

## - Prostate cancer

# Get regular checks, eat healthy to prevent prostate cancer–doh

BusinessMirror · 16 Jun 2022 · B7 · By Claudeth Mocon-ciriaco

Aging males are prone to getting prostate cancer, the fourth leading cancer site and fourth leading cause of cancer deaths among Filipino males, according to the Department of Health (DOH).

Health undersecretary Maria Rosario Vergeire said that June is Prostate Cancer Awareness Month and she encouraged males to have a regular check-up.

“It is better to have a regular check-up and maintain healthy glands!” Vergeire said.

Prostate cancer is cancer that occurs in a man’s prostate, the walnut-sized gland in the male reproductive system.

It is located below the bladder in front of the rectum and surrounds the upper part of the urethra, the tube that empties urine from the bladder.

### Causes of prostate cancer

THE exact cause of prostate cancer is not known, so at this time it is not possible to prevent most cases of the disease.

Many risk factors such as age, race, and family history cannot be controlled.

### Symptoms

EARLY prostate cancer usually causes no symptoms. Prostate cancer can often be found early by testing the amount of prostate-specific antigen (PSA) in a man’s blood.

Another way to find prostate cancer is the digital rectal exam (DRE), in which the doctor puts a gloved finger into the rectum to feel the prostate gland if it is abnormally enlarged and hard.

More advanced prostate cancers can sometimes cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night;
- Blood in the urine or semen;
- Trouble getting an erection (erectile dysfunction or ED);
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to the bones; and
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

### Prevention

THERE is no sure way to prevent prostate cancer. Many risk factors such as age, race, and family history cannot be controlled.

There are some things, however, that you can do that might lower your risk of prostate cancer.

The best advice to reduce the risk of prostate cancer is to stay at a healthy weight, be physically active and follow a healthy eating pattern.

### Treatment

IF prostate cancer is suspected based on results of screening tests or symptoms, tests will be needed to be sure. If you’re seeing your primary care doctor, you might be referred to a urologist, a doctor who treats cancers of the genital and urinary tract, including the prostate.

your prostate cancer treatment options depend on several factors, such as how fast your cancer is growing, whether it has spread and your overall health, as well as the potential benefits or side effects of the treatment.

### Side effects

THERE are possible risks and potential side effects with any type of treatment for prostate cancer.

Some of these may be temporary, while others are long term.

They include incontinence, urinary issues, sexual dysfunction, hot flashes, hair loss, nausea and fatigue.

Other side effects, such as lymphedema, are also possible, depending on the type of treatment.