Back pain (from spread to the bones)

These symptoms are more commonly associated with BPH ([enlarged prostate](#))*

HOW IS PROSTATE CANCER DIAGNOSED?



There is no single test, examination or scan which can reliably detect prostate cancer on its own

If you are over 50 (or over 45 with a family history of prostate cancer) talk to your family doctor about getting a check-up

The first screening test will be a PSA* blood test that can help determine your individual risk

You may then be referred to a Urologist* for further evaluation which may include:

- Prostate examination (digital rectal examination)

- Multiparametric prostate MRI

- MRI-fusion transperineal prostate biopsy

WHAT ARE THE TREATMENT OPTIONS FOR PROSTATE CANCER?



Not all prostate cancers are the same so every diagnosis needs to be considered on an individual basis and tailored to each patient. The surgeons at Melbourne Urology Centre work closely with medical oncologists and radiation oncologists to ensure you have access to all treatment options and a personalized, unbiased, multidisciplinary approach to your care.

In general, depending upon the severity of the cancer, your age and overall health there are 5 evidence-based treatment options:

- Active surveillance*

- Prostate Cancer Surgery ([Robotic-assisted radical prostatectomy](#))*

- Radiation treatment*

- Watchful waiting*

- Systemic treatment for advanced cancer*

General health and Wellbeing

The surgeons at Melbourne Urology Centre understand that a prostate cancer diagnosis can be a very stressful and life-changing event. Whilst great surgical outcomes are critical, this is

only one component of overall patient care
To assist in your recovery we, as required we
facilitate: prostate cancer nurse support,
psychologist, pelvic floor rehabilitation, sexual
health management* and other survivorship
pathways

Prostate Cancer Guide Booklet

https://www.pcfa.org.au/media/u2kmu0wv/pcf13457-prostate-cancer-a-guide-for-newly-diagnosed-men-56-pg-booklet_9-pdf.pdf

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