

Reducing the Risk of Developing Prostate Cancer

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There is no evidence that the following protective factors can stop prostate cancer from developing, but they can improve your overall health and possibly reduce the risk of prostate cancer:



- **Diet:** Eat meals that are nutritious. Refer to the Healthy Food Guide website or booklets. What is good for the heart is good for the prostate. www.healthyfood.co.nz
- **Physical activity/exercise:** There is some evidence to show that physical activity and regular exercise can be protective factors for cancer. Try to exercise at least 30 minutes of a day.

PROSTATE CANCER TREATMENT DECISIONS

Following a positive diagnosis patients are often presented with several choices of treatment. These can be confusing and add to the stress from the original diagnosis.

Sometimes there will be a recommendation that there be no treatment, and that the patient is put on an active surveillance programme to monitor the disease. Ongoing tests and checks can be stressful and also involve further biopsies and scans.

Men with localized prostate cancer will likely be offered choices of surgery (open or robotic) or radiation therapy (external beam or brachytherapy). All these treatments have the risk of adverse side effects including erection and bowel problems and urinary incontinence.

Men with advanced prostate cancer will likely be offered external beam radiation therapy and/or hormone treatment (androgen deprivation therapy). The objective of these treatments is to slow the growth of the disease and the possible spread for several years.

Men with metastatic disease will be treated with hormone treatment (androgen deprivation therapy) and may be offered chemotherapy and also some of the new innovative late-stage drugs and treatments that are becoming available. Some are very expensive and not yet publicly funded but there may be opportunity to join clinical

trials to access these new therapies. Men with late stage disease may also be offered palliative care.

Each patient is unique and making a decision on their best treatment option will be up to them and their family. Sometimes it may be advisable to have a second opinion from another specialist to be sure of the decision being made.